



LUMINARY
BAKERY

Future Focus

◆ Goals ◆

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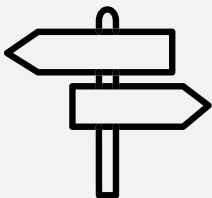


This week we are focusing on our goals. We may not have any goals at this moment or we might have lots but whatever stage you're at, we want to make it fun, important and achievable.

We're going to take a look at how we can get focused and stay motivated with our goals. Having goals helps us maintain a hopeful outlook. In fact, the act of setting goals provides a real benefit to our lives. This is true whether or not we actually achieve the goal we set. The act of setting and going after our goals can be really powerful. Let's take a closer look at how goals can help us:

PROVIDES DIRECTION:

Having a goal gives you a direction and a destination. Sure you can get through life without goals. But, who knows where you will end up? You know what to aim for and if you get side tracked, you are able to recalculate to get back on track.



CLEARER FOCUS:

When you set a goal, you are telling yourself and the world what is important to you. There should be some real thought involving in selecting a goal to go after. Without that, you can end up going after a goal that isn't even important to you in the first place.



CLARITY IN DECISION MAKING:

When you have a goal, decision making becomes a million times easier. When faced with a choice, you choose the thing that brings you closer to your goal. Knowing where you want to go, helps you make decisions that will ultimately help you get there.

CONTROL OF YOUR FUTURE:

When you set a goal you are better able to take control of your future. You know what you want to achieve and you work to get there. Without a goal, you tend to wander aimlessly around doing whatever seems right at the moment. Even if your goal changes based on new information or new life events, each new goal sets you on a course to where you want to be in the future and you are in control of getting there.

PROVIDES MOTIVATION:

When you have a goal you know where you want to end up. When you have a good goal, you have a powerful why behind that goal. A deep and moving reason why you want to achieve it. Having such a goal with an empowering why, gives you the motivation you need to keep going when things get tough or setbacks come. When you are ready to give up, your reason for your goal will remind you why you need to keep going.

A SENSE OF PURPOSE IN LIFE:

Your goals give you a reason to get up in the morning. They give you something to do. They give you a reason to act and live the life that you desire. The goal setting process helps you identify your purpose in life, whatever that might be at the moment. When you focus your goals around that purpose, you are able to live a meaningful life.



EXAMPLES OF TYPES OF GOALS



To help us not get overwhelmed with all the ideas and thoughts floating around in our mind, we can narrow it down and ask the questions below to help us manage our goals:

Where do you see yourself in...

OR

What do you want to achieve in...

1 year?

5 Years?

10 years?

HOW TO MAKE A VISION BOARD IN 5 EASY STEPS:

A vision board is a personal goal board you create with pictures, words or phrases to keep you focused on your goals. They are also lots of fun to make!

Things you can use/need to make a vision board:

- Large piece of paper/cardboard (use a cereal box, or an old box, get creative!).
- A big stack of different magazines, newspapers (grab a variety of pictures)
- Glue, blue tack, sellotape.
- Scissors

STEP 1

Go through magazines, newspapers for pictures OR you could do your own drawings/colouring, postcards etc

Just let yourself have lots of fun looking through magazines and pulling out pictures or words or headlines that strike your fancy. Have fun with it.



STEP 2

Go through the magazine cutouts and begin to lay your favourites on your board.

As you lay the pictures on the board, you'll get a sense of how the board should be laid out.

For example, you might assign a theme to each corner of the board. Health, Job, Spirituality, Relationships.

You might want to tell a story with your images and words or not have any structure at all - it's your choice and your vision, enjoy it!

STEP 3

Glue everything onto the board. Add writing if you want. You can paint on it, or write words with markers.



STEP 4

(optional)
Leave space in the very centre of the vision board and place a photo of yourself where you look radiant and happy OR a picture of your number one goal in the centre of your board.

STEP 5

Hang your vision board in a place where you will see it often.



Helplines

As Luminary Limited is a charity registered within the UK, the following helplines are UK only.

In the event you are concerned for your, or another persons' health or wellbeing, you can seek further information and help from the following:

If you or someone else is in immediate danger **always** phone 999.

For health queries that are not an emergency but you feel are urgent, you can call 111.

Mental Health

If you are experiencing Self Harm or Suicidal thoughts, call NHS: 111 and your GP for an urgent appointment.

Papyrus HOPELINE (under 35's): 0800 068 4141

Samaritans 116 123 or text Shout to 85258
www.mind.org.uk

Domestic Abuse

The National Domestic Abuse Helpline 0808 2000 247

National Stalking Helpline 0808 802 0300



Helplines

Homelessness

Shelter 0300 636 1967
shelter.org.uk

Local Authority Housing Options Teams (HOST) have a duty of care if someone presents as homeless. You can find the phone number for your HOST at:
www.gov.uk/homelessness-help-from-council

Modern Slavery

Modern Slavery Helpline - 08000 121 700
modernslaveryhelpline.org





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