



SETTING GOALS FOR 2018 GUIDE

The year 2018 is all about expansion and manifestation of our goals.

The number 8 represents the infinite, the expansion and manifestation of all that you have been working on, or any new projects that you may have.

In addition to that the frequencies that are present in the planet right now, also resonate with the manifestation and embodiment of that what we wish for. The frequencies are calling for us to become what we want to see manifested and they will honor that intention by expanding it across the universe.

That's why setting intentions for 2018 is different than any other year. Every year has a resonance that we need to honor.

Because 2018 is all about manifestation, expansion, accomplishment, we will work with very defined goals, defined in terms of what they are, what is required for them to succeed and in what timelines. We can't miss the opportunity for expansion that 2018 offers, and for that reason we must be committed to the goals.

I have created a goals and intentions sheet that you can use for setting your own. It is based on the premise of creating balance and offering as much service as we request our goals to be honored. This puts your overall request to the universe in a much higher vibration.

Make sure to add a timeline to your goals, in how many steps of tiers it should be segmented to be realistically doable, and write the dates in your goals sheet.

In this sheet we have 3 sections, one is for your desires of the material form, the second one is for your goals of spiritual development, and the third one is to offer service with unconditional love:

Section 1: Goals of the material world

All those goals that will help you survive in the material world, wishes of things that could make your life better in this plane.

Section 2: Goals of the spiritual kind

All those goals related to your spiritual path, soul development and life purpose

Section 3: Service to others

These are offerings of service. What you can do for others, for the world, the environment, animals. All those altruistic in nature.

Seek what you are passionate about and offer your service to that, honoring the law of attraction, that calls you towards that which is your true purpose.

Make sure to have as many goals as offerings of service. This creates a balance and elevates the frequency of your communication with the universe.

By putting your own desires and goals at the same level of the offering of service, the frequency of your intention is already raised to the highest vibration of unconditional love, multiplying its power of manifestation exponentially.

An offering of service doesn't have to be something material, even though it can be a donation. It could also be something that you do with your presence, with your awareness, with an action. For example, you can offer forgiveness to someone, even if the person is not consciously aware of it, in a frequency level, you are raising the vibration of the earth by bringing in the power of forgiveness.

You could also start an action that benefits the planet and yourself, like not eating animal products or committing to not buying clothes that are made of animal skin, etc.

All things are valid, as long as they come from your heart. Let intuition guide you on this.

Make sure that the timelines for these goals and service are all doable and keep track of these dates with laser precision.

To affirm our intentions and goals, you can say a prayer. You can make your own, or use this one if you like:

"Dear Universe,

In this day, I commit to the goals and offerings that I make with the purest intention of unconditional love.

Please elevate my consciousness to allow me to complete my goals as I have lined up here, unless you have a better way to show me.

Please allow me to be of service and honor my request with this offerings that I make from my heart.

Thank you, as I know it is already given"

May all your goals come true,

Johanna

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