

Personal Purpose Plan

This could be 2-3 mini goals that are interconnected or 1 large shift goal

<p style="text-align: center;">Summer</p> <p style="text-align: center;">3 affirmations set in present tense</p> <ol style="list-style-type: none">1. I am2. I do3. I act <p style="text-align: center;">2 noticing /thinking changes</p> <ol style="list-style-type: none">4. I think5. I notice <p style="text-align: center;">1 doing change</p> <ol style="list-style-type: none">6. I now	<p style="text-align: center;">Fall</p> <p style="text-align: center;">3 affirmations set in present tense</p> <ol style="list-style-type: none">1. I am2. I do3. I act <p style="text-align: center;">2 noticing /thinking changes</p> <ol style="list-style-type: none">4. I think5. I notice <p style="text-align: center;">1 doing change</p> <ol style="list-style-type: none">6. I now
<p style="text-align: center;">Winter</p> <p style="text-align: center;">3 affirmations set in present tense</p> <ol style="list-style-type: none">1. I am2. I do3. I act <p style="text-align: center;">2 noticing /thinking changes</p> <ol style="list-style-type: none">4. I think5. I notice <p style="text-align: center;">1 doing change</p> <ol style="list-style-type: none">6. I now	<p style="text-align: center;">Spring</p> <p style="text-align: center;">3 affirmations set in present tense</p> <ol style="list-style-type: none">1. I am2. I do3. I act <p style="text-align: center;">2 noticing /thinking changes</p> <ol style="list-style-type: none">4. I think5. I notice <p style="text-align: center;">1 doing change</p> <ol style="list-style-type: none">6. I now

Even though I say,

I want things to change

I find myself reluctant to let go

Old habits, emotions, thoughts and patterns

Have me locked in their hold.

However challenging, upsetting or disappointing it may have been

However wonderful, enlightening and energising:

Whatever it was, it was known.

And it is hard to surrender the comfort of familiarity

For a leap into the undefined, unexplored, unseen, unknown.

But a part of me realizes

That things have already changed.

I am neither who I was before

Nor is anything or anyone around me exactly the same.

Transience and transformation occur

Whether or not we flow...

It is in our hands to adapt and accelerate

Or argue, lament, struggle, refuse.

Doing the same old things

Reacting in the same old ways:

The time for that is done now

And I am willing to make headway

In being a little less rigid, a little less unsure

A little less fearful, a little more secure

To learn afresh, to experiment anew

To do what I have never done before

To be even more than I imagined I could

One step at a time, is all it takes

To discover new terrains and routes.

**So I choose to release the past
Of insisting that it must intact remain**

I appreciate and thank what was
As I welcome the new all the same
In this present moment
I surrender all games:
All my conscious and unconscious methods
Of proving or disproving
My cherished beliefs to date.

What if the future looks nothing like the past?

Isn't it time to make a fresh start?

With a beginner's mind, I see clearly again.
Without any historical perceptions weighing me down
I am no longer trapped, constricted or contained...
The dream begins to lose its hold
Joy, ease and peace awake.

Who do I choose to be now?

What new adventures will now commence?

I decide to greet their arrival
With a relaxed smile on my face...
For I now remind myself
That who I truly am
Through even the most radical change:
Untouched remains
And on this dramatic stage of life
I simply play out a fresh role
Rewritten- To suit what I now wish
To experience, express and portray.

Smart Goals

S -Is it specific?	S -Be specific -what is the shift at its core?
M -Is it measurable?	M -Dig deep for meaningful but make it manageable.
A- Is it attainable?	A- Practice awareness, attention and action
R -Is it results oriented?	R -Be resilient?
T -Is it time bound?	T -Reframe your thoughts- Think about your thinking