



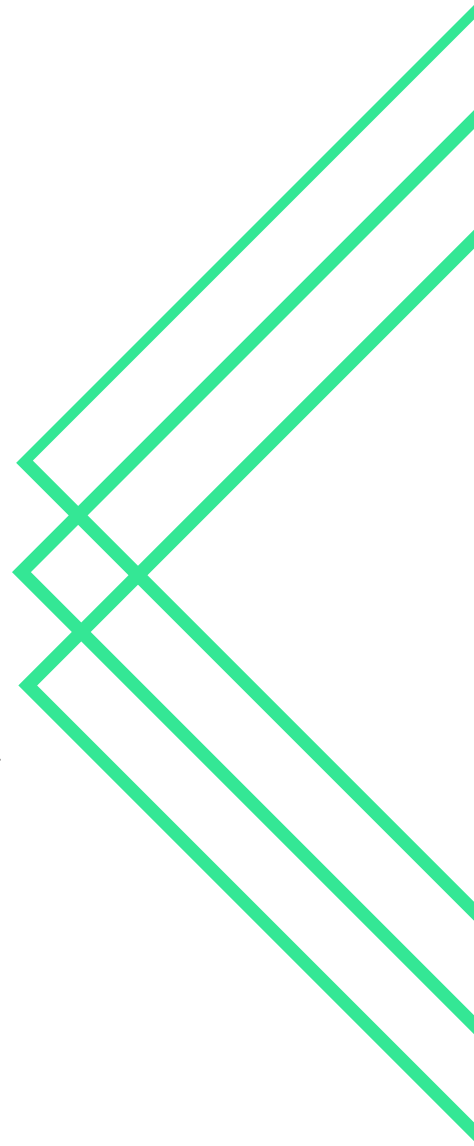
# DREAM LIFE WORKSHOP BY VALERIA SWEET

TRANSCRIPT/WORKBOOK

# Manifesting

Let's start with what Manifesting is. Some of you said you've already been manifesting some things and you want to go further with it. We're always manifesting things whether it's good or bad. We're always manifesting things because it's what we think, it's how we feel, it's what we say, and it's what we do. I don't know if you're aware, but whenever you're focusing on something, even if you don't want it, if you're just freaking out about it, you're drawing it closer to yourself. Something could be a happy moment, like you wanting to be somewhere, in a certain job, to move to a certain place, and you're drawing this to yourself because you want it so much, right? But at the same time, if you don't want something, but you're freaking out about it and it's fear-based, or you're just worrying too much about it, you're also drawing it closer to yourself.

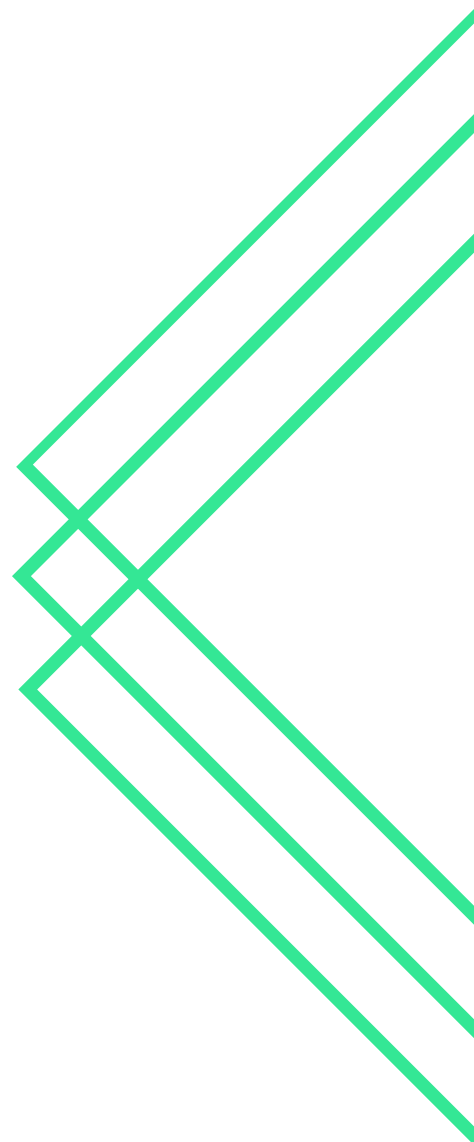
So you just need to be really clear on what you want and say "no" to everything else. If there are things in your life that are worrying you to the point of, "I don't want to do it, but I have to..." Stop choosing to do these things. Do less of them. Because why are you saying "yes" to these things that you're not enjoying? You should be doing more things that you enjoy in your life. That's what your life should be about. You should be enjoying the things that you do, people you're around, and where you live. We're always manifesting people, places, jobs, opportunities by what we think and how we feel about things. So it's what you give your attention and your focus to that expands. That's pretty understandable, right? And because we're so powerful, we also have to be intentional. You have to be very clear and focused on what you want.



