

PURPOSE, VISION & GOALS

How we create what we want in our lives

What we call goal setting is really just a very natural process of _____ and _____.

What if we were really not _____ when we quit?

What if it were just a pause in the _____
_____ for self-evaluation and self-contemplation
rather than a space for more action?

What if we changed our _____ of goal achieving all
together and began to see it as a creative process, a process of
_____ and _____ things into our lives?

Goal setting and goal achieving are _____ that must
be learned.

Creating and manifesting is a _____.

Answers: Goal Setting; creation; manifestation; failing; creative process; perception; manifesting; attracting; skills; natural process

GOAL SETTING (CONT.)

Two thoughts:

1. Make the shift from looking at goal setting and achieving as something you cannot do and being to see it as part of a natural process of _____, as you were naturally born to do.
2. Begin to detach from the outcome, separating your _____ - _____ from your result. *You are not your result.*

The reason that we define our purpose, vision, and goals is so that we can consciously direct the _____.

_____, awareness, and _____ - _____ are the tools you use to strengthen your ability to live from purpose, vision, and goals.

PURPOSE

Your purpose is the _____ through which you will direct your creative power.

It is _____ you do what you do.

Your purpose is like the _____ - everything revolves around it!

Answers: creating; self-value; creative process; understanding; self-evaluation; filter; why; sun

VISION

From your purpose, you create your _____.

Creating your vision is the most powerful, productive _____ in the creative process.

Your Vision Statement is a detailed description of you living in the full _____, and presence of your purpose, in present tense.

Your Vision statement will be the _____ between your purpose and your goals and is a living, breathing document.

GOALS

From your Vision Statement you will begin to _____ your goals-short and long term.

Stay in the land of _____.

You don't have to know every step-just the _____ next step.

Your goals will come from your _____, sometimes directly from your Vision and sometimes as a way to live your Vision.

The purpose of the goal is a _____ and to cause you to grow into the person who is living your Purpose and Vision.

Answers: vision; activity; achievement; connector; identify; possibility; one; vision; benchmark

VISION STATEMENT EXERCISE

Take the time (now, not later) to create a vision statement for the next 6 months in 5 Key areas of life:

1. **Spiritual Growth**
2. **Primary Love Relationships**
3. **Financial Growth**
4. **Physical Health**
5. **Personal Development**

Write down what you would LOVE your life to look like in each of these areas. Follow this process without any restriction or requirement of you knowing how you would bring this about.

Don't get caught up in the rightness or the wrongness of this process, there is no right or wrong.

As you work through the process, you will choose moment by moment what you are manifesting. Is it by design or default? Default is just the patterning of the past. There will be times that you will unconsciously move to default where your old patterning is running your thinking. As soon as you notice that, move to thinking FROM your vision. The person who is living from this vision:

- What does he/she think about?
- How is he/she choosing?
- What is he/she doing with his/her time?

This is a process of moving from **thoughts** to **things**, from the **invisible** to the **visible**.

TIME TO ACT!

Based on this lesson:

What will I **A**pply in my life?

What will I **C**hange in my life?

What will I **T**each someone else?



Your Purpose, Vision & Goals are the road maps that your creative power will follow.