

BLUEPRINT to your best life



Declaring your goals and dreams

Important Note: Before you begin, click the down arrow  and save this document to your desktop. Then, open the document from your desktop to complete it. Otherwise, your edits won't be saved.

Review all the facets below and decide what you intend to manifest. Note: Moving toward a few goals at a time makes it easier to focus your energy and limit overwhelm.

As you do this, think about what you want and how you'd like your life to look if you knew anything was possible for you. Dream big here.

If you're having a difficult time getting clear about what you want:

- **Look at the areas where you're dissatisfied and imagine the opposite.** Observe your life through objective eyes and ask yourself, *"How would I like to change this movie? What solution or outcome would I like to see?"*
- **Use admiration to help you gain clarity.** Whose life do you admire? Have they achieved something you'd like to have in your own life? If so, what is it exactly? Use their success as evidence that what you want is possible.

Set SMART Goals

For now, don't focus on how you'll reach each goal. I'll help you take inspired and aligned actions in Module 6. Try to follow these guidelines and make each goal:

- **Specific:** Be as specific as to what feels good to you. Some people are wired to need specificity, while others are fine being more general. For example, when thinking about your dream home, a person who needs specificity might imagine a 4 bedroom, 3-bath house surrounded by trees with a huge deck...While a non-specific manifestor might just want a larger house somewhere in a rural area.

You'll discover if you're a specific or non-specific manifestor, along with many of your unique gifts later in the course when we talk about your Human Design blueprint. (It's sort of like an astrological chart but way more detailed – and helpful when it comes to manifesting your dreams.)

- **Measurable:** Make your goals measurable so you can track your progress and know when the goal has been accomplished. An example of a measurable goal would be to *“Run a 10k in December.”*
- **Achievable-ish:** You want to push yourself to dream BIG, but you also want to make sure your goals are at least somewhat achievable and believable. If your goal seems too far out of reach (ie: one million dollars next week), your analytical and subconscious mind won't get on board, making it more challenging to achieve. Set big, lofty goals now and then we'll break it down into smaller, more manageable steps later on.

It's also important to notice when it's your limiting beliefs holding you back versus you trying to be “realistic”. For now, try to get out of your head and decide what you truly want. We'll bust your limiting beliefs later on in the course.

- **Relevant:** Make sure your goals align with your values and long-term objectives; otherwise, you might block yourself from reaching them. Why does this goal matter to you? Go deep here.
- **Time-Bounding:** Create a realistic but ambitious timeline to either achieve your goal or take action. Some of your goals won't necessarily have a deadline, like personal growth. That's more of an ongoing process, but you might set a goal to read a self-help book.

As you do this, look at the big picture of your life first. For example, *“I intend to retire in 10 years”*. Then set shorter timeline goals, so it feels more achievable. *“I intend to make an appointment with a financial advisor and invest \$X per month this year.”*

Decide what you're manifesting for each life facet

Answer the questions below for each life facet. You might decide that some of these areas already feel fulfilled and complete to you. If that's the case, skip that section and move on to the next. Again, you might consider focusing on three or four facets for now to limit overwhelm.

Remember to dream big and try to tune out the voice of your inner critic and naysayers that might be doubting your dreams. Ignore your current reality if you need to and tap into this ideal vision you're creating.

Confidence, personal growth, and mental health

If you need help here, Module 2 will help reduce your anxiety and self-doubt, and Module 4 will help you improve your sense of self-worth and step into the role of your ideal future self – that version of you that’s already accomplished your dreams.

- Sample questions to ask yourself: *“How do I feel about this area of my life? Am I happy with who I am? If not, what would I like to change? Do I want to feel more confident? Do I want to get to know myself on a deeper level? Do I want to feel more comfortable around others?”*
- What is my SMART goal here? *When do I want to reach this goal or take action? How will I measure my success?*
- *If I had a magic wand and could change this area of my life, what would I change? What would I wish for?*
- *If I knew I couldn’t fail, what would I want to accomplish here?*
- *Why do I want to achieve this goal? It helps to keep asking why you want what you want until you find the motivating reason (or feeling) to go after it.*
- *How will achieving this goal affect my life and the people around me?*

Friends, family, co-workers, and acquaintances

Be sure to check out Bonus 3 for ways to become a magnet for making friends and tips on improving your relationships.

- Sample questions to ask yourself: *“How do I feel about this area of my life? Do I want to make new friends? Spend more quality time with the people I care about? Are there relationships I’d like to improve? Do I have any toxic relationships I need to release?”*
- What is my SMART goal here? *When do I want to reach this goal or take action? How will I measure my success?*
- *If I had a magic wand and could change this area of my life, what would I change? What would I wish for?*
- *Why do I want to achieve this goal? It helps to keep asking why you want what you want until you find the motivating reason (or feeling) to go after it.*
- *How will achieving this goal affect my life?*

Love and romance

Bonus 1 will help you manifest your ideal relationship. I've seen these tools manifest love literally overnight. Bonus 4 is all about strengthening your current relationship. If you're ready for a serious shift to help manifest aligned love, see page 14.

