

Goal Setting Activity

Take a few moments to meditate on your goals and intentions for this project. Use a paper divided into four squares to write your answers.

1. In the first square write your feelings about the project. What are the personal opportunities or obstacles this project brings up for you? Can you capture your emotional feelings with 3 to 5 words or phrases?
2. In the second square write 3 to 5 short term goals – these are concrete things you hope to accomplish by the end of the project. They need to feel practical and energizing.
3. In the third square, write 3 to 5 long term intentions. These are your dreams and aspirations, things you would like to see unfold in the next one to three years. They do *not* need to feel practical, and you don't need to know how they will unfold.
4. In the square marked 4, write the words “The Past is Over.”

Store this goal sheet in a place where you can refer to it. You also might like to fold it into a special envelope and place it on your mantle or another “power spot” in your home, such as your desk or personal altar, to help hold the energy for your intentions.