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## DREAM ACTIVATION EXERCISE

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This Dream Activation Exercise is designed to highlight the unique expression of who you are and what you bring to the earth. The first three steps below help you in the process of discovering who you are. The fourth step below helps capture some of the ingredients that make you unique.

First we are going to have a look at some of your past successes and how they have something to say about who you are. Ask the Holy Spirit to help, and take your time.

### *step one* | REMEMBERING

Think back over your life up to now. Consider the different stages – childhood, adolescence, early adulthood, and so on. Recall your sport, work, family or community experiences.

- For each of these, what was your greatest success or were did you feel most alive?
- Think about, and then list, the ingredients of this event that brought you life. Include such things as individual or team success, your talents or gifts that were in operation, and the platform or place where you thrived.
- Recall the greatest challenges that you have overcome.
- What were some of the other significant experiences of your life that have helped shape who you are?

### *step two* | UNPACKING THE MEMORIES

Many times we will see something in someone else's life that

resonates with something in our own. Maybe that is someone you aspire to be like, or you saw them doing something a certain way that triggered a heart response in you to do something similar. Consider the following questions:

- Thinking back over your list of successes, challenges and significant moments, ask the Holy Spirit to help you identify any themes or ingredients that are repeated.
- For example, perhaps you were involved in the student council in high school and helped build a Community Center as a young adult. On the surface these have little in common but when you look more deeply it may be that there is a theme of working as a part of a team to achieve something significant. This tells you one aspect of who God made you to be.

There will be many clues to the unique person you are in the many experiences that have made up your life. Do not discount periods of time when you were not walking with the Lord as the gifts and abilities He implanted in you were still in operation during that time.

We have met with many people who have discovered, to their amazement, key events that happened in their lives before encountering Christ. These events also provide clues and insights into who God made them to be. This is especially the case with people who become followers of Christ later in life.

### *step three* | WHO INSPIRES YOU?

Many times we see something in someone else's life that resonates with something in our own. People who inspire you carry a key as to who God made you to be. In order to grasp that key, we need to identify the aspect of their life that inspires us. How this works out could look very different through your life but the ingredients could be similar. Consider the following questions:

- Who inspires you (past or present)?
- Which aspect of their life resonates within you?
- How could that be demonstrated through your life?

*step four* | WHO ARE YOU?

You are the only one like you that has ever, or will ever exist. You are unique. You have unique strengths, experiences, capabilities and a personality unlike anyone else. So take some time to connect with your Father in Heaven and ask yourself in His Presence some of the following questions:

- How are you unique?
- What is valuable to you? What is beautiful to you?
- Which situations or circumstances stir you to action or emotion? What are you passionate about?
- If you could change any one thing in the world, what would it be? How could you play a part in that?

Your answers to these questions help highlight the unique expression of who you are and what you bring to the earth.