# Power of Specificity

How many times have you gotten something that you thought you wanted, but then you got it and you were like, "Oh, you know what? It's OK, it's not really what I wanted, I didn't want it like that," or it just didn't come true the way you thought? It's like Expectations Vs. Reality. I think a good example is relationships. We think we want a certain someone, and we possibly manifested that certain someone, and then we realize we are out of sync with this person. Or we're completely not aligned with them. And it's sometimes because we look at the exterior of them — what they are like, what they say — but we don't think what they're like inside.

How many of you have manifested a person before? And not just in relationships, also opportunities. For example, you wanted a certain agent, a certain job. You see, you're powerful, really powerful. So we have to all focus on what we want and be specific. When we're specific and clear, that's when it gets to you faster. And I'm just going to give an example of how I met my agent just recently. It took a while, but I was really specific in that I wanted the right agent. Not just an agent, it's easy to get any agent. But I wanted a specific agent. One who would believe in me, one who would be something in between an agent and a manager, more hands-on. And I actually ended up meeting that agent. I'm currently signed with them because I waited. I had meetings with different agents this year, but none of them seemed... They seemed to make sense, right? We do a lot of things that make sense, but do they feel right? So you have to just wait it out.



# True Heart's Desire

Let's talk about your True Heart's Desire. This workshop is called Dream Life Workshop for a reason, because everybody is on their own path. And so it's what's within you. What is your true heart's desire? What is your true north? What is the journey that you're going to be going through your whole life? We're not just trying to manifest something short-term, which we can. I can be like, "I want some water right now," and somebody goes up, "Oh, I got you some water." "Oh, thank you." That's short-term. That's really cool, and it will happen to you, but what we're really trying to do is manifest something that's long-term, right? We want this Big Vision of ours to come true.

Sometimes things do take longer than we think. Sometimes it takes years, we just have to still want the thing. And that's OK, just be patient. If it's really what you want, you'll get it. There's just no other way. So we always have to wish and goal set for something that we really, really want. Something that when we get it, we're not going to be like, "Well, that would've been nice two years ago." No. I just want you to know that the universe is always working in your favor. Just trust and have no fear in your dream.

I always give an example of really talented musicians. Can you imagine them doing anything else? They can be multi-passionate and multi-talented but something can be a byproduct of their success. They did the music, now they're going to do acting. But if they never did music, how would they have gotten in? And this is for all of you — you all have one thing that's yours. And you could be a multi-passionate person like me and you could be into several different things that connect, but you all have something different. Isn't that cool? And you all can manifest it. I just want you to keep faith in that vision of yours, surrender to this dream, and surrender to being taken care of. Once you decide and surrender to the dream, everything will work in your favor to this dream, because you're on the way.

# About Me

A little bit about myself. I'm Valeria Sweet. I was born in Russia and moved to North Carolina when I was little. Then, I moved to LA about eight years ago. I didn't know about vision boarding until 5 to 7 years ago but I've manifested a lot of different things. It stems from my childhood. Go with me for a little walk, we're going to go back to when I was a little kid in Russia. I had a bunch of posters of Britney Spears before I even heard her music but she was a representation of America to me. I watched a lot of American television like Buffy, Charmed, etc., so I was within that world without realizing it. And when I found out we're moving to US, it didn't seem like a big deal because I was already there, if it makes sense. And what's interesting, you can do it too. I'm not only talking about moving somewhere, a lot of you have moved, but when you want to be a part of a certain world (whether it's entertainment, fashion, creation, YouTube area), when you already feel you're already there, it's going to come to you faster. We have to feel that we are there, that we belong there.

