

## GOALS PAGES

*"We set goals to measure our progress and reward achievement"*

### **Preparing to Define My Goals – What is my Vision?**

Do I have a Vision for my life?

If yes, how will my goals emerge out of that vision?

If not, how will clarity of Vision help me to define my individual goals?

How will I define my vision?

### **Removing Obstacles:**

Am I willing for life to be different? What does willingness look like, how do I express willingness?

Am I willing to let go of all attachments I've had to suffering?

Am I willing to let go of any and all resistance I have had to being happy and prospering? (if not, what is in my way?)

What would it look like (feel like, sound like) if I let go of all resistance to happiness and good fortune?

Am I willing to let God (as I understand God) show me – or to see – a new way of living?

Am I willing to enjoy my life? What will enjoyment look like?

Am I willing to be different, to be the change I wish to see, literally?  
What will that change look like?

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### **What are my goals?**

#### **Defining My Goals:**

I will have goals for the different areas of my life -- as I define those areas.

*Examples: Overall vision, Earning (immediate earning or B-job and vision-based earning); Service; Spirituality/Recovery; Self-Care (including Home Care); Family & Friends; Recreation/Play; Learning.*

*What do I define as the major areas of my life?*

*How does each area relate to my underearning?*

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I will write down my goals and I will be specific. I will separate each goal.

I will develop small action steps necessary to move toward, and achieve, my goals.

*Can I allow myself to go one step at a time?*

*Can I allow myself to take action in small time-frames (15, 20, 30 min.)?*

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**Getting Ready for Action:** *Looking at all goals or one specific goal*

Am I willing to accept help in achieving this goal from Source, God, Higher Power?  
Am I willing to allow a spiritual solution, to transform my life around each issue or goal? (if not, what is in my way?)

What other support will I need to follow through to completion?

What people do I know that can and will support my reaching my goals?

Who do I know that may not be able to support me in reaching my goals?

Who may actually be draining - and that perhaps I should avoid?

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How will committing to take, and then taking, the action bless my life in positive ways?

How will avoiding or not taking the action harm me?

What has been the payoff, I've been getting, for not taking or completing the action(s)?

*i.e. Getting to be right, to be a victim, to complain, addiction to familiarity with suffering, fear of change, loss of identity who will I be without this condition, staying in the drama of old communication and habit patterns that do not serve me, living in the problem instead of living in the solution.*

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Am I willing to show up (do my part) and *let go and let God?*

Am I willing to let go of the need to know how it will happen (all the details)?

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Am I willing to let go of the need to know the outcome?

*How do I let go?*

Am I willing to take a leap of faith and trust that I am in the care of God (as I define or understand God) – and that God is with me every step of the way?

Am I willing to ask my Higher Power to remove my blocks and for the willingness and strength to take and complete the necessary actions? (if not, what is in my way?)

*How to I ask for help and guidance?*

### **Getting Into Action:**

Am I willing to put one foot in front of the other and take the next indicated step?

*How will I do this?*

Am I willing to *bookend* the action with someone in Underearners Anonymous?

What are the steps necessary to complete the action?

What is a realistic timeframe for completion of the action?

On what date will the action be complete?

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What kinds of things would I enjoy as a reward for reaching a goal?

How will I reward myself each time I reach a goal or complete a major action?