

POSSIBLE GOALS

- 1 • **Be Here Now:** How to free yourself from your past.
- 2 • **Men/Women:** Understanding the differences.
- 3 • **Brainstorming:** How to create unlimited possibilities.
- 4 • **Creating A Mentor:** Learning which questions to ask can facilitate personal growth and inquiry. To this end a mentor is essential. How do you find one?
- 5 • **Priority Planning:** All choices are not equal. Learn to know what step is next?
- 6 • **Controlling Time:** Time is an illusion. The way you perceive time is a reflection of the way you live life.
- 7 • **Effective Communicating:** The quality of your communication is defined by the result it gets. Learn to communicate effectively!
- 8 • **Creating Economic Abundance:** A person could have an abundance of money or live life out of scarcity. Enter an inquiry into creating financial freedom.
- 9 • **Networking:** Creating larger and larger chains of people will support you in creating greater success and reducing struggle.
- 10 • **Understanding Your Emotions:** There is a distinction between how you feel, where you've been, who you are and what you do. A study of where these distinctions form is a starting point to healing the emotions.
- 11 • **Assertiveness:** Learning to ask for and have what you deserve.
- 12 • **Self Assessment:** Learn the essential skills to help you evaluate your present reality and support the achievement of your vision.
- 13 • **Authority Figures:** Learn to create mentors and other means of support without giving your power away.
- 14 • **Making Risk Free Choices:** Learn to increase your effectiveness while reducing risk.
- 15 • **Good Or Bad/Right and Wrong:** Explore and refine your personal ethical system.
- 16 • **Beliefs:** What is rational, reasonable, practical, sensible and probable? Learn to isolate how certain beliefs may limit you.
- 17 • **Career:** Learning to love your job or create one you can love.
- 18 • **Commitment:** Defining issues of trust, responsibility and surrender.
- 19 • **Friendship:** How to define it? How to create it?
- 20 • **Generosity:** Learn to give and receive from a place of love, abundance and self respect.
- 21 • **But, Would, Could, Should:** How your use of words and language can create reaction and scarcity or abundance and joy in your life.
- 22 • **Innovation and Brainstorming:** Learn to use your inborn creativity to actualize unlimited possibilities.
- 23 • **Inquiry:** Learn to recognize all of the possibilities you never saw before.
- 24 • **Leadership:** Learn to surrender control while learning to empower others.
- 25 • **Delegation:** Do what is emotionally gratifying and pass on the rest.
- 26 • **Love and Happiness:** Learn the distinctions between love, lust and infatuation. Learn to put love into action.
- 27 • **Healing the Child Within:** Free yourself from the pains of youth and memories that own you.
- 28 • **Obsession/Compulsion:** What are the subtleties of habit and desire. learn to be free in a compulsive world.
- 29 • **Organizing:** Create new possibilities by removing physical and mental clutter from your life.
- 30 • **Procrastination:** Learning its causes, finding the solutions. Taking effortless action.
- 31 • **Productivity:** Making every moment count.
- 32 • **Relationships:** Humans are social beings by nature. Learn to create effective and heartfelt romantic, family and business relations.
- 33 • **Self Esteem:** Learn the key steps to creating self-love and respect.
- 34 • **Self Help:** Learn to create support groups.
- 35 • **Meditation & Visualization:** Learn about various approaches to stress reduction and spiritual evolution
- 36 • **Success:** Defining it, creating it.
- 37 • **The Victim:** No more complaining, and reactive behavior. Learn how to end victimizing behavior.
- 38 • **The Family:** Characteristics of functional and dysfunctional families.

Specific Action Steps for Achieving this Goal	Target Date	Date Reviewed	Date Completed
1. _____			
2. _____			
3. _____			
4. _____			
5. _____			
6. _____			
7. _____			
8. _____			
9. _____			
10. _____			
11. _____			
12. _____			

Method of Keeping Score _____

Is it worth the time, effort and money to reach this goal? _____ Yes _____ No

AFFIRMATIONS TO SUPPORT THIS GOAL

NOTE: File in Personal Goals Accomplished Section when goal is completed.

THE GOALSETTING PROCESS