Also, when I was little, I had a scrapbook where I placed magazine articles, biographies, set life of different actors, actresses, celebrities. It was all Hollywood. I was eight years old and I wasn't trying to be there, but that's what was interesting to me. Years down the road I ended up going back to that vision that I had as a little kid. And I'm sure that all of you guys also had some kind of vision when you were little. I don't know how old you were when you had a vision of what you wanted to do with your life, but I'm sure all of you had that. If you want to write down, if you have that memory (and what age you were) of what it is that you wanted to do and how different it is to right now, take a minute and write it down.

**When I was little, I dreamed I'd be** \_\_\_\_\_

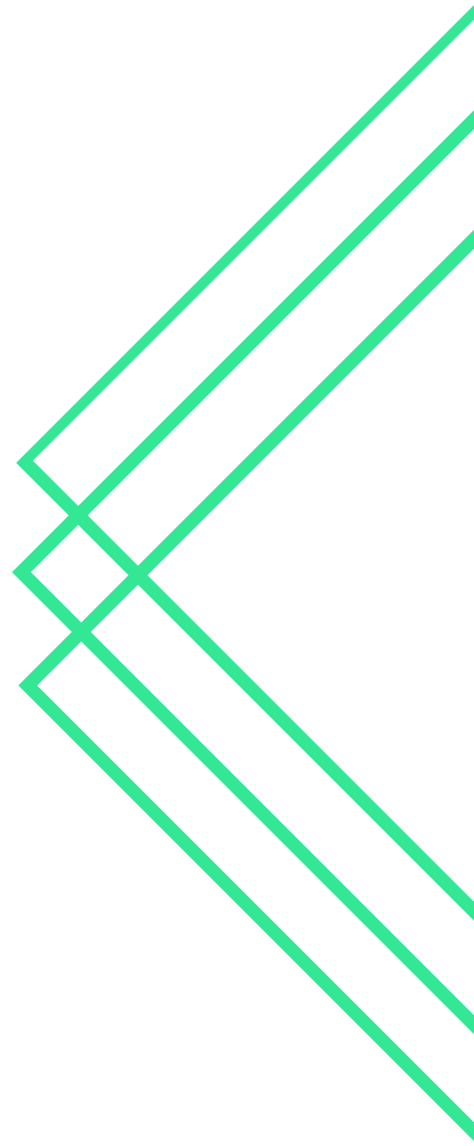
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# Visuals Are All Around You

What's interesting is that I didn't know about vision boarding and yet I used these visuals that represented something for me and then they ended up coming true. And I'm sure that all of you guys have a lot of visuals around you all the time, so you have to be really intentional with what's around you, what's surrounding you, because you are drawing these things to yourself.

A couple of years ago, I worked as a model at LA Auto Show and my favorite car was there, so I took a picture with the Porsche and I put it on my vision board. Now I'm in the running for a "Ride a Porsche for a day" from LA Auto Show through something that I started working on this past week. And I thought, "Wait a minute, that was on my board." That's why you have to be specific. I put a picture of myself from LA Auto Show so that's what happened. That's not what I really meant, so you have to be really specific with what you want.

Another thing that came through for me was when I was sixteen and did art. I did this artwork that kept winning county-wise, state-wide. It was an artwork of a band member of a band that I really liked. Then, several years later, I wrote down what I wanted in a person/mate. And then I met this person and I married him. Interestingly, everything connected. LA connected, me wanting to live downtown connected, this person that I made artwork of connected with how perfect he was for me. Incredible, right? Everything that you want you have to be clear about because you're going to get it. And depending on how clear you are, it might be one event and then your whole life starts to make sense. And I'm not saying that because I met this person my life made sense. It's that what I wanted finally came to fruition through something (one particular person/event).



# Your True North

Let's talk about the big vision of your life and I want you to be as ambitious as you want to be about it. "I want to win an Oscar." "I want to own a Fortune 500 company." Or you can be on a smaller scale. "I want to own a small business." "I want a big family." Whatever is right for you. We can't ever tell somebody, "Oh, this is too ambitious." It may be for us, but this is this person's vision that was given to them at birth. You just have to have a clear vision of it.

