

State of Sahaja with Jude's

# Mindful GOAL SETTING workbook



Living and embodying your full potential

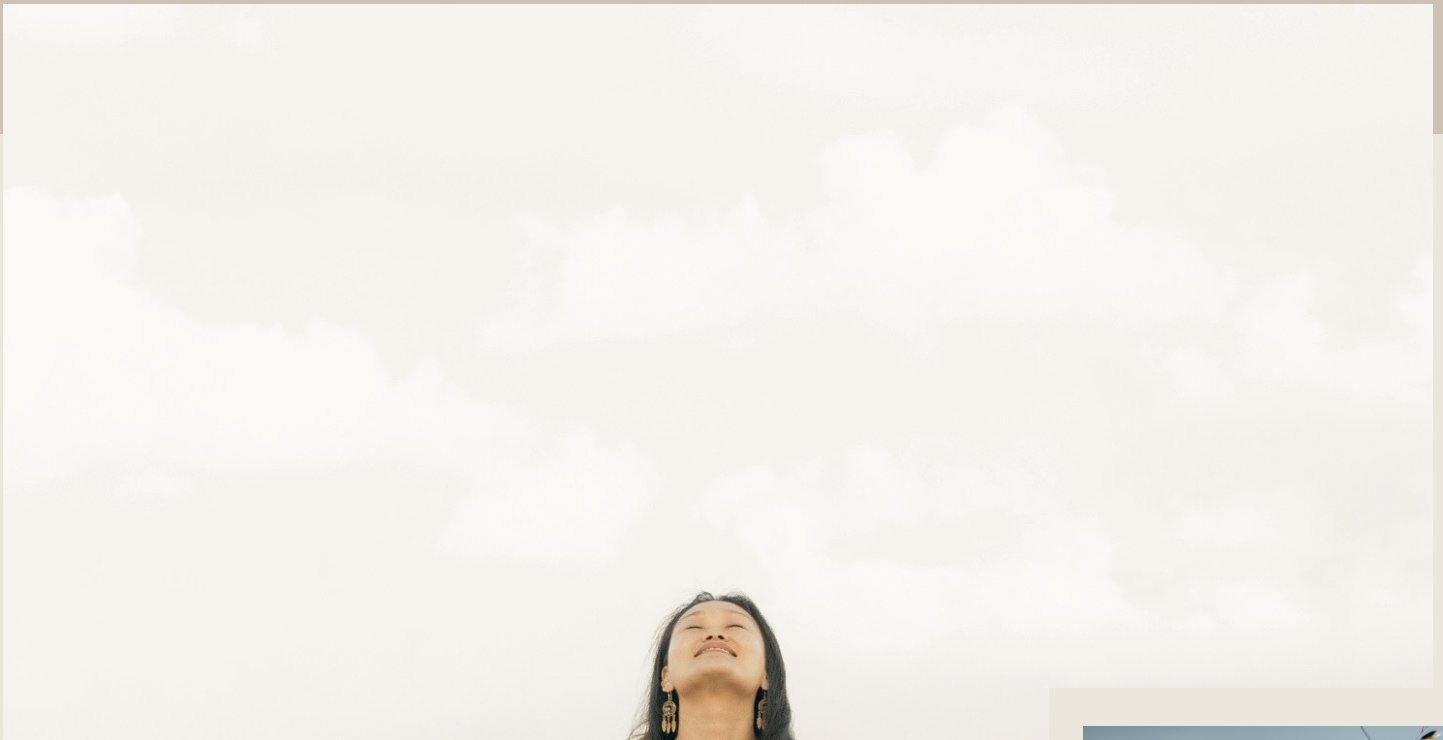


# HOW TO USE THIS BOOK

Use this workbook to help you share your new ideas and ignite them into this manifested plane. You can do this on your own or in a group with other like minded individuals where you can share your ideas and inspire and elevate one another.

Our values rarely change, but our beliefs, goals, intentions can change over time with growth and life experiences. Our goals usually change every few months when we attain them or our paths change. This is a workbook you can re-use. Every 6-12 months is a wonderful time to re look and reevaluate your previous goals.

Live & embody a life that is in spontaneous flow & reasonless joy.





