

# Goal setting with Passion Part 1: Making your dreams come true... How to create a compelling future

## Giant goals produce giant motivation

This is the first of a 2-part workshop. We will do an oddly fast purpose-finder exercise, see where we're at the "passion-scale" (lukewarm, excited, TURNED ON!! etc.) and begin setting some new, big, juicy goals! In October, we'll check in with the Passion-Scale again, after enforcing our commitment to achieving the goals - I guarantee it should have moved up a notch or two!

## How do you make your dreams come true?

- 1 Get clear about what your dream is
- 2 Remove the obstacles, especially the limiting beliefs
- 3 Design the simple steps to make your dream happen

## PART 1: Yesterday, Today and Tomorrow

We're going to see where you stood / stand and want to be in these 10 critical areas. See template on back of this sheet.

## PART 2: Getting in touch with your life's purpose:

List 3 specific times in your life, from the day you were born to this moment when you felt excited and passionate. Look for 3 special moments about which you can say, "I did that; it felt good." Eg. Having your 1<sup>st</sup> child, buying your first house, giving a speech, completing a project. Write them down simply and quickly; as you write the first one, the other 2 will come.

- 1.
- 2.
- 3.

## Speaking passionately about your purpose

My life's purpose is:

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Rephrase your purpose to speak it in an empowering way and to make it easy to recall:

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## 2 min: What did you learn by comparing now to 5 years ago?

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## The Passion Scale:

Place an X next to the term that best describes your level of passion about your purpose. Do it right now:

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- Red hot
  - Turned on
  - Excited
  - Very interested
  - Interested
  - Some possibility
  - No interest

## Yesterday, Today & Tomorrow Template

For each time period (Five years ago / Now /Future)	Score (0 = you had nothing in this area. 10 = living your dream)	Write a sentence to describe what you were/are (eg. I was a 7, fairly good shape, needed improvement, ran 2x / wk, poor eating....etc.)
1. Physically		
2. Mentally		
3. Emotionally		
4. Attractiveness		
5. Relationships		
6. Living environment		
7. Socially		
8. Spiritually		
9. Career		
10. Financially		

## Your Goals (aka dreams with a deadline!)

Remember if you get inspired enough, the power you'll unleash from within will find a way to manifest your desire. Don't be overly specific. Dream big. Be loose. Fill in the details and the "How" later. Now, put practicality aside, put yourself in a state of mind of absolute faith and total expectation that you can create anything you want... Think: Kid on Christmas Eve!

<p><b>1. Personal Development Goals</b></p> <hr/> <hr/> <hr/> <p>2min: <b>Why</b> I am absolutely committed to these goals:</p>	<p><b>2 Career / Business / Economic Goals</b></p> <hr/> <hr/> <hr/> <p>2min: <b>Why</b> I am absolutely committed to these goals:</p>
<p><b>3 Toys / Adventure Goals</b></p> <hr/> <hr/> <hr/> <p>2min: <b>Why</b> I am absolutely committed to these goals:</p>	<p><b>4 Contribution Goals</b></p> <hr/> <hr/> <hr/> <p>2 min: <b>Why</b> I am absolutely committed to these goals:</p>

## Never leave the site of setting a goal without deciding to take action:

Choose 1 of the goals from today that you absolutely will achieve within the next year. Take action today. Call someone. Plan your week. Decide to make it happen.

### Do it now!

"The most important lesson from this session is that a compelling future creates a dynamic sense of growth. Without this, we're only half alive. A compelling future is not an accessory, but a necessity. It allows us not only to achieve, but to partake of the deep sense of joy, contribution, and growth that gives meaning to life itself." Anthony Robbins...