

Aligning Your Goals & Passions



Week 3



Rate Yourself

On a scale of 0-10, how present are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about the past, future or distracted by thoughts

10 = completely present

Dear Superwoman,
Let no one demean your intelligence.
Let no one dribble you from your happiness.
Let no one derail you from success.
Be a smart, courageous and determined
woman.

— Gift Gugu Mona

Modern Creative Woman Timeline

PRESENCE

PRESENT
MOMENT
AWARENESS.

WEEK
01

WEEK
02

WEEK
03

PURPOSE

UNIQUE VALUES.

MINDSET

RELATIONSHIP
TO YOUR
THOUGHTS.



What did you learn from your
writing and art this week?

Put your answer in the chat
or raise your Zoom hand.



What is
Purpose?



Purpose

- Your chosen presence and actions in the world.
- Something you decide based on what you enjoy, have an interest in pursuing, and have an ability/aptitude for doing.
- Purpose guides the goals you choose and how you follow through.



Purpose

1. **Values:** What is most important to you.
2. **Committed Actions:** How you show your values to yourself & the world through action and behavior.



Values

- When you think about it for yourself (not society, family, friends/neighbors), and decide what is most important to YOU.
- Values are decided upon. They are not discovered or revealed.
- You have values in many areas such as, health, intimate partner relationship, education, family, friendship, parenting, sports, spirituality, work/vocation, community, creativity, service, school, personal development, hobbies, etc.



How to Decide on Values

- Who do you care about?
- Who do you like to hang out with?
- What matters to you?
- What gets you fired up?
- What inspires you?
- What infuriates you?
- What makes you sad? Happy? Angry? Scared?
- What do you enjoy?
- What “floats your boat”?
- When do you feel grateful or appreciative? For what?
- When do you feel you’re living life your way? Doing what?

Values Inventory

- health
- family
- creativity
- parenting
- partner
- work/vocation
- hobbies
- spirituality
- self development
- learning
- social justice
- friendship
- truth
- sobriety
- community
- leisure
- adventure
- beauty
- fairness
- compassion
- kindness
- romance
- service
- responsibility
- trust
- safety
- respect
- power
- mindfulness
- acceptance
- independence
- curiosity
- fun
- gratitude
- excitement
- assertiveness



Committed Actions

- How you demonstrate your values through your actions.
- Actions directly reflect your values.
- Committed action is how you show your values to yourself and the world.
- Notice this is **action**, not thoughts or beliefs. If you truly believe in your values, they will show in your behavior.



Committed Action

Example

- For example, value of physical health.
- Your behavior this past week (not your thoughts) demonstrates how much you value your physical health.
- What you ate, how much you moved your body, how much you slept, how you choose to relax, managed stress, managed your mind, engaged in social activity, taking or avoiding alcohol, etc.



Committed Actions & Alignment

- When we *think or say* we value something, but our behavior does not reflect it...our values are out of alignment with our committed actions.
- This makes reaching goals extremely difficult.



What is Alignment?



Alignment

- When your actions, thoughts, and beliefs are consistent and in harmony with your values and goals (in personal or professional life).
- Your actions towards your goals become lined up with your personal values.
- Does not mean there is a lack of strife or discontent. Means that struggle does not stop you from following your values and goals.



Benefits of Alignment

- Indicates a sense of purpose and fulfillment.
- Leads to more life satisfaction.
- Gives direction for goals.
- Makes goals feel worthwhile and worthy of pursuit.
- Alignment is a life process to continually refine and course-correct.



How to Align Values and Committed Action

- Honest personal inventory.
- Willingness to examine what you have been taught and socialized to want.
- Willingness to feel whatever comes up if you have been out of alignment (eg. relief, grief, sadness, resentment, disappointment, etc.).
- Willingness to move forward with alignment and continue to work for it.



Our values are like the continents on a globe of the world.
No matter how fast you spin that globe, you can never see all the continents at once; there are always some at the front, some at the back.
From moment to moment, you get to choose which values come to the front, and which move to the back.

-Olga Góralewicz



Making Meaning of your Goal



Formula to setting goals

1. **Set challenging goals.** A challenge can be 2x what you are currently doing or 10x. The bigger the goal, the more creatively you will have to think.
2. **Set goals that matter to you.** If you set goals that are not truly your own, they'll likely be harder to stick to.
3. **Commit to your goal.** Pick one. Do not change your mind. Many other goals and motivation will fall into place when you work on a "keystone" goal. Avoid getting distracted by a "more clear" path to lesser goals.