It's OK to have a supporting vision and byproducts of your success, like if you're a musician and you end up acting, but let's talk about your First Vision. You're not just doing something now so you can do something else later. What is your True North? What is that something that you really want to do?

You can think of things that come to you naturally, something you don't have to force, something that you don't have to work too hard on, something that makes sense. It's like I said, some people are musicians and that's not my talent, but oh my gosh, I really can't imagine them doing anything else!

So what is it for you? It could be one thing or it could be several. And while you're writing it down, think about why it feels natural, why it feels like something that you wanna do, why this and nothing else? Is that what puts your soul on fire? Is that what ignites you, or not?

**My True North is** \_\_\_\_\_  
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 \_\_\_\_\_

# Your Why

There are some people whose natural talent is dance but what they want to do is music. And they try and try and try, but they don't use their natural talents. They could incorporate it. So write down if it's one thing or two things for you and why.

Just a few examples. I'm going to use an entertainment example. If you want to win an Oscar, why do you want to win an Oscar? Some people want it for fame, some people want it for money. If they can't imagine not acting, if acting is their one thing — their true north is winning an Oscar for their acting. Other people will say, "I want to be famous." OK, why do you want to be famous? And they'll say, "Oh, because I want to be rich." Well, fame doesn't mean money, money doesn't mean fame. Not always. So you have to be like, "If I want to have this amount of money (and write down what amount of money) then what do I want to be and what do I want to do to make that first million?" Because large sums of money don't just come to you, you still have to do something. Even if you're investing, you're doing something. You're an investor.

Let's break it down a little further. Let's write down a list. Make three columns and title the first one — Be, second one — Do, and the third one — Have. What do you want to be, what do you want to do, and what do you want to have? Example from myself, what I want to Be — I want to be an actress and a creator/showrunner (I want to act and I also want to create my own shows). What do I want to Do — I want to inspire others to follow their dreams through the books and films/tv that I make and write. So Do comes from what you want to Be. And then what I want to Have — byproduct of that would be money, so I can help more people. (And I want a Porsche :) So what is it for you? Be specific, be really clear. Don't just say I want to be happy. That could be so many different things. You could be just sitting here and be happy. You could be sitting on the grass out there and be happy. But what do you want to do with that happiness? How do you want to be happy?





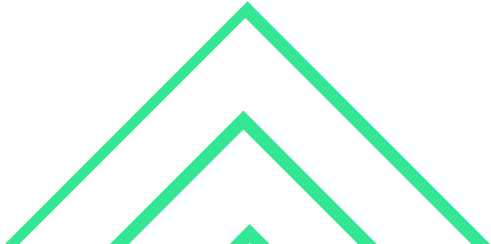
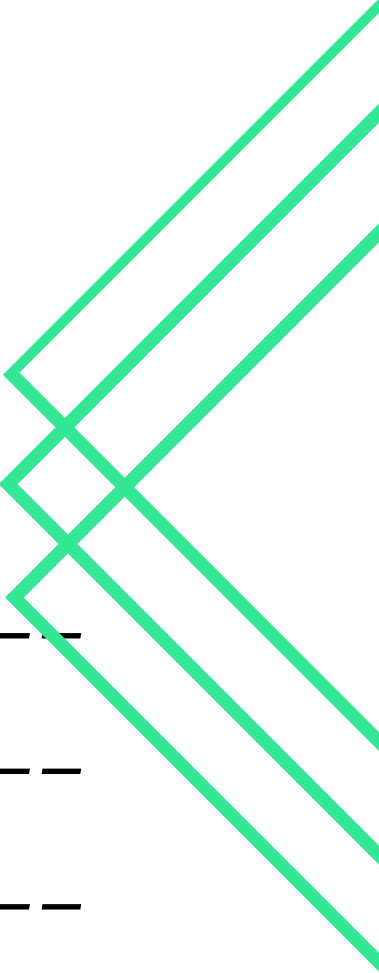
# Your Vision

Now I'm going to ask you to write in one sentence Your Big Vision for your life based on the previous exercises and Be/Do/Have. It is a hard one but I'll give you an example from what I told you I do. And do it in present tense as if you're already there. So, as I'm speaking to you from the future, "I'm a showrunner who acts and inspires others to live out their dreams through my books, films/tv, and I make lots of money to help others do the same."

