

# **Birth Your Dreams with an *Are you Pregnant with a Dream?* Book Group**

Based on *Are You Pregnant with a Dream? Birthing a Dream: Conception to Age 5*

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## **Why start a group?**

When two or more gather to support one another around dreams and goals for their life, creative forces emerge and possibilities reveal themselves. I urge you to create this support for yourself. Your dream deserves a creative network of support, enthusiasm, and inspiration. Journey together to create momentum around your dreams, discover resources that may have seemed out of reach, allow limiting beliefs to fall away, and your visions and ideas to become much clearer.

## **Who would want to start a group?**

This group is for anyone who has a dream and has interest in seeing that dream come alive in the world. This discussion outline was born with the intention of supporting you in hosting your own supportive, playful group to share in the magic of breathing life into your dreams and goals.

## **How do I structure my own book group based on Tara's book, *Are you Pregnant with a Dream?***

This group outline will guide your group on a journey together, sharing life dreams and goals with one another, and engaging in exercises that breathe life into your dreams. The group meetings are designed to provide a space for supportive listening, and giving one another permission to follow your dreams. To purchase copies of Tara's book, please visit <http://createyourlifeinc.com/bookshelf.htm>. At *Create Your Life!*, we celebrate and encourage you to use your own creativity in leading your book group. Here are a few tips to get you started.

Tips for structuring your group:

1. Agree to a time frame for your meetings (e.g. 90 minutes). Arrive on time and notify the host if you are unable to attend.
2. We suggest that one person be the designated facilitator. This person will fulfill the important role of holding the intention of a safe, respectful space for the work and play of dream creation to take place. This person will keep the group on point, and gently direct participants back to their own wisdom and away from criticism and judgment.
3. Agree to speak for yourself only and resist any temptations to tell others what they "should" do.
4. Have tea/coffee ready when people arrive. You might invite everyone to bring their favorite mug.
5. Empower each person to voice any specific wishes around confidentiality.
6. Designate time within each session for all group members to have the full attention of the group, without any crosstalk. After everyone has shared, open the conversation for group discussion.
7. Create an email tree or Facebook group to encourage group connection between sessions.
8. Invite all group members to join Create Your Life's growing world-wide dream sharing community: "Dream Out Loud!" It's free to join: <http://www.facebook.com/group.php?gid=34032708327>
9. Have fun, be creative, and support one another through listening and acknowledgment.

## **About Tara & *Create Your Life!***

*Tara Sage Steeves*, Dream Realization Coach and founder of *Create Your Life!*, is devoted to helping people identify, nurture, and manifest their dreams...and does so with creative vigor! Creator of The Dream Party™, a futuristic event that celebrates the possibilities for your life, author of *Are You Pregnant With a Dream?* and lead facilitator of 5-week transformational Dream Circle programs, Tara's coaching and events support the creative, and sometimes intimidating process of dream realization.

Learn more and join our newsletter at [www.CreateYourLifeInc.com](http://www.CreateYourLifeInc.com).

## Are You Pregnant With a Dream? BOOK CLUB OUTLINE

(Feel free to pick and choose from the following questions, themes and exercises.)

### **Week 1: ARE YOU PREGNANT WITH A DREAM?** (pgs. 4-13)

Themes: Having the support of a group is a very powerful part of your own dream process.

“Whether birthing a baby, a business, an adventure, a legacy, or any other dream, the experience will be uniquely yours...”

#### Discussion Questions & Exercises

- What makes your dreams, you, and your process unique?
- How can the group best support you in your dream-birthing process?
- What has held you back from realizing your dream up to now?
- Exercise: Take the Pregnancy Test on pg. 13 (grade hard!) & and share your results.

### **Week 2: VISIONING & CONCEPTION** (pgs. 14-24)

Themes: “Conception is making a decision.”

“You can create your life by intentional design or by passive chance.”

