

Goal Setting

There are a few questions to answer when goal setting.

- Is the goal realistic and in alignment with your skills and talents?
- Is the goal focused on what you really need, rather than what you think you need?
- Are you setting this goal because of some underlying fear, belief or worry?
- Is the goal specific, positively stated, challenging, ethical, realistic, measurable and time-specific?
- Is the goal in harmony with your own code of ethics/wisdom?
- Is the goal placed in the foreground of your awareness?

How to manifest your goals

The following is a framework for manifestly goals.

1. Decide on a specific goal/outcome that you would like. Write it down.
2. How desirable is this goal?
Score between 0 (not desirable) to 10 (extremely desirable). Your goal should score at least a 5.
3. Think about your goal, breathe deeply and turn your attention to your body. Do you feel harmony or resistance/ conflict?

Signs of conflict

Feel contracted, uneasy
or uncomfortable
Confusion
Heavy, sleepy and/or tired
Doubt

Sign of harmony

Feel expanded, light and at peace
Clarity and alertness
Uplifted, energised and/or content
Knowing
Enthusiasm and motivation

4. If you feel conflict, which aspect of your goal is causing the conflict? Look at each part of your goal in turn and tune into feedback from your body?
5. Modify and rewrite your goal until you feel signs of harmony. Write down your new goal.
6. Now close your eyes, breathe deeply and create a movie of what your life would look like and how you would feel once this goal is accomplished. Give yourself plenty of time to do this. If it helps, use the questions below to help inspire you – It's important that you associate with the image of yourself and experience yourself as the person in the movie.
7. Tune into your goal for at least one minute at the start of each day. This will help to refocus and keep you on track.
8. Be open to the possibility that your goal may, or may not, evolve with time.
9. When you achieve your goal(s) allow yourself time to enjoy the moment.
10. Give thanks to everybody involved in making your goal a reality.

Questions

What do you see that shows you have solved the problem or achieved the goal?
What are other people doing or saying that tells you that you have succeeded?
What does it feel like?
When do you realistically want to be in this position?
How will you know that you have achieved your goal? Is there a measure you can use?
How much control or influence do you have with regard to this goal?