

Desires, Dreams & Visions



Goalsetting 101

- Give up goals – tell everyone
- Go up goals – select few
- Soul purpose – shhhhh!

- Be specific (SMART)
- Etc. etc. etc.

Put your head down and get ‘er done!



Goals Today

- **Uncover** – what you were handed.
- **Recover** – what you want to keep.
- **Discover** – your greater purpose.

Who you were intended to be?



Exploring You

Explore Your
Dreams

Make the Right
Choices

Create Powerful
Goals

Organize for
Success!

Unlocking the “shoulds” that bind you TM

UNCOVER



Hand-me-downs

- Previously owned & Intentionally passed on to another.
Unless we're keeping something for sentimental value – like grandmother's christening gown – it will eventually end up in the trash or donation box.

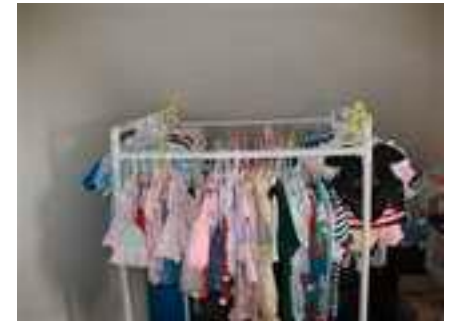
- Things we get handed:

VALUES

BELIEFS

RULES

LIMITATIONS



We outgrow them. The box needs to be sorted and decisions made about what to keep, what to pass on, and what to trash.



Should you? Who said?

- **Shoulds list:**
 - A good parent should...
 - A good child should...
 - A good society should...
 - A good employee should...
- **Inherited Purpose = default programming**
 - Be still, be quiet, and don't make waves
- **Divine Purpose = chosen programming**
 - Be of maximum service



