



A W A K E N H E R

Intention & Goal Setting

"You control your future, your destiny. What you think about comes about. By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands - your own."

Mark Victor Hansen

This about focusing your energy into a positive message, a positive aim, so that you can achieve a more positive outcome. We are constantly manifesting an outcome whether we are aware of it or not. Most of us spend our time creating situations from a place of survival, of lack, of fear. Why not create something more positive and focus all of that energy into something that you want? Get control of that energy and direct it to a place that is going to create a world where you feel fulfilled and happy.

For me personally, I like to have goals for different aspects of my life, set the intention then focus on that. The key areas of life with some examples. These examples are not exhaustive:

1. The Self; self-worth, self-esteem, how you feel about yourself, self-acceptance, self-love, & spirituality
2. Career; are you looking for a promotion, a career move, more money, setting up your own business?
3. Friends; do you feel like you need to improve your relationship, are you not spending enough time with them? Do you want more friends, different friends that are more aligned to your other goals?
4. Family; do you need to improve your relationships, do you want to do cooler things with the family, create more love, etc.
5. The Significant Other; do you want to meet someone, do you want to improve the relationship with the one you're with? Do you want to end the relationship with the one with you're with?
6. Selfless Service; How can you give back, can you donate money/time, which groups?
7. The physical self; do you want to lose weight, gain weight, get toned, do you have a specific sporting achievement in mind? Do you want to eat differently etc.?
8. Social Life; do you want to travel more, do you want to pick up a hobby etc.
9. Personal Development; Is there a particular course you want to do?

10. Physical Environment; Do you want to buy a house, rent somewhere, sell your current home, decorate etc.
11. Mental & Emotional Wellbeing; will you aim to develop a practice that will facilitate good mental & emotional health? How long will you aim for? 5 mins daily, 10 mins daily etc.
12. Money/finances; how much money do you want to be making; do you want to be so far in the black that spending money on what you want is a second thought?

Pick an area or maybe a couple of areas that you want to focus on right now, you don't want to overwhelm yourself with too much. When you have too much we can then sabotage ourselves by getting freaked out by the amount and then not doing anything, then feeling bad about ourselves because we didn't do anything. This is not an exercise to make yourself feel bad, it is an exercise to empower you, to keep you focussed and it is there to keep you aligned to a purpose. Maybe one goal might be to feel more self-love, learn a new skill within 3-months so that you can have more confidence and self-appreciation so that you can meet a suitable partner and achieve a new career within the 12-months

Once you have thought about what you want to work on, think about these areas and what you intend to have achieved over the following time-frames

1. 3-months

Area of focus

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- Specific: Well defined, clear, and unambiguous
- Measurable: With specific criteria that measure your progress towards the accomplishment of the goal
- Achievable: Attainable and not impossible to achieve
- Realistic: Within reach, realistic, and relevant to your life purpose

- Timely: With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.

Visualisation practice:

With your goal get into the habit of visualising it, getting it so clear in your head you can describe exactly what you look like, how you are feeling once you have achieved your goal. With the goal that you have set;

I want you to connect with the soul, with the information of this picture in your mind then ask your own soul to start embodying the messages, the information, the frequency of your goal. Remember, everything we do is about being in alignment and being the same frequency of what it is you want. See yourself already achieving the goal. What are you doing? What do you look like in this picture? What do you feel like? Then do a simple practice to connect with the message more fully.

“Dear my soul & my higher soul, I love you, honour and appreciate you. Can you please help me to align with my goal of (state goal) fully? Can you please help me align with the right feelings, thoughts, and actions that will allow me to achieve my goals? Can you please transformation any negative information that is preventing me from being in alignment with my goal, can you please transform this negative information to that of unconditional love, compassion, joy, creativity and more. Thank you.”

Spend a few minutes connecting with your message. Do it throughout the day. Do it as much as you can. This is about creating a new frequency. Once you start to be of a different frequency, the things that will help you achieve your goal will naturally start to show up in your life.

Whilst it is important to have bigger goals, it also good to have smaller goals like asking yourself the following question:

What can I do in the next 2 weeks that will bring me passion and purpose into my life?

1.

2.

3.
