

Goals & Goal Setting Workshop



Live Free!

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Fulfillment comes through living consistent with who you truly are as a person.

A happy and well balanced life is a life spent doing the things you are designed and meant to do, (your passions) and not wasted on things that are not in-line with your natural desires. Things you only do because you feel you “have to do”, “should do”, or think you “must do” to get by.

If your work seems dull and unrewarding, you are not working in your realm of significance. If your actions and daily activities are not in alignment with your natural talents, passions, and who you are as a person, then you are missing a lot of the happiness, excitement and satisfaction that you could be experiencing.

Simply stated, to live an abundant and fulfilling life you have to **be you**. You have to live your life without apology based on who you truly are. This kind of life is not reserved for the lucky few; it is available to you if you are willing to consciously reach out and claim it for yourself.

You could wake up every morning feeling good, and spend the entire day doing activities which are enriching and fulfilling.

You could spend your time doing only the things you really love to do, and at the same time, meet all your obligations.

Each day can be exciting and joyful.

Take a minute to experience these feelings. Does your stress level drop? Do you feel calmer and more relaxed?

Think about where you are spending your time. How much time are you actually spending doing activities that fulfill and enrich you? Notice, too, how good it feels when you do.

Setting goals and establishing what is most important to you will help you get clear on how you want to **live your life**, and assist you with closing the gap between where you are now and where you most desire to be.

Closing this “gap” actually means changing who you are right now to who you want to become. (You’re higher Self) It’s about shifting your identity from who you are now; to the person you’ll eventually be once you achieve your goal.

Everything you are currently experiencing in your life is a result of who you are right now. If you are in excellent shape it is not luck or chance. It is because taking care of your body and having the energy and passion that comes with being physically fit. It is who you are; hence you make different choices about what you eat and how you spend your time. If you are wealthy, again it is not because you were just one of the lucky ones. It is because having wealth is who you are, and your decisions about money and your daily routines and actions reflect that fact.

Personal growth is a process of moving towards you're higher self or your true potential. You have unlimited potential for greatness! Take the first step by identifying what it is you truly desire for your life, and then start closing the gap between whom you are right now, and that person who has what you want for your life as a natural side effect of who they are! As your identity shifts to your new higher self, you will feel naturally drawn to take any actions that are necessary to make your goals a reality.

If you frequently set goals, but never seem to get anywhere, it may be that you are not embracing the identity shift necessary to get there. You may know what needs to be done intellectually, but you haven't reached the point of inspired action because you're staying in your current comfort zone. There is a big difference between knowing what to do verses actually doing it. You won't get very far until you learn to shift your identity from point A (where you are now) to point B (your higher self). This identity shift is the difference between constantly struggling with procrastination, laziness, ineffective action, and wishful thinking verses enjoying the consistent flow of desired outcomes which come from your inspired actions.

If who you are is not truly matched with your current set of goals, then taking action is very difficult and seems hard because it is something you have to "do". Once your desires represent and reflect who you truly are, taking action becomes inspired and easy. The actions are "being".

Goal Setting Workshop: Your life plan.

This goal setting workshop corresponds with your goals application found on your my world webpage. This exercise is designed to help you determine your goals and desires. Once you are clear about what you want, you can use your webpage as a tool to keep you on the right path to making your desires a reality.

Everyone has goals whether they realize it or not. Our minds must have direction. Goals are the directions we give our mind and are the motivation behind our day to day actions. If we do not deliberately choose these directions, our subconscious mind will take over and provide something by default.

The process of setting goals is really the process of designing our life by choice and not living by reaction or default. It is absolutely critical in order to take your life to the next level. Setting goals is a declaration to your conscious self about what you're true desires for your life are. The most amazing and exciting part about this process is that through goals you literally can have anything that you truly desire. When taken seriously, the power of goals are unlimited.

Setting goals is the crossroads between living based on your previous conditioning and beliefs, or choosing a new reality. A reality based on who you really are as a person, and what you truly want your life to be about. The truth is the quality of your life is determined by the quality of your goals. An extraordinary life requires extraordinary goals that are in harmony with your true self.

This workshop is not complicated or difficult; however it is a vital element in creating and designing your life!

This is our challenge to you. Do this goal setting exercise. It only requires a small amount of time, a little faith, and a passion to start living your life by design. Having inspiring goals will change your life! The principles are true. Don't just live, Live Free!

The Process

What do you truly want? Do you know? Having a clear set of goals is simply stating what it is you want for your life. Most people are so caught up in their day to day activities, that they never stop and take the time to figure out exactly what they want their life to be about. Or they have all kinds of reasons why they don't have wealth, abundant energy, incredible relationships, and so on. The following activity will require you to let go of all your fears and doubts and allow yourself to imagine a new world where anything is possible.

To help organize this exercise we have divided your goals into six major life categories. Each area significantly contributes to your wellbeing and happiness. Focusing all your attention on only one or two of these areas

will create an imbalance, even if you are living true to yourself in those particular areas. Having abundance in each area is the key to happiness.

