

Sometimes when setting goals we don't know where to begin. This exercise helps to show us where to start.

This is a stream of consciousness exercise. What does that mean? It means a continuous flow of writing your every thought non-stop until completed. No erasing, scratching out, or going back. **Just keep writing**

An Introduction: Before we begin, we want to introduce you to this sheet of paper. This sheet of paper accepts you, it brings with it a sense of safety, comfort, and freedom. This paper accepts you, it wants to know you exactly as you are. This paper does not judge. In fact this paper embraces you and wants you to share your thoughts and ideas. Share yourself freely with this paper. On this paper anything can happen and nothing is too crazy.

This paper brings **INFINITE FREEDOM, FLOW, HOPE, and ACCEPTANCE.**

EXERCISE #1:

Supplies: Pen & 5 minute timer

