



THREE TYPES OF GOALS

FIRST LEVEL GOAL

Unsatisfying because it is too easy to attain.

Physical level.

SECOND LEVEL GOAL

You need to stretch just a little, creates a small win however it is still holding back.

Heart level.

THIRD LEVEL GOAL

Big stretch, filled with incredible possibility, only if you are prepared to play all out and do the quantum reality leap. This feels fearful yet exhilarating.

Soul level.

WRITING YOUR GOAL

A well written goal fuels the subconscious and ignites the soul authentic self. It fuels your energy and purpose.

Be very specific and write a timeline. Be direct and straight to the point.

Words have power. Do not use words such as want or wish. Use I am now. I have. Language that is powerful and present. **Use words that have power and invoke feeling.**

Remember the future is now. Only now exists.

Stop striving and start allowing.

Write a goal for each area of your life – Relationships, financial, career, health and well-being. Then identify the goal that stretches you the most past your comfort zone. Soul level goal.