One of the passions of my life is to make money so we can give it to people. I see homelessness all the time and it's really affecting, the mental illness and everything. And with all my love for people, we can't just put our trust in our government, we also have to help too. And a lot of the time we have to have the money to help and I want you all to have the money to help other people, to help other charities, your causes you're passionate about. Because that's how we change the world. We can't just wait for other people to do it. Everyone's going to be a millionaire! You're going to be a millionaire! We have to change the world and we can do it with our talents and through money.

So write down a sentence of your dream life and then try to share your vision with your neighbor. Is it hard? We've been taught to not share our dreams, goals, and wishes. "Make a wish but don't tell anybody or it won't come true!" But the more we share with others our vision, the more they will be able to help us. Maybe you're not interested in what I do, but maybe you have a friend, and the same thing for me. We all have friends who are lawyers and doctors and realtors. And because we know what they do, we send people to them. We help their business, right? Do we not? I know I send my people to my lawyer friends all the time and now I'm like, "I wish I was a lawyer!" So we have to open up and tell people what our dreams are because if they don't know, how can they help? I want to support each and every one of you and all of my friends, but if I don't know what they're actually working towards, how can I help? So let other people help you.

# Your Big Vision in One Sentence



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Share with someone what your dream is, so at least one more person knows about something that you're going to do.

# Goal Setting

Now we're going to work on our goal setting within the next year. Let's say from now until 12 months from now. Based on what you said you wanted to do, make a list of 5 to 10 goals that you want to accomplish. If you only have one thing that you want to accomplish, it's probably easier. I had three things because of acting, showrunning, life coaching. For example, for my acting, my goals were — I want to find the right agent for me (be specific, not just an agent, the right agent, and then describe) and I wanted to book a certain amount of films and TV roles. For my showrunning, I wanted to film the finale of the miniseries, which I did, I wanted to write a book and to base a TV series on it, and we filmed a pilot for it. And for life coaching, I started a blog, wanted to write a book, and I wanted to host a Manifestation/Dream Life workshop, so here it is. So just like that, write down 5 to 10 goals. Achievable goals. Don't say, "I want to make 30 million." Try for your first million. And make sure those goals support the vision of what you said. If you never said you were going to travel next year, don't put that goal on the list. You can always add things later. I'm just giving you an outline.

## Goals to accomplish within the next 12 months:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# Goal Breakdown

When you're done, take 3 to 5 of those goals and break them down into steps. How are you going to achieve each goal?

If your goal is to publish a book: you have to write it, edit it, make a book cover, find out how you're going to publish it, are you going to self-publish it? Then you have to publish it. Each goal requires steps. If we just put a goal down, it's going to sound like it's so hard to achieve because we don't have the steps to do it.

Create the steps now so you have those 3 to 5 goals to work towards:

**Goal 1:** \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Step 4: \_\_\_\_\_

Step 5: \_\_\_\_\_

**Goal 2:** \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Step 4: \_\_\_\_\_

Step 5: \_\_\_\_\_

**Goal 3:** \_\_\_\_\_

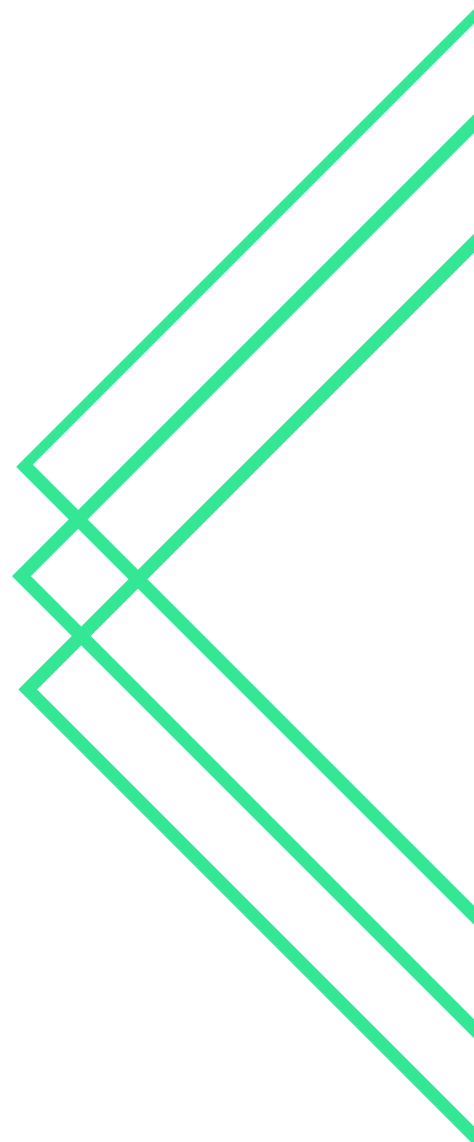
Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Step 4: \_\_\_\_\_

