

Creating your Dreams

This section is to help you get really clear on what it is that you want in life. Clarity = Power. That means the more clear you are on what it is you want to Be, Do Have, the quicker these things can manifest. Meditate on the Go-Intentional Living, is designed to work from the end result to the present moment. As you go through the process, create your ideal life with as much detail as possible bringing in all your senses and writing it out in the different areas of your life. Use your Meditate on the Go journal to create the details and the end result. Use the planner to create your goals based on the clarity in your journal.

Keep your end result in mind at all times while living in the present moment. To begin creating your end result, use this quote by one of my favorite people, Bob Proctor.

“Set a goal to achieve something that is so big, so exhilarating that it excites and scares you at the same time. It must be a goal that is so appealing, so much in harmony with your spiritual core that you cannot get it out of your mind. This goal must be One that Will dominate your thinking all of your waking hours it will be a goal you must commit to; it will be an Idea so spectacular that you are willingly to trade the days of your life to accomplish it”

This means as you write out your goals, they must excite you, inspire you and scare you at the same time. As you choose your ideal life, allow these dreams to dominate your thoughts throughout the day.

Quick Goal Setting Tips

1. Make goals meaningful. Why do you want this end result? Your ‘why’ brings in the passion and inspiration required to achieving your dreams. Remember, this is your life to create it as you want it to be. Use passion and excitement and write goals that inspire your God-given Self.
2. Always put your goals in writing. As we stated earlier, create the detail of the end result in your journal and sum them up in a goal in your planner.
3. Include every area of your life, **Health**, (Physical, emotional and mental health) **Relationships**, **Spiritual**, **Career and Financial**.
4. Use positive language and the present tense when setting a goal. It is better to say "I weigh a healthy, trim and fit 185 pounds" than "I want to lose 20 pounds." Use gratitude to bring in the feeling of the end result now. I am so happy and grateful now that it is _____ and I weigh 185 lbs.
5. Use a time line as the example above stated so that you can measure your results. Adjust the time line as needed, but keep yourself on track by making you accountable for your daily time spent on each goal.

Failure doesn't always mean that you did something wrong in your goal setting or implementation. It may just mean that the time you allotted for success wasn't adequate. A thorough review process should be undertaken before setting the goal again.

3 year goal (pick an area and be specific)

I am so Happy and Grateful Now that it is: (my when)

And I am: (my what)

This goal is important to me because: (my why)

Inspired action steps I am taking (my how)

List dates with your action steps below and enter these dates in your monthly summary goal worksheet to read them daily

5 year goal (pick an area and be specific)

I am so Happy and Grateful Now that it is: (my when)

And I am: (my what)

This goal is important to me because: (my why)

Inspired action steps I am taking (my how)

List dates with your action steps below and enter these dates in your monthly summary goal worksheet to read them daily

Monthly Summary Goal Sheet

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:
