

Goals with Soul

a Powerful Template for Getting Clear about What You Really Want, and What You Need to Embrace to Have It!

YOU [awesome yoo, yuh, pronoun]

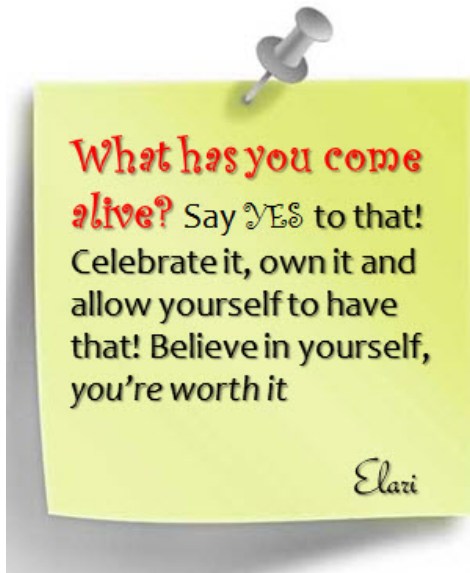
amazing, awesome, beautiful, blissful, breathtaking, courageous, curious, creative, dazzling, divine, electric, enchanting, eternal, exquisite, extraordinary, fabulous, fantastic, fascinating, foxy, graceful, grand, great, gorgeous, groovy, harmonious, heavenly, honorable, incomparable, infinite, impressive, incredible, joyful, kind, lovely, magical, magnetic, marvelous, mighty, miraculous, omnipotent, outstanding, neat, noble, peaceful, phenomenal, playful, powerful, positively perfect, pure potential, radiant, sparkling, spectacular, spirited, super, transcendent, true-blue, trustworthy, unique, ultra-cool, virtuous, wise, wonderful, worthy, *you are ...*



YOU are already inherently, naturally amazing! This is True, even when you don't recognize it to be so. You are a one-of-a-kind miracle, an explorer, and a powerful creator. You are beautiful and precious! This *is* your soul truth. From this awareness, you do not choose from a need to prove yourself, to fix yourself, or to fit into someone else's definition of success. And you do not have to choose your goals or direction, from a need to be better than *who you already are*. When you know who you are — as the amazing creator of your reality — you can embrace your heartfelt dreams and desires, because you're choosing from the foundation of joy and enthusiasm! You no longer need to prove anything. *You choose for the joy of the experience!*

What Is your Definition of Success?

You have the ability to experience *anything* you want in life, and it can be fun, easy, fabulous, adventurous, playful, practical ... *you get to choose!* How do you want to “do” life? What really matters to you? What does a life well-lived look like for you?



This is What Success is for Me ...

This is what I am now allowing myself to be and have:

Use your definition of success as your North Star.

Seeing Your Soul-Truth

1. Where do I really want to put my energy? (In others words, what do I really want to experience, be, have or do?) For now, just pick one or two things, whatever has the the strongest pull for you.

2. Why do I want this? What's driving the desire?

Your soul's desire is that you grow as you play in the sandbox of time and space! As you evolve in consciousness, how you see yourself in relationship to your Creator, Your Soul-Self, others, your work, money or time etc. will shift into higher levels of comprehension and expression. What you believe is possible will expand as well!

What you get to experience in this lifetime — is entirely your choice. It's unlikely that you'd ever choose a wrong goal or desire, but *you can have an intention that's not lined up with your soul truth.* You'll experience more ease and harmony in your life, if you clearly see *why* you want what you want, before committing to a specific goal, or choosing a



particular path. Seeing the *why*, the underlying intention that's driving the desire, allows you to see what your soul is calling you forth to experience or recognize. When you have an intention that's out of sync with your soul truth, life feels hard, and lining up with your desires takes a lot of physical and mental effort. It'll feel like you're pushing uphill, and eventually you'll experience burnout. This will happen, if you expect the accomplishment of a goal to fill a void (like to feel loved, worthy, better than, good enough etc.). These are indicators that you're choosing the goal for the wrong reasons. It's not the goal that's wrong, it's the *why* behind it that requires another look. Why? Because, nothing outside of yourself can fill a self-created void. *You are already worthy, loved, supported and blessed more than words could ever say!*

Your heartfelt dreams and desires are the language of your soul calling you forth to *who you truly are!* And you are already some version of awesome, amazing, beautiful, perfect ...!

3. Does my *why* align with what my soul truth? _____

Do I want it for the joy of it, or is there something else behind it, something I think I need to prove or be? If it feels like a "have to", "should" or a "need to", look into why you feel the need to fill that particular void. This will help you get to the root of what you're truly looking for!

4. Am I willing to believe I can have this? What does being or having this... look and feel like?

5. Do I have any concerns about this heartfelt dream or desire? If yes, what are they?

6. If I have any concerns, what do I need to release, so I can have what I want? What would that take? Am I willing to do so?

7. I am now expanding my concept of what's possible. This is what I am now choosing to Believe:

Today I Declare ...

I Am ...