Become a flea trainer

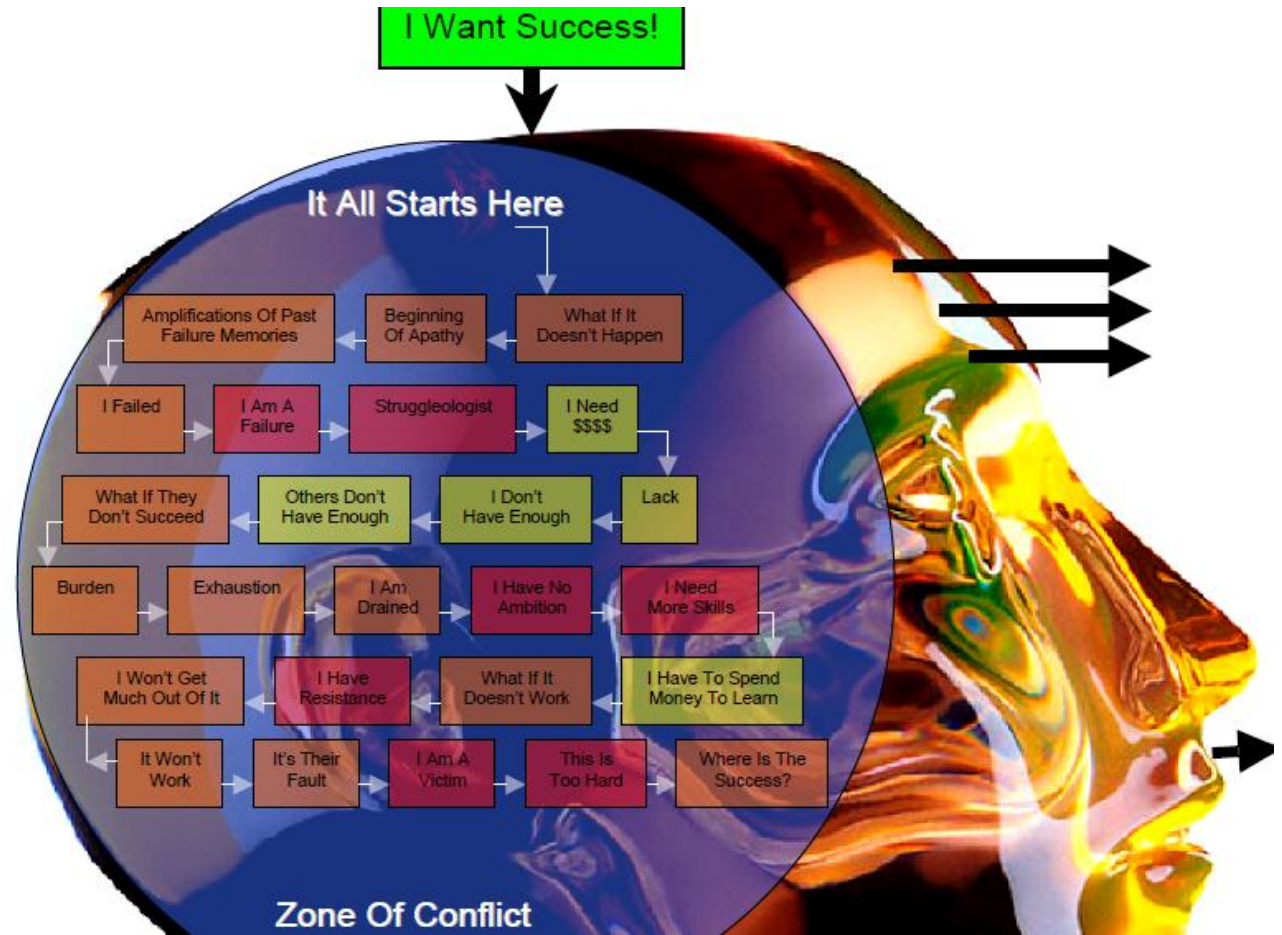
RECOVER



What if...



What's stopping you?



How's that working for you?

- Conform – be squeezed
- Renew – begin again
- Transform – be changed



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You

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What matters most to you

DISCOVER



What do you Value?

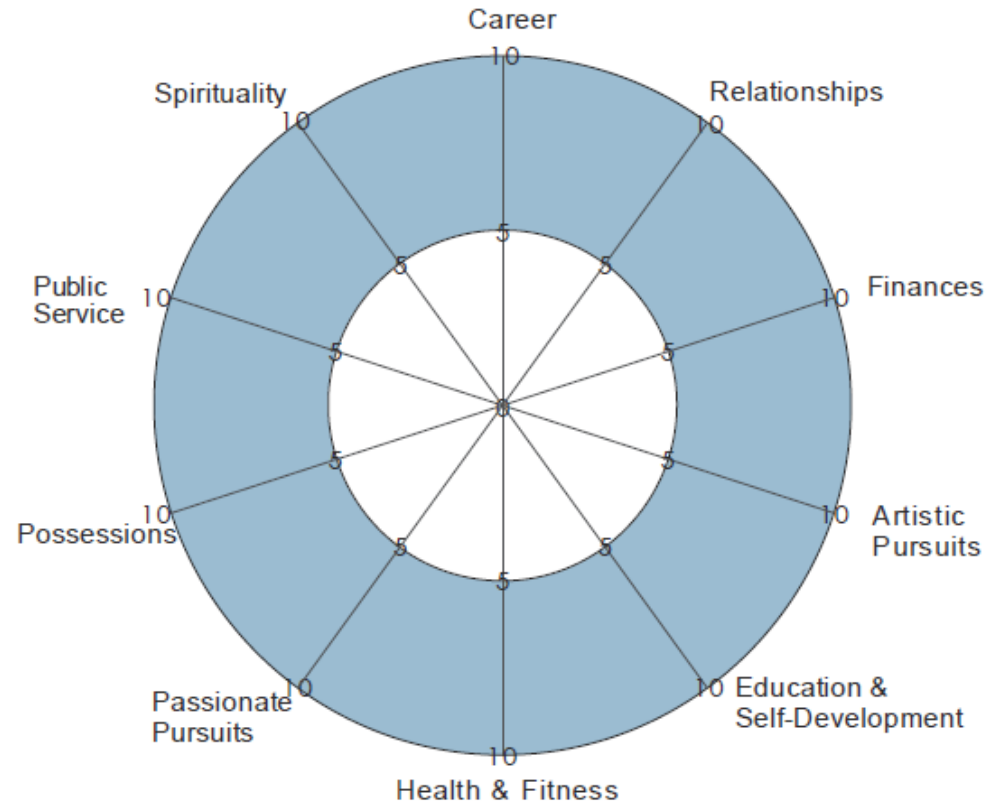
- **Shoulds:** what we've been taught we should value
Look back into early childhood – the “formative” years
- **Chosen:** what we've decided is important to us
- **Core:** 3 to 6 values we would give our life for
Who are you and what can we count on from you?

Adapted from Life on Purpose by Dr. Brad Swift



Life Plan Worksheet

Wheel of Life



What if...



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