- Sample questions to ask yourself: *"How do I feel about this area of my life? Do I want to find love? Do I want to connect with my partner on a deeper level? Have more fun? Be intimate more often? Go on more adventures together?"*
- What is my SMART goal here? *When do I want to reach this goal or take action? How will I measure my success?*
- *If I had a magic wand and could change this area of my life, what would I change? What would I wish for?*
- *Why do I want to achieve this goal? It helps to keep asking why you want what you want until you find the motivating reason (or feeling) to go after it.*
- *How will achieving this goal affect my life and the people around me?*

Fitness, nutrition, and health

If you want to reach your health and fitness goals, check out Bonus 6. It also includes a very simple tip that changed my life. I'm hopeful it will change yours as well.

- Sample questions to ask yourself: *"How do I feel about this area of my life? Do I want to learn to love my body the way it is? Gain muscle? Eat better? Feel healthier? Have more energy? Lose a few pounds?"*
- What is my SMART goal here? *When do I want to reach this goal or take action? How will I measure my success?*
- *If I had a magic wand and could change this area of my life, what would I change? What would I wish for?*
- *Why do I want to achieve this goal? It helps to keep asking why you want what you want until you find the motivating reason (or feeling) to go after it.*
- *How will achieving this goal affect my life and the people around me?*

Career, business, and purpose

This facet isn't necessarily tied to finances and wealth. We'll cover that next. If you're ready to discover your passion in life, check out Bonus 7.

- Sample questions to ask yourself: *"How do I feel about this area of my life? Do I want to find a more fulfilling career? Do I want to improve my current work situation? Do I want to start my own business or non-profit? Do I feel called to discover my purpose?"*
- What is my SMART goal here? *When do I want to reach this goal or take action? How will I measure my success?*
- *If I had a magic wand and could change this area of my life, what would I change? What would I wish for?*
- *Why do I want to achieve this goal? It helps to keep asking why you want what you want until you find the motivating reason (or feeling) to go after it.*
- *How will achieving this goal affect my life and the people around me?*

Finances and wealth

Ready to manifest financial abundance? Be sure to check out Bonus 8. I'm not a millionaire...yet, but because of the advice from those who are and the manifesting tools I've learned, I know I will be.

- Sample questions to ask yourself: *"How do I feel about this area of my life? Do I want to retire in 5 years? Buy that car I've been dreaming about? Build or buy my dream home? Have a 6 or 7-figure income?"*
- What is my SMART goal here? *When do I want to reach this goal or take action? How will I measure my success?*
- *If I had a magic wand and could change this area of my life, what would I change? What would I wish for?*
- *Why do I want to achieve this goal? It helps to keep asking why you want what you want until you find the motivating reason (or feeling) to go after it.*
- *How will achieving this goal affect my life and the people around me?*

Self-care, travel, and fun

As you've learned in this course, when you prioritize yourself, you tell your subconscious that you are worth it – and you are!

- Sample questions to ask yourself: *“How do I feel about this area of my life? Do I want to prioritize myself and do more things that fuel my soul? Plan a tropical vacation with my spouse or friends? Find more time for my favorite activities?”*
- What is my SMART goal here? *When do I want to reach this goal or take action? How will I measure my success?*
- *If I had a magic wand and could change this area of my life, what would I change? What would I wish for?*
- *Why do I want to achieve this goal? It helps to keep asking why you want what you want until you find the motivating reason (or feeling) to go after it.*
- *How will achieving this goal affect my life and the people around me?*

Spirituality and altruism

If you're struggling to find faith in larger plan, revisit Module 5. It will also help you remove your attachment to the outcome because you know your dreams are unfolding.

- Sample questions to ask yourself: *"How do I feel about this area of my life? Do I want to spend more time meditating? Do I want to strengthen my faith? Do I want to do some volunteer work—maybe try one of those volunteer vacations? Donate monthly to my favorite charity?"*
- What is my SMART goal here? *When do I want to reach this goal or take action? How will I measure my success?*
- *If I had a magic wand and could change this area of my life, what would I change? What would I wish for?*
- *Why do I want to achieve this goal? It helps to keep asking why you want what you want until you find the motivating reason (or feeling) to go after it.*
- *How will achieving this goal affect my life and the people around me?*

Physical environment and home

- Sample questions to ask yourself: *“How do I feel about this area of my life? Do I want to do some deep cleaning or rearranging? Is it time to do some painting or a complete remodel? Do I want to change something inside or outside of my home to make it more comfortable, functional, or attractive?”*
- What is my SMART goal here? *When do I want to reach this goal or take action? How will I measure my success?*
- *If I had a magic wand and could change this area of my life, what would I change? What would I wish for?*
- *Why do I want to achieve this goal? It helps to keep asking why you want what you want until you find the motivating reason (or feeling) to go after it.*
- *How will achieving this goal affect my life and the people around me?*

Habits and lifestyle

If you think you might be sabotaging yourself, revisit Module 3 to help clear your energetic and subconscious blocks.

- Sample questions to ask yourself: *“How do I feel about this area of my life? Do I have habits that aren’t serving me? Do I tend to procrastinate? Do I often run late for meetings? What habits or lifestyle changes do I want to make to improve my life?”*
- What is my SMART goal here? *When do I want to reach this goal or take action? How will I measure my success?*
- *If I had a magic wand and could change this area of my life, what would I change? What would I wish for?*
- *Why do I want to achieve this goal? It helps to keep asking why you want what you want until you find the motivating reason (or feeling) to go after it.*
- *How will achieving this goal affect my life and the people around me?*