Step 5: \_\_\_\_\_



# Vision Board Prep

We have 5 to 10 goals and we broke down 3 to 5 of them into steps. They're all going to be ideas to put on your vision board. With vision board, we have to be really super crystal clear about what we put on it, because like I said about the LA Auto Show Porsche, it's going to come true. Vision board is not the same as inspo (inspiration) board, so don't just put flowers on it because they look pretty or a horse because you want to ride more. You have to be really specific. The images have to represent your goals and that's why we wrote them down. And now when we go through magazines, right away you can tell if this is a picture for you or not. You do have to be picky, but don't think about it too much.

As an example, if you want to be healthier, you would find somebody with your body type. You wouldn't just put somebody who doesn't have your body type on your board. What I did last year, I put a fitness model that I follow and I made sure she had the same measurements as me because it wouldn't do anything for me if she was 6 feet tall. (She would do different things. She would probably do more weights and running works for me better.) Then, two trainers found me when I was looking to diet for a film that I was doing. So just from one image, all these things start happening. You meet people, all these opportunities come to you, and you'll see how it attracts things to you. So you have to be crystal clear about what you put on your board. Another thing I say, whenever there's something on your board that you don't want anymore, or something that you realize isn't specific anymore, tear it off, replace it. Don't let it be on your board any longer because it's going to keep wanting to manifest.

Other things that you can do for your board, if there are some images of you doing something that you want to do, like if there's a car that you want and you have a picture of yourself in that car, or you have a picture with some awards, put it on your board as inspo of where you're going, what you've accomplished, and what you're celebrating. What we celebrate and what we appreciate that's already happened, more of it is going to come true.

# Success Tips

## Just a few tips:

1. We have to start working on our goals. Put it on your vision board, but you still have to work towards it, right? I know, oh my gosh, what a radical statement! I can't believe I took this workshop and she's telling me to do work! But the point is you still have to do the work, you still have to take action, even if it's going somewhere and meeting people, networking. You still have to get yourself out there.

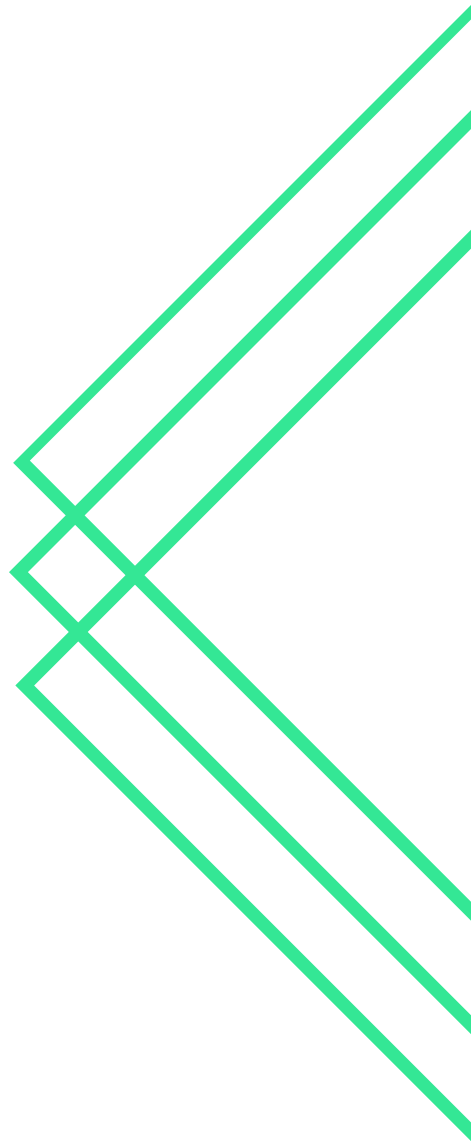
2. You have to break down each item even more. I know we broke down some steps but then you have to break these steps even more. And you have to schedule them. Put them in your planner. I don't know if you use planners, but I find them really useful. You can see your week in advance.