Fun & Recreation- Live more of life

Physical- Achieve inner balance and physical vitality

Spiritual- Experience peace of mind and spiritual growth

Family- Enjoy grater love and intimacy with family

Financial- Attain increased wealth and financial freedom

Physical Environment- Personal possessions & assets

Brainstorm Exercise

The only requirement for this section, is that you let go of all your beliefs about what is or is not possible, and simply write what you would have and do if you could have and do anything you desired. Do worry about how you will accomplish these things, just get them out. Really dig deep inside yourself to uncover what your life would be like without any fears or limitations!

Fun & Recreation

List 10 things you currently love doing for fun.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What do you want to experience more of in life?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Identify 8 new things you would like to learn, do, or accomplish?

Hobbies & Skills

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Where would you like to travel?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Physical

Describe your ideal physical health, appearance, and energy levels.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What physical activities do you most enjoy?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What Character traits do you hold most dear?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Spiritual

Who are you spiritually?

- 1.
- 2.
- 3.
- 4.

What gives you the greatest peace of mind?

- 1.
- 2.
- 3.
- 4.

What higher purpose do you believe you have?

- 1.
- 2.
- 3.
- 4.

What service or contribution would you like to give to the world?

- 1.
- 2.
- 3.
- 4.

Family

Describe the activities that bring you closest to your family

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

What impact would you like to have on the life of your spouse and children?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Financial

What career accomplishments would give you the most satisfaction?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

How much income would you like to earn each month?

How much money would you like to have saved?

How much would you have in investments?

How much money per month would you like to contribute and give away to bless the lives of others?

In what way would you ideally organizing and tracking your finances?

Physical Environment

What do you want to have? Describe your surroundings:

List 25 things you would like to have that would give you the most pleasure.

(Sail Boat, Mountain Cabin, New Ferrari, Airplane, Horses, Land)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.

Now you have a good size list of what it is you want in each major life category. The next step is going to be turning these desires into a good goal. You can do this with as many desires as you would like, however to get you started, we are going to have you choose your number one desire or activity from each of the six categories. You can do that by simply placing a star next to the desire in each section that you believe if you had it in your life right now it would make the biggest impact and would bring you the greatest satisfaction.

Once you have made your selection, list your top six desires below. Once you have listed these highest priorities, you now need to list below them 5 reasons why this is so important to you and 5 feelings that would come from having this in your life. This is important because it is the “whys” and the “emotions” that will be the driving force behind actually taking action. If you are very clear about why you must have something in your life, you have much more passion behind it than just having a goal that you hope to accomplish some day.

Fun & Recreation-

Why this is so important to me?

- 1.
- 2.
- 3.
- 4.
- 5.

How does not having this impact my life?

- 1.
- 2.
- 3.
- 4.
- 5.

What are the feelings and emotions I would have with this in my life?

- 1.
- 2.
- 3.
- 4.
- 5.

Physical-

Why this is so important to me?

- 1.
- 2.
- 3.
- 4.
- 5.

How does not having this impact my life?

- 1.
- 2.
- 3.
- 4.
- 5.

What are the feelings and emotions I would have with this in my life?

- 1.
- 2.
- 3.
- 4.
- 5.

Spiritual-

Why this is so important to me?

- 1.
- 2.
- 3.
- 4.
- 5.

How does not having this impact my life?

- 1.
- 2.
- 3.
- 4.
- 5.

What are the feelings and emotions I would have with this in my life?

- 1.
- 2.
- 3.
- 4.
- 5.

Family-

Why this is so important to me?

- 1.
- 2.
- 3.
- 4.
- 5.

How does not having this impact my life?

- 1.
- 2.
- 3.
- 4.
- 5.

What are the feelings and emotions I would have with this in my life?

- 1.
- 2.
- 3.
- 4.
- 5.

Financial-

Why this is so important to me?

- 1.
- 2.
- 3.
- 4.
- 5.

How does not having this impact my life?

- 1.
- 2.
- 3.
- 4.
- 5.

What are the feelings and emotions I would have with this in my life?

- 1.
- 2.
- 3.
- 4.
- 5.

Physical Environment-

Why this is so important to me?

- 1.
- 2.
- 3.
- 4.
- 5.

How does not having this impact my life?

- 1.
- 2.
- 3.
- 4.
- 5.

What are the feelings and emotions I would have with this in my life?

- 1.
- 2.
- 3.
- 4.
- 5.

The final step is to make a list of things you could do to start moving towards your desires. There are a couple things to keep in mind. First, remember that this is a journey. Enjoy it. It is not a race to the finish line. Pace yourself and have an optimistic attitude about your personal progress.

The things you have listed are activities you are most passionate about and enjoy doing, so remember to enjoy it! Start experiencing now the feelings of how you think you will feel once you have your desire. As you think and ponder about things you should do to bring yourself closer to your goals have an open mind. Your subconscious mind will provide inspired thoughts if you are open to them. And finally, remember it is not any one specific action that is important, it is the objective you are after. If you try something and it does not work out, just try something else. Look to good mentors or other people who have the things you desire for ideas. If you stay focused on your goals, have inspiring reasons why you want what you do, and then list and act upon inspired thoughts, you will find what you desire. Your world is created and experienced by you! The choice is truly yours to ***Live Free!***

Fun & Recreation-
Inspired Actions:

Physical-
Inspired Actions:

Spiritual-
Inspired Actions:

Family-
Inspired Actions:

Financial-
Inspired Actions:

Physical Environment-
Inspired Actions: