



Epic Dream
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PRESENTS



Epic Dream **ACCELERATOR**
PLAYSHEET

5 STEPS TO CREATING YOUR EPIC NEXT LEVEL
... without compromising your values and lifestyle.

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Epic Dream ACCELERATOR PLAYSHEET

5 STEPS TO CREATING YOUR EPIC NEXT LEVEL

... without compromising your values and lifestyle.

Spend just 10-20 minutes with this PlaySheet. It will accelerate your progress towards your Epic Dream.

You can change your life and get to your Epic Next Level with just 5-10 minutes a day.

I'm delighted to share these life-changing ideas with you to support you in expanding into your infinite being. We become so much more effective and efficient in doing when doing comes from being, and not from the mind. You are an infinite being. Claim it. Own it. Be it.

BELIEVE. BECOME LIMITLESS. BLOOM.

You will get much more out of doing this PlaySheet if you listen to the accompanying explanatory audio first. Listen to the audio while following along on this PlaySheet.

1. Do a Brain Dump at least once a week. And, do one right now.

This is the one of the most cleansing and helpful activities for your busy, active, and super creative mind. Given the high-level you function at in your business and life, it's likely that you have a practice like this already.

The reason I'm starting with this practice is that it helps to create a clearer slate for the rest of the steps.

Take all those amazing ideas that are swimming around in your head, wreaking havoc on your concentration and quickly jot them all down short form.

If you don't have time to do it all in one sitting, do it in 5-10 minute increments interspersed throughout your day.

Keep a running list and keep dumping until it's all out. And, when more ideas come up, keep adding them. I keep an idea notebook with me at all times. I started doing this in law school.

This way, your brilliant brain can rest easy that no amazing idea is being lost!

Then, organize the Brain Dump.

Once you have a lot of ideas in your brain dump, it feels good to get them out, but can also be overwhelming. Here's what to do:

- See if there are some big ideas or main categories that the ideas fit under and organize them in this way.
- Choose the top 3-5 big categories you want to work on right now. 3 really is a good number, but it may not be enough for some of you.
- Put all other ideas aside. Keep adding to the big Brain Dump List as you wish.
- As you finish big categories, you can replace it with another big category.

Need some help with the organizing? [Click here to apply for an Epic Dream Accelerator Session.](#)

2. Identify Your Core Pattern

You have achieved a higher degree of success than most people will ever achieve. What you already know the growing you have already done, it got you here. And, that's awesome.

But, it won't get you to your Epic Next Level. Creating that kind of progress requires going deeper inside than you have ever had to go before. Doing what you have always done will not create your Epic Dream.

So, what will? Identifying the core pattern that is getting in the way of you going to your next level.

Here's a quick way to identify the core pattern. When you are trying to expand, to create something new, to go out of your comfort zone, or when you get overwhelmed, is there some story or pattern that comes up for you over and over again?

If nothing is coming up for you yet, take a look at the following for clues:

- Personality traits of your parents that bugged you the most. Now, take a look and ask yourself how they show up in you.
- Painful experiences you have had and stories you made up about what is and isn't true about the world.
- How you react when you feel rejected, alone, sad, depressed, angry, guilty, ashamed, or resentful.
- What your inner critic says to you about whether you can achieve your epic dream or not, about the last time you "failed" at something, or the last time you felt embarrassed or small or humiliated.

Is anything coming up for you now? If not, then you might be enlightened already and I can't help you. Just kidding. Seriously, if you need support with identifying the pattern that is getting in your way, let's talk.

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I have a superpower when it comes to identifying this kind of pattern.

3. Get Clear on Your Epic Dream Vision.

Take at least 5 minutes and write down your Epic Dream Vision in the present tense, as though you already have it.

I'd suggest weaving in elements about Money, Your Great Work, Your Epic Love, and Your Vibrant Health.

I know that this isn't new. You're already successful, so you may already have already done this piece. If so, then take out your Epic Dream Vision and read it right now.