3. Celebrate all of your wins every time you accomplish something, even if it's little. Every time you accomplish one of those broken down goals, really celebrate it. Really feel like you accomplished something. I'm telling you this because for a long time I didn't do it. For a long time I was like, "Oh great, I did it. Next!" And then I didn't even know what I accomplished that year. But you're always planting seeds with everything you do, with every little step. So appreciate all of this that's happening. And appreciate all the things that have already happened. Go back and think about all these things that you've accomplished. Even if they don't have anything to do with where you're going now, you're able to repeat those steps where you're going. Everything is repeatable if you've done it once. Even if you're transitioning into a different industry.

# Work In Progress

About your vision board — it's always going to be a work in progress. Don't ever feel like there's a certain way to do it, that it has to be perfect, that you have to do it completely. Even if there's space on your vision board, that's good. Leave space. The more space you have, the more room you have to invite new things into your life. So don't be afraid of that. It's a simple process, but you get out of it what you put into it, just like with anything and any relationship.

My latest board is very much a work in progress because I tore off a lot of things that have already happened and things that I don't want anymore. At first I thought I didn't want you to see it in shambles, but I do want you to see it like that. I want you to know that it's OK to have it the way it is. I used to have houses on there because I thought I wanted a house. Then I realized, when we actually started looking for houses, I don't want a house right now. I don't want it in areas that are available, I don't feel like I would feel safe in a house right now because I'd be there most of the time by myself. So I don't want a house right now. I like where I live. But we're told that we need to want certain things. And we don't have to want things that everybody else wants. So I tore those off.



# Vision Boarding

Last year I won my first award for producing at the Burbank International Film Festival. And this year my film won six festivals, so it's been really awesome. So put your accomplishments of where you're going, even if you have one award or something (if you want to win an award). Keep it on your board as a reminder. I put one show that I was pitching and now I have two shows that I'm pitching. I have accomplished a lot of things that I've already ripped off. For example, it says on the board, "write my book, *The Most Wanted One In the World*," "write blog posts", and "get an agent." So I've ripped off all those things that I've already completed because they're done. I'm making room for new goals. I still have a few things to accomplish this year before I make my new board, but if you don't have a board, it's a perfect time for you to make one.

Like I said, vision boards are not inspo boards but I have an inspo board for my acting. For some roles that I play (more of a "femme fatale" kind of thing), I have a mood board for what I would play in those roles. And you can do mood boards/ inspiration boards for certain things that you want, but they're not vision boards.

(And it's OK to leave room on your board because you're inviting new things in.)

Another board that I had, I put the fitness model that I talked about, and I put "swimming" on it. And I actually took swimming lessons last year. I made this board, I think, two years ago, and then last year I signed up for swimming lessons out of the blue. One day I was just like, "I'm going to call today." So the things you're going to put on your board are going to start coming true, but you have to be really specific.

# Q & A

## **Q: How do you hear your inner voice or intuition?**

You can pray to be kind of "lead". I actually hear from God and he'll tell me, "Go do this," or "Go tell this person this," but you have to be intune with it. When you start living on purpose, when you start working out your vision of life, and you start to work and walk towards it, you're going to be more intuitive. And also trust the feeling and the energy that you get from things. If something doesn't feel right, even if it makes sense, don't do it. For instance, say a job makes sense but you feel like, "I don't know if I can do it." Something feels icky about it. Don't do it. Even if it's like, "Oh no, we're going to pay you \$1 million, you should really do it, it's a good deal." If it doesn't feel right, don't do it. That's your intuition. How many times you guys feel like, "This doesn't feel right"? Because we don't all call it intuition, but we know when something doesn't feel right. Whether you're on a date with somebody, you're meeting with a new producer, or a new acquaintance, and something is off. Even if it makes sense, don't do it. And that's your intuition trying to tell you something's off about it.

