



Awakening Abundance

Class 1

Goal Setting

Your goals are a prophecy of what you shall become.

Take goals seriously. A 20 year study involving students at an Ivy League university in the University in the US traced the lives of one graduating class. Three percent of the class had their written goals at the start of their study. By the end of twenty years that 3 percent. By the end of twenty years that 3 percent was worth more financially than than the other 97 % combined.

How you set your goals matters. You want to create the **BIG** vision and then set manageable **sub goals that are beyond your comfort zone**. The brain always wants proof so if you state you achieve one million dollars and you have \$ 100 currently, you will have to baby step it. For example your goal can be \$5,000, then \$25,000. The subconscious mind believes you can do it if you have one great experience. This can also be compared to what an athlete does with desired outcomes- they hold a **BIG** vision, set sub goals, practice their sport, achieve their sub goal and celebrate, practice more and set another sub-goal. The brain has held on to the success allowing them to create another win.

1. **How to Set Your Goal- *There is a difference between an affirmation and a goal.*** A Goal is specific and stretches you beyond your comfort zone and includes the why.
2. ***The more specific the goal the better.***
Goal: I make one million dollars from all my businesses to add to retirement for travel and charities. I know when I give my spirit is happy.

An Affirmation is a statement of intention and a practice in positive self-talk.

3. Always put your goal or affirmation in the positive and present tense.
4. Make it about you not someone else. *I am loving and compassionate towards myself allowing great people to enter my life.*
5. I like to begin with , “ *I am allowing.... I have the courage to... I am capable of... I am....*
6. Write your goal or affirmation down as many ways as you can and be creative with it. *It is best to use pen and paper rather than type it out. The brain’s pathways connect when you write in cursive on paper.*
7. Read your goal and affirmation twice daily and add emotion, passion, movement to create faster results.

These are examples of affirmations:

I have the courage to live each day with passion and purpose.

I have the courage to respect my abilities and I always fulfill my potential.

I am wealthy and successful, every day, in all that I do.

I am a powerful and resourceful creator.

I am a genius and I use my wisdom every moment.

I have the extraordinary ability to accomplish everything I choose and want.

I allow my business to be filled with prosperity and abundance.

I have complete freedom over my time.

I am inquisitive, creative, fun-loving and adventurous.

I have all the talent, intelligence and money I need.

I have compassion for myself and for others.

Every good thing that I desire now desires me.



I trust divine guidance. Love surrounds me now.

"I allow abundance (love, financial prosperity, opportunity, physical healing, fun, joy and adventure).

I spring forward with ease and grace.

I attract an abundance of rain and coolness-clear air.

I feel happy and balanced.

I am whole, complete and perfect.

I tell myself, "Even more good is certain."

I feel fulfilled.

I feel energized."

GOAL Example

My desire today is clarity in thought to create a business that serves the world for its highest good with His Grace, Love and Abundance. I will need high ESP, awareness, wisdom in communications, the right people at the right time, tenacity, and great LIGHT. I am so grateful for your kind, loving, and inspired assistance in all these things. It is of great importance that this work is done now. Thank you, thank you, and thank you.