**What you get by achieving your goals is not
as important as what you become by
achieving your goals.**

— Zig Ziglar

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Six experiences we strive for/need

(link your goal to one of these)

- **Positive relationships with others:** warm, trusting, loving relationships with others.
- **Self-acceptance:** positive feelings towards ourselves.
- **Autonomy:** able to direct our own behavior, make our own decisions, and have freedom.
- **Environmental mastery:** change our circumstances and advance in the world.
- **Personal growth:** learn and grow as a person.
- **Life purpose:** devote ourselves to something important or have a sense of meaningfulness or direction.

(Ryff, 1989)



SMART Goals

Specific - aim for precision.

Measurable - how you will know you have accomplished the goal.

Achievable - the goal is within the realm of possibility.

Relevant - the goal must relate to what is important to you.

Timely - there is a specific time by which you will have achieved your goal.

Doran, Miller & Cunningham (1981) designed for management goals and objectives



SMART Goal

"I want to earn a million dollars
2023."

**Specific, Measurable, Achievable,
Relevant, Timely**



SMART Goal

"I want to lose 10 pounds by
April 2023."

**Specific, Measurable, Achievable,
Relevant, Timely**



**Many goals remain unfulfilled
because they're not aligned
with our emotions.**

Dr. Richard Restak



EDISON Goals

Emotional - goals need to link to your emotions & get you excited.

Decisive - commitment to your goal is necessary. Practice clarity and decisiveness. No confusion or indecision.

Integrated - integrate a new goal with your other goals and values.

Sensory - use all your senses to visualize achieving your goal.

Optimistic - use positive thoughts to get excited about your goal.

Now - Begin now! Act as if you already accomplished the goal and get the good feelings now.

(Gelb & Caldicott, 2008)



Edison Goal

"I am a woman who gives a million dollars of value to the world in 2023. I expand my current business offerings to help more people. I am excited for what this will bring my clients and family, and how it will increase my charitable donations. I can imagine my success, see the numbers in my account, and already embody the feelings of success. I believe it will happen. I begin today and I look forward to my accomplishments."

**Emotional, Decisive, Integrated, Sensory, Optimistic, Now
Specific, Measurable, Achievable, Relevant, Timely
(links to environmental mastery, life purpose, personal growth)**



Edison Goal

"I am a woman who treats her body with exquisite care in 2023. I expand my understanding of what that means through daily physical movement and investing in nutritious food. I already know that taking care of my hair, skin, nails and clothes helps me stay focused on my movement and nutrition goals. I can easily imagine my success, and I already love my body more than ever before. It has already happened - I am just walking it through. I begin today and I look forward to my success."

**Emotional, Decisive, Integrated, Sensory, Optimistic, Now
Specific, Measurable, Achievable, Relevant, Timely
(links to personal growth, autonomy, self acceptance)**

