

GOAL SETTING : CREATING

******* for this section you can also utilise any notes you made from 'Self Inquiry' and the '3 Zones of Feeling' Modules**

Setting goals is something we will come across in all areas of our lives and at all stages of life, yet sometimes it may seem difficult to actually achieve them in the time frame we would like to OR to achieve them at all. To change anything we must first know and accept that we have chosen it to be what it is. This can sometimes be a little slap in the face as we may not be too fond of our current position. However, know and be with yourself where you are at right now and if needed forgive yourself for decisions you may not be as happy with - understanding that you are where you need to be for a very good reason. How amazing is that !

The key is to be clear

It's like placing a coffee / chai order at your local café – if you're not clear you won't get what you want. If we're not really clear our steps to trying to achieve our goals can be overwhelming as we are going in circles without clear direction and focus on the prize. It's about working smarter not harder ! Look around your home right now – every single thing was someones idea – they had to go through the whole creation process / planning / designing / organising

The Creation Process

1. it begins with **thought** : ideas, visualisations, planning
2. then comes the **word** : written and speech
3. then the **action** = words moving, the physical takes over, things take form

The Timeline

What is a realistic time frame to achieve your goal ? Be realistic but also not too easy on yourself. A deadline is a sure way to achieve things quicker and more effectively, and it minimises procrastination !

What is your 'edge' ? = the balance of being challenged but not pushed excessively. ** If it is important to you, you'll do it, make time for it, work at it !!

In relation to the timeline, once you've figured out your goal or goals using the remainder of module 11 and 12, you can work backwards to figure out manageable steps to achieve it.

Tell Others

Others will help 'energise' your goal : they will ask you questions everytime you see them, they will think about it after you have spoken to them and might tell others. This is bringing *life* to your goal. This is what we want. This will also hold you more accountable to actually achieving your goal.

Create space

In order to receive and bring our goal to fruition / manifestation, we need to invite our goal into our world. This can only happen smoothly if we have 'space' for it to be a functional part of our day / week / life. Here utilise your ICON PLANNER and create your IDEAL week, incorporating the manifested goal and where that best fits. Regardless if it's a partner, child, pet, new job, fresh friends, self care / growth - without the space it's going to be super tricky to invite this new opportunity and way of living.

MANIFESTING

Manifesting is pretty similar to goal setting - there are lots of interchangeable steps some of which I've added again here, which will hopefully give you an even clearer understanding. Personally I see it as the goal needs to be understood and set and the manifesting part is making everything align as best you can to bring this goal to fruition. Then patiently waiting for it to slide sweetly into your world. Yes you need to continue to move in the direction of your goal during the manifesting stage. You can think of the goal setting as the masculine - the planning, structure, decisiveness, the drive, the confidence to get it done. While the manifesting as the inviting, nourishing, feminine approach ready to bring the goal into your nest (your world / life). So 4 basic steps to manifesting, very well !

get clear – ask for it – make space – receive

1. Get Clear

The Thought = to think, imagine, dream, understand. Clarity about what it is you would like for You / for Your life. Placing your coffee order ! Take time with this step - it's the foundation.

2. Ask For It

The Word : The power of voicing our thoughts / dreams / plans / values

Activating our Throat Chakra to create and express (it's colour is a bright radiant sapphire blue)

Tell others about what you are doing, planning and working on. This creates a sense of accountability – you will most likely achieve this goal much sooner and actually do it if others know about it. When you have spoken to others about your goals they are now the seeds for your creations / changes. They continue through their day unconsciously knowing that you are planning A, B, C. When you speak again they will use this as a point of reference for communicating – and so the energy is targeted and magnified to what it is you are wanting to achieve / create / receive. Magic!!! It is also a huge part of the creative process to *voice* our values / plans / dreams. Our 5th chakra (major energy centre) is the blue throat chakra. It governs the thyroid gland and its important functions, AND creation, voicing our opinion, our ability to understand and speak our truth, our communication with the world, our emotions, self expression, standing up for ourselves.

The Written : The power of pen to paper – literally changing form from thought and sound to *material* = it has now become part of the physical plane (see Module 1 : Journaling)

3. Make Space

Think of how you could do this ? A big house / office / car cleanout is always very powerful and liberating and literally makes space ! It opens and declutters our material world as well as our mind and emotional body, and allows for other things and opportunities to be invited. Find a 'home' for everything in your house. Order and structure within our home creates a much happier and healthier environment, and allows for flow. Things that no longer bring you joy can be donated to charity or sold on gumtree / ebay / market place or at pop-up markets.

4. Receive

Allow Yourself to receive. Do anything and everything that will allow and welcome it to appear in your life. Be excited and 'deserving' to receive. Check in to see if self sabotage or uncomfortableness are creeping in to prevent you from being happy, peaceful, abundant and receiving something you want. If you notice this first be gentle, talk (and write) yourself through why you don't 'deserve' this and finishing with why you DO 'deserve' this. (you totally do deserve it by the way !!)