Take a moment to see if there's a way you could expand it even further. Did you write it in the present tense? Did you include all 5 senses as you wrote it? Did you think big enough?

Remember you are an Infinite Being and the only limits that exist are the ones you place on yourself.

Need help writing your Epic Dream Vision? [Click here to apply for an Epic Dream Accelerator Session.](#)

I'm an expert at supporting others in claiming their Epic Dreams. In fact, it's one of my favorite things to do.

4. Choose Your Daily Nirvana Question(s) and ask it/them daily, first thing in the morning.

In that moment when you wake up and greet the day, instead of jumping straight into doing, I want you to choose a question, or questions to ask yourself.

Don't ask more than 3. Otherwise, it will be hard to remember them, unless you keep a little note by your bedside.

I suggest starting with just one question.

Here are some options, or you can feel free to create your own:

1. What do I need to receive today?
2. What do I desire to receive today?
3. What do I long to receive today?

4. What is my energy level?
5. Do I need to make any shifts in my day to honor my energy level?
6. How do I want to feel today?
7. What do I want to experience today?
8. Create your own ... choose what feels best to you.

This practice takes less than 30 seconds, it connects you to yourself, and it's fun.

Upon waking up, ask your Daily Nirvana Question.

Need help figuring out your question? [Click here to apply for an Epic Dream Accelerator Session.](#)

I'm a really good question asker and I'd love to help you find the right one for you.

5. Choose Your Daily Nirvana Morning Ritual (Sadhana)

Hands-down, out of any practice I have ever done, this one has changed my life the most. The more time I give to this practice, to myself, in the morning, the more I get done in less time. I intuitively seem to know what to concentrate on, and what to let go of.

My Daily Nirvana Morning Ritual is a key component of my spiritual practice, a way to connect with my deepest essence. I find it to be deeply nourishing and healing.

As I share about on the audio, I did have a lot of trouble getting it started and gaining momentum with it, so be gentle with yourself if you are experiencing some resistance to doing it.

If you already have a great morning ritual, then think about how you can take it up a notch, or commit to it even more deeply. You could consider adding the Daily Nirvana Meditation to your morning. Just that one tweak could make a huge difference!

If you are just starting out with a morning ritual, and you are committed to going to your next level, do the Daily Nirvana Meditation provided as part of this starter kit. Super easy. You don't have to think about it. Just put on your headphones and hit play.

If you are just starting out and you don't have much time in the morning or you have huge resistance to doing a morning ritual, then just take 1-5 minutes to do any one of these:

1. Take 1 minute and just sit in silence with yourself.
2. Read a page in a book that inspires you
3. Pull an Oracle card or Tarot Card
4. Stretch your body
5. Ask yourself - how do I want to feel today? And, what will I do to create that feeling?

6. Do a round or two of sun salutations or some other quick exercise or stretching to get your blood moving.
7. Meditation of your choice (guided, focus on a candle, transcendental meditation, focus on your breath in and out, or chant)
8. Journal
9. Do a manifestation practice - my absolute favorite - I set the timer on my phone and write for 10 minutes. When I write, I write as though I have already achieved my dream. Even if you do this for just one minute, it will shift your energy.
10. Just visualize - skip the writing part mentioned in #8. Just take at least 1 minute and visualize yourself having achieved your epic dream.
11. Choose something you want to affirm or create, and repeat it or focus on it for at least one minute. For example: "I am an infinite being. I am worthy. I am enough."

Do your Daily Nirvana Morning Ritual first thing, either before you shower, or right after you shower.

If you are deeply committed to your Epic Transformation, do the Daily Nirvana Meditation and then choose activities from the list above, and create your customized, delicious and nourishing Daily Nirvana Sacred Morning Ritual.

Practice Your Customized Daily Nirvana Morning Ritual at least once a week.

Need help figuring out your Daily Nirvana Morning Ritual? [Click here to apply for an Epic Dream Accelerator Session.](#)