**What you get by
achieving your goals
is not as important as
what you become by
achieving your goals.**

— Zig Ziglar





Mantras

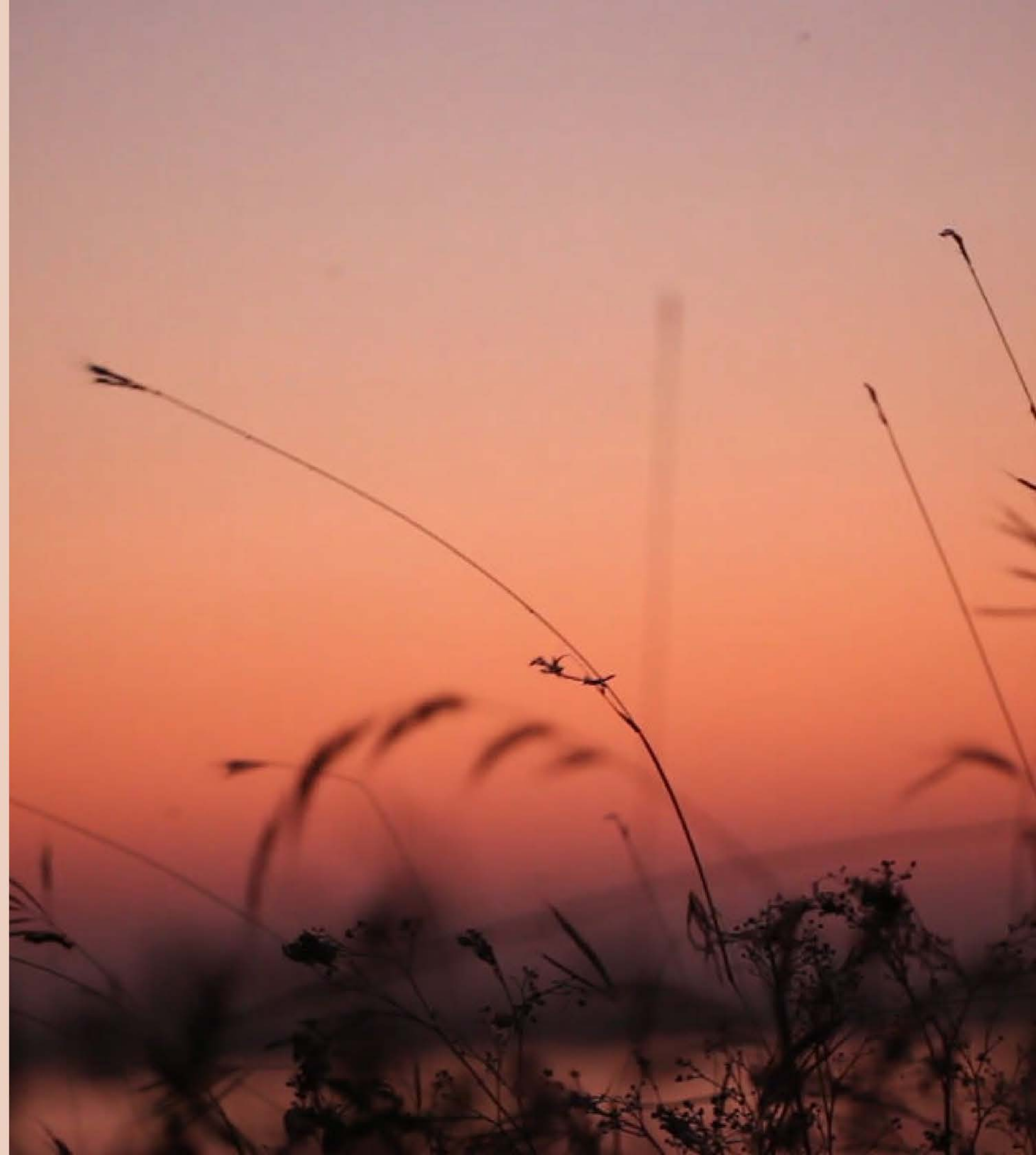
- I am practicing being the woman who has already accomplished her goal.
- I am emotionally connected to my goals, passions and desires.



Visualization

Visualizing your Success

(decades of research on this technique)





Imagine in great detail yourself
as a woman who has already
accomplished what she desires
& already is the woman you
want her to be.

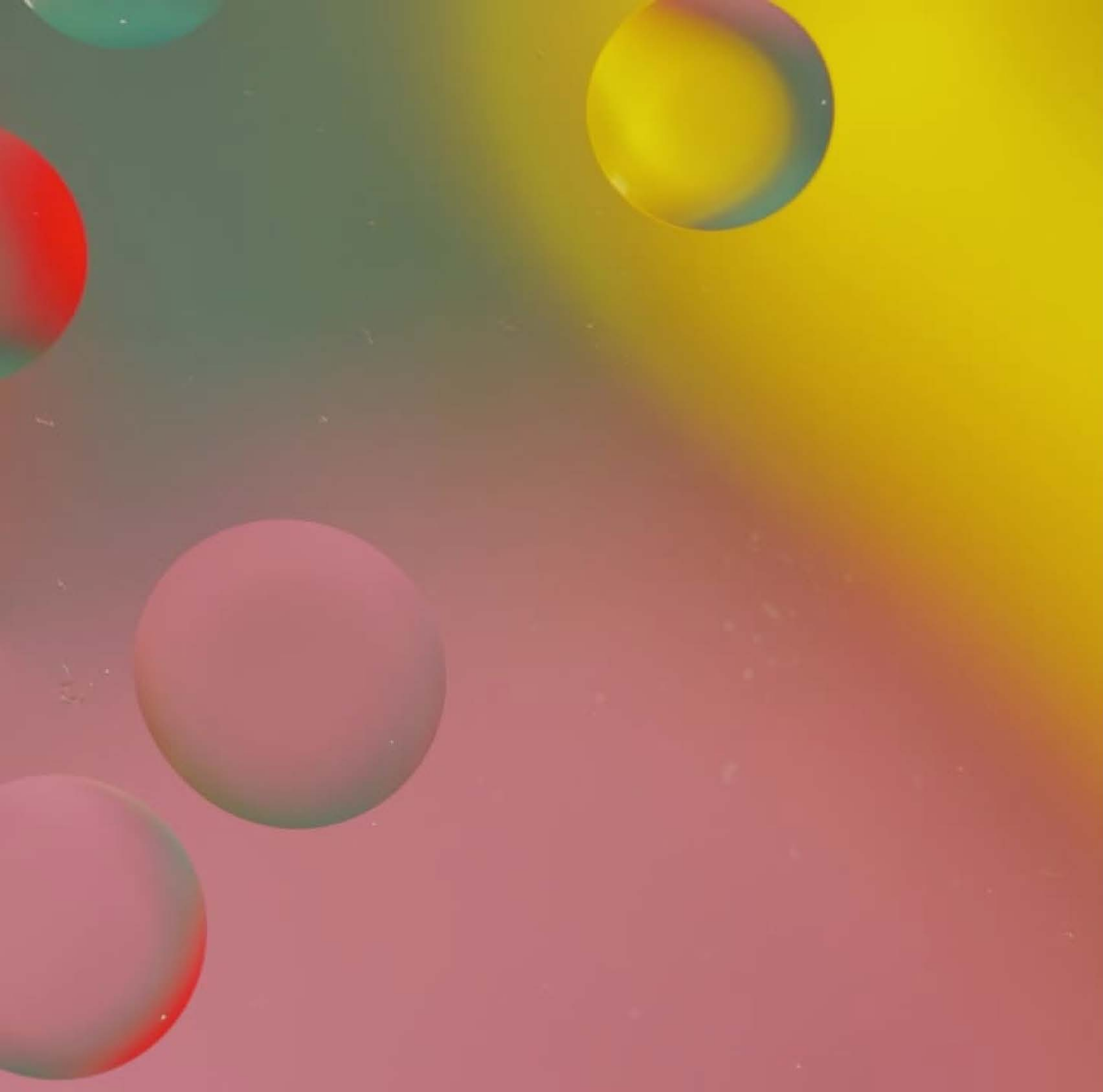
What is she doing, saying,
wearing, thinking, feeling?
What does her home, car,
office or studio look like?