#### Discussion Questions & Exercises

- Five years from now what will your life look and be like? How will it differ from now?
- How will you know when you’ve succeeded? Be specific.
- Is there a legacy you wish to leave?
- Exercise: Create and share a Vision Board.

### **Week 3: STRETCHING BEYOND FEAR** (pgs. 25-30)

Themes: “When you name your fears, you frame them.”

“Named must your fear be before banish it you can.” (Yoda)

#### Discussion Questions & Exercises

- What are the names of your fears?
- How likely is your worst-case scenario, really?
- What’s the risk of *not* pursuing your dreams?
- Exercises: (1) Write your fears down and ceremonially release them in whatever way works for you. Options might include burning them in a fireplace, shredding them to pieces, or simply throwing them away. (2) Reframe your old fear into a new belief. See page 25 for examples.

### **Week 4: SUPPORT FOR YOUR DREAM** (pgs. 31-36)

Themes: “You are the foundation your dream is standing on.”

“The stronger your personal foundation the more concrete your path to your goal will be.”

#### Discussion Questions & Exercises

- What can you do now to begin to strengthen your personal foundation?
- In what ways is/isn’t your path aligned with your purpose? Give examples.
- In what ways is/isn’t your behavior consistent with your beliefs? Give examples.
- Exercise: Raise your awareness of the role of Integrity in your life. Take time out this week to journal, mediate, create artwork, and/or have a conversation with someone you trust about the role integrity plays in your life.

**Week 5: NURTURE YOURSELF, NURTURE YOUR DREAMS** (pgs. 37-43)

Themes: "How you nurture and care for yourself is how you nurture and care for your dream."

"What feels like a big stretch now will likely be remembered in retrospect as a small hurdle."

Discussion Questions & Exercises

- In what ways do you nurture and care for yourself?
- Are you enjoying the process of moving towards your goal?
- Is your goal challenging but do-able?
- Exercise: Use the pg. 39 checklist to identify 10 daily habits. Begin 30 days of extraordinary self-care.

**Week 6: MAKING ROOM FOR YOUR DREAMS** (pgs.45-52)

Themes: "It's time to make space for your dream – literally."

"Making room for your dream sends a message that you know it's coming."

Discussion Questions & Exercises

- If your dream arrived today, would you be ready?
- How much of what you own do you need and/or love?
- What will you part with to create space for your dream?
- Exercise: Make a list of tolerations and select five to eliminate in the coming week.

**Week 7: LABOR & INSPIRED ACTION** (pgs.53-60)

Themes: "There is a very important distinction between work and struggle."

"Sometimes we create struggle!"

Discussion Questions & Exercises

- What do you think of this idea that struggle is, more often than not, something we choose?
- What one thing could you do on a regular basis that would make a tremendous positive difference in your personal life? In your professional life?
- Five years from now, what will have been the best decision you made this year?
- Exercise: Make the commitment to eliminate struggle for one week. Keep a daily journal.

**Week 8: BIRTH & CELEBRATION** (pgs. 61-84)

Themes: "Celebration is not only fun, but critical!"

"If you smile when no one else is around, you really mean it." (Andy Rooney)

Discussion Questions & Exercises

- Who is on your Dream Team?
- What are you most proud of accomplishing during this 8-session book club?
- Who will hold you accountable to your dream? It is time to hire a coach?
- What three words would you use to describe your book club experience?
- Exercises: (1) Set a due date for your dream, or a milestone on your journey towards your dream. (2) Fill out, color/collage your birth certificate. Celebrate and share it with the group. (3) Retake the Pregnancy Test and compare you score to the original test.

**(Optional) Week 9 Gathering:** Plan a group celebration that's all your own. Your group may decide to have a dinner party, with or without participants' partners. You may decide to throw a "baby" shower with cake and gifts. It's entirely up to you, so let your creative selves be at play!

*Enjoy, and remember that regardless of sex or age, you are fertile!*

*May your dreams inspire more than they intimidate,*

*Tara Sage Steeves*