

# Goalsetting

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Connecting with your soul's purpose and manifesting your heartfelt dreams involves joyfully filling your needs over the full range of your multi-dimensional experience. This includes the physical, emotional, mental and spiritual levels. Some people focus primarily on the mental level to the exclusion of their emotional world. Others focus on the spiritual, but ignore the physical. To be complete and whole, you need to place equal focus on all four.

This page provides a format for you to use to create a list of the things that would bring you the most joy and excitement. As you review each level, avoid imposing any limits on yourself related to money, time, or place. And be sure to include all of the things you have been wanting to do with your life. An example that relates to many people is all of the things they keep putting off until next year, and next year never comes.

In addition to including the more exciting things, like wanting to meditate more, express yourself artistically, write a book, open your intuition, or whatever brings you joy, be sure to include the things that would make your life easier. This might include things like creating enough abundance to have your house cleaned weekly, to have a gardener, to be able to eat in a restaurant more often, or whatever you would like.

Some things may relate to more than one level. For example, you would ideally want the place you live to support you on all levels. It is listed under the physical level, because it is a physical place.

**PHYSICAL LEVEL:** ways to create physical well-being, where you want to live, what your ideal home is like, how much money you want to have, things that would make life easier, and more ...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

**EMOTIONAL LEVEL:** Include ways to fill your needs for friends and family, ways you can have fun, ways to express yourself creatively, and more ...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**EMOTIONAL LEVEL (continued):**

7. \_\_\_\_\_
8. \_\_\_\_\_

**MENTAL LEVEL:** Include ways to manifest what you want in the world, your occupation(s), how you can create abundance, and more ...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

**SPIRITUAL LEVEL:** Include ways you can further your spiritual growth, ways to fill your need for meaningful relationships, contributions you want to make to society, and more ...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

Once you complete this list, review it with any other people in your life who are directly involved in bringing the items on the list into your reality. For example, if you are in a relationship, you will probably both want to live in the same place. Try to come to an agreement on all of the items that include others. Then you are ready to start to bring your plan to fruition by incorporating more of the things you want and by focusing your attention on going in a direction that will lead you towards your excitement. For example, if there are things that are relatively easy to add, be sure that you find a way to fit them into your schedule right away. If you want to visit exotic places, you may have to wait awhile, but you can go to a travel agent and get some brochures now. This will bring you one step closer.

You may notice some changes immediately as you open to new possibilities, and establish a strong direction. Other things may be added bit-by-bit over time, until you have incorporated everything on your list. We also recommend reviewing the list every few months, to make adjustments and to reinforce your resolve to create an exciting and joyful life.

Have fun!