Imagine your success is already
achieved.

Picture yourself taking one of
the action steps that got you to
your goal.

What is the action step?

The background of the slide is a vertical gradient transitioning from a light yellow at the top to a soft pink at the bottom. Several large, semi-transparent circles in various colors (red, orange, yellow, green, and blue) are scattered across the left side of the image, creating a bokeh-like effect.

Imagine in great detail
how you behaved to
achieve your success.
What did you let go of?
How did you end
confusion/uncertainty?
Who did you let go of?
What steps did you take,
even when fearful?



Bringing it together

- Goals must include emotions, sensations, and visualizations. Revisit the meditation after you complete the last pages in your workbook
- Visualizing your success in great detail leads to success. Imagine it everyday. Think of sports psychology.
- Imagine who you will become to achieve your goal. Be and act like her now.



What sensations will be most important
in achieving your goal?

(touch, taste, smell, sound, sights)

Put your answer in the chat
or raise your Zoom hand.



Reflection this week

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Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**Revisiting
Your
Values**

2

**Your Values
& Passions**

3

**SMART &
EDISON
Goals**

4

**Creative
Expression
& Reflection**



Observing Your Values

Make a cup of tea, pull out your notebook, and it is time to get cozy with your values.

You can do a computer search for values lists and make note of what really matters to you.



Your Values and Passions

- Time to link your passions and your values.
- Remember, you have to have an emotional "charge" to make the emotional component of your goals.
- Keep writing, making art and reflecting until you feel the "charge".



SMART & EDISON GOALS

- Free write about your goal first using the SMART formula.
- Then enhance your goal with your values and emotions using the EDISON formula.
- Write as a draft until you are ready to write a goal statement.
- Post your goal statement in your home/studio/office and look at it every day.



Response Art

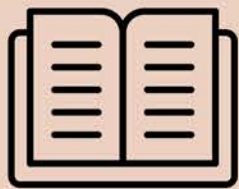
- Imagine what your goal setting/EDISON goal looks like using lines, shapes and colors.
- This helps you tap into the sensations - sights and feelings and physical movement of the making.
- It could range from just one line to a fully fleshed-out, abstract or representational picture. It could also be a single movement, song or dance.
- Avoid thinking too long about it and just be spontaneous.
- However you do it will be great!



Note your "before" and "after" scores for
being present.

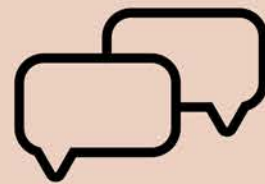
Put your answers in the chat.

What To Do Next



Review

Review your orientation manual and bonus material.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Week 3

Read and complete the Purpose exercises.



Looking for More?

For supplemental inspiration about your values
and self kindness, find me each Friday at noon
PST on IG live @dramybackos

Individual meeting to clarify your goal.

Signature Packages and VIP Coaching

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What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.