# 7 GOAL SETTING STEPS

Step One

IDENTIFY

Step Two

VISUALISATION

Step Three

PRIORITISE

Step Four

PEN TO PAPER

Step Five

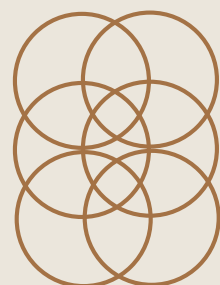
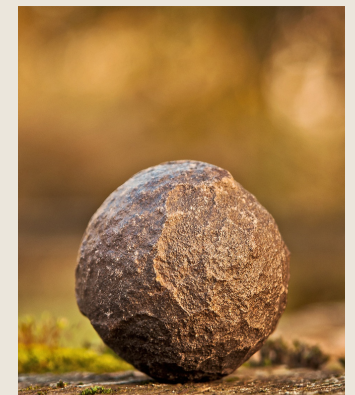
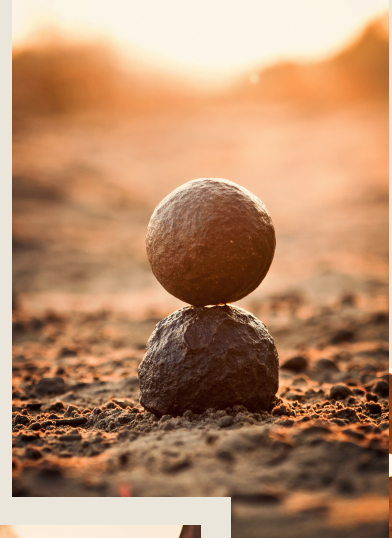
STARTING

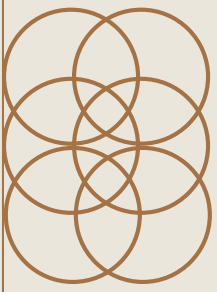
Step Six

COMMITTMENT

Step Seven

DETACHMENT





# IDENTIFY YOUR VALUES

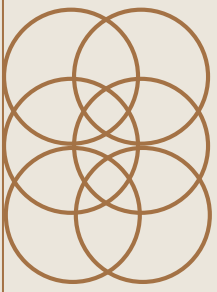
1

Think of three people that inspire or you admire most. Note down each of their qualities that resonate the most with you and then circle the top three.

Can these also be your core values?  
Can you see yourself embodying  
these same values?



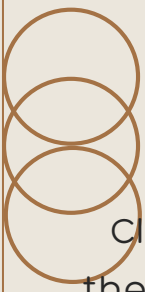




# IDENTIFY YOUR VALUES

Can these also be your core values?  
Can you see yourself embodying  
these same values?





# VISUALISE YOUR BEST LIFE 2

Close your eyes and visualise a day in your life of you living fully in the abundance of the above values. Stay with the three core values you identified.

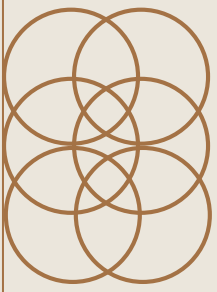
Now draw or write down what you saw in detail about that day, noting the following::

- 1) What does this exceptional life look and feel like?
- 2) How do feel?
- 3) What are you grateful?
- 4) How does this charmed life benefit others too?

Can these also be your core values?

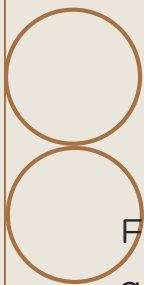


# VISUALISE



Do you see the epic life in this field of  
play?





# SET YOUR PRIORITIES

3

From step 2, identify 1 to 3 themes or activities like health, career, arts, swimming, running a marathon, doing a masters degree etc that are the MOST important to you. When you establish your priorities here, it will help you focus your energy & support you in having a greater impact on your goals.

1

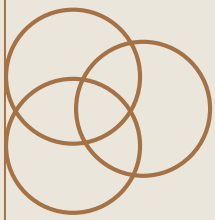
2

3

What is important to you?







# WRITING GOALS

4

## Two types of Goals: Achievement & Continuous.

A goal is a statement of intent, a declaration of something you want in your future as a part of your phenomenal life. Two of the most common types of goals are achievement goals and continuous goals.

Achievement goals has a distinct end point.  
eg I will complete my masters in June 2021

Continuous goals are ongoing behaviours or activities  
eg I will go on a daily gratitude walk starting tomorrow.

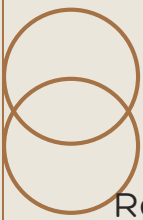
The way you write out your goals can also help set you up for success. Having a clear, defined focus is vital, as well as how you phrase your goal will inspire & encourage you to actively participate in attaining what is on your heart.

**Capacity:** Have a goal that will stretch you in a healthy way. To challenge your capacity to growth with joy, effort & commitment

**Clarity:** Write your goal with definitive language that has enough details that you know what your success looks & feels like. This is also a check list, so you know when to tick and celebrate the win.

**Timings:** If you have an achievement goal, set a date to have it completed & make sure you celebrate this when it is done. Usually the ideal completion date is about 6 to 18 months. This helps keeps you feeling actively engage. If you have a long term goal, chunk the goal down to smaller goals with tasks that you can achieve towards the final goal over the 6 - 18 months. This way it will keep you focused, on point to achieve your dream and it can often help you stay inspired & achieve your goal sooner that you thought.





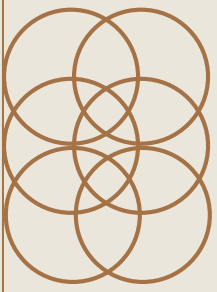
# WRITE YOUR GOAL

Reflect on the values that your prioritised and using the checklist write down the goals that will help you to integrate and incorporate these values into your life. Your goals need to feel powerful now to be the spark that enlivens you to passionately pursue them and bring them to life.

- Does your goal challenge you capacity?
- Is your goal clear and defined?
- Do you have completion dates for your achievement goals?
- For continuous goals are you stating your frequency & start date?

Does your goal inspire you to be better?

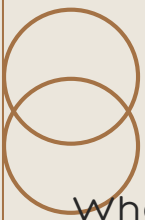




# GOAL WRITING CONT.

Can these also be your core values?  
Can you see yourself embodying  
these same values?





# GETTING STARTED

5

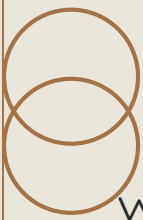
What will be the first steps that you will take to reaching your goals?  
eg If you are going to start a degree, first step is to enquire or to enrol  
if you already know.



You deserve & are worth all your  
dreams & desires.







# GETTING STARTED CONT.

What might stop you from reaching your goals? This can include factors like money, time, children etc.



Your purpose & potential is bigger  
than you!





# COMMIT TO YOURSELF 6

To help us to stick with goals it be accountable. One with ourselves & two with others.

**Being accountable to yourself**, to your commitment, your intention, your word. Make time to review your progress and be honest in where you are on your journey towards your goal. Check in with how you are doing, how you still feel about your goal. Are you passionate about them? if not, what has changed. If you are not making progress, what has stopped you? Checking in 1 -4 weeks from now is good.

I WILL REVIEW MY PROGRESS ON:

I HAVE PUT THIS IN MY CALENDAR  
I HAVE SET A CALENDAR REMINDER

☐  
☐

**Being accountable to others** helps to increase the likelihood that you will stick to and achieve your goals. Commit to telling at least one person in the group or in your inner network of friends about the goals you have set here today.

I will:

☐  
☐  
☐  
☐

SHARE WITH MY GROUP  
TELL THE PEOPLE WHO SUPPORT & CHEER ME ON  
SHARE WITH MY MENTOR  
OTHER

Are you committed to your own  
success & joy?





# DETACH FROM THE OUTCOME

7

YOU DID IT!

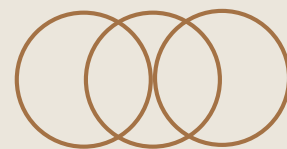
Congratulations on writing down your defined goals with clarity and purpose. Actively engage & participate in your life as you pursue your goals, but don't let this process make you unhappy. All the joy and laughter should still flow through. Enjoy any setbacks that might arise & try and see them as opportunities for growth & learning or even as gifts. Maybe that was not the path you were meant to take. Have no expectations, surrender to the wonder and know you will reach your deepest heart's desires.

Joy isn't just about you achieving the goals you have set today. Write down what lights you up right now and what brings you joy in your abundant life!!



Surrender to the wonder of life!





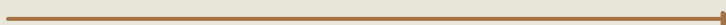
# A FINAL NOTE



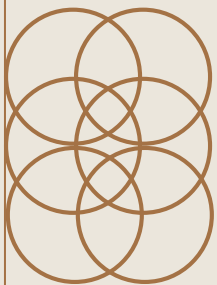
If you didn't set a goal today that truly connects with your soul's purpose or desire, do not fret. Allow the information from this workshop to sink in and digest. You can repeat the steps in a day or two. Allow the passion & joy to arise as life is too short to not experience that in this blessed cycle we call life.



Set your intentions and trust in the process of mother nature. All in divine timing







# NOTES

Know that everything you seek, is  
already within you.