## **Q: For your vision board, can you actually write down on top of pictures so you're being very specific? Like with the car, you don't have it yet but you want it. Can you be more specific like, "I own this car"?**

Yes, totally. You don't just have to put images, you can put words and you can write stuff like I wrote on my board. I wrote what I'm going to put here, but you can write on the board what you want, like, "I want this car," "I want an Audi, this version." You can totally do anything with your board. You can do pictures, you can write on it, you can cut out text, something that speaks to you, but always something specific.

# Q & A

## **Q: Do we show it to anybody?**

You don't have to show it to anybody. I don't show it to anybody. I showed it to you guys as an example.

## **Q: Where do you put it?**

I have it in our office room. But it's just important for you. It's an anchor for you to have that vision in place. You can take a picture of it and put it on your phone, your lock screen, so it's always with you. But you don't have to have it where somebody else can see it. Especially if somebody else doesn't believe in vision boards or your vision.

**Q: Millionaire say, whatever you want, you have to go touch it. So for me, I will go to Maserati lot and look at the engine and test drive the car. They say you might want something but if you don't feel it first, you might not know if you really want it.**

Exactly, you have to drive it. What if you don't want it? It's like with relationships, you might think that you want to date this person but you get in a relationship with them and you're out of sync. I manifested one of my boyfriends back in high school and when we were going out, I was like, "We're completely out of sync." That's so crazy because I didn't know what I wanted yet in a person, I was just like, "He looks like a nice person, I would like to date him." And that was the greatest story because I only saw him once or twice. We went to same school for two years, I saw him my 11th grade year, then I didn't see him for months. And nobody knew who he was and I was like, "What is going on?" Then I found him in our yearbook so I knew his name. Finally, one day when I was with my friends, I asked, "Do you know this person?" And one of

# Q & A

them said, "Oh yeah, he's my best friend." I took an inspired action to ask somebody or I wouldn't have known. And he said, "You want me to introduce you?" We met that day, started going out, and then I realized, "This isn't a person that I would be a good match with long-term, but now I know." So you have to really follow up on what you want and see if you really want it and test drive it. Go date it. Go date that car :)

**Q: How to understand, do you really need what you want, or do you just think you need it but you don't actually need it? If you get it and it's not yours to have. How to understand if it's a true desire? Sometimes we get it and when we get it we understand we don't need it. Just go for it and try it?**

You're going to have to think — do you want it long-term? If you had to wait 20 years for this, would you still want it? Then you'll probably know. If you had to make a certain amount of money to have this, will it be worth it? You have to think of all the steps you have to get there and are these steps worth it. Because you still have to take action, right? You don't just manifest it.

**Q: When a job opportunity presents itself and you just have a feeling, "I'm not sure, I'm not sure..." What if that feeling is on the fearful side? They say you don't live in fear but what if it's just anxiety? How do you deal with overcoming that?**

When I'm really scared of something, I just go do it. And then you know if you're just scared because you're nervous or if you don't want it actually. Sometimes you're feeling resistance because something is off in the situation. Maybe turn that nervousness into excitement and just go do it. I was so nervous about swimming. I had such a fear of water. And then I was just like, "I'm gonna sign up," and I did it. In the first

# Q & A

lesson, all I did was put my face in the water. But I was like, "I'm gonna go through it." Because it wasn't like I never wanted to swim, I wasn't putting myself out there.

**Q: Do you think it's energetically a right thing to share your goals with everyone?**

I'm not saying share it with everybody, but you can share with people in this room. We're all here for the same reason. You have to know who to trust and you have to know who to talk to. I'm not saying go to every party and tell them what you want to do. Some people are like, "Oh, well they'll steal my idea." No. You have to be energetically aligned with the people you tell it to. So you have to be smart about who you share with, but still share with someone. So I'm not saying post it, unless it's right for you. I post on my Instagram because it's right for me, because what I do is very visual — acting, showrunning, inviting you to this event. But if something doesn't align with how you would share, then don't. You still have to filter who you would share it with. Dreams will come true faster whenever you share it with people and you're very clear about them. If your family doesn't support you in your dream, your partner doesn't support you, you don't have to tell them right now. Eventually they'll find out and they'll be like, "Oh my gosh, I'm so proud of you! Why didn't you tell me?" But share with people you trust. New people don't know anything about you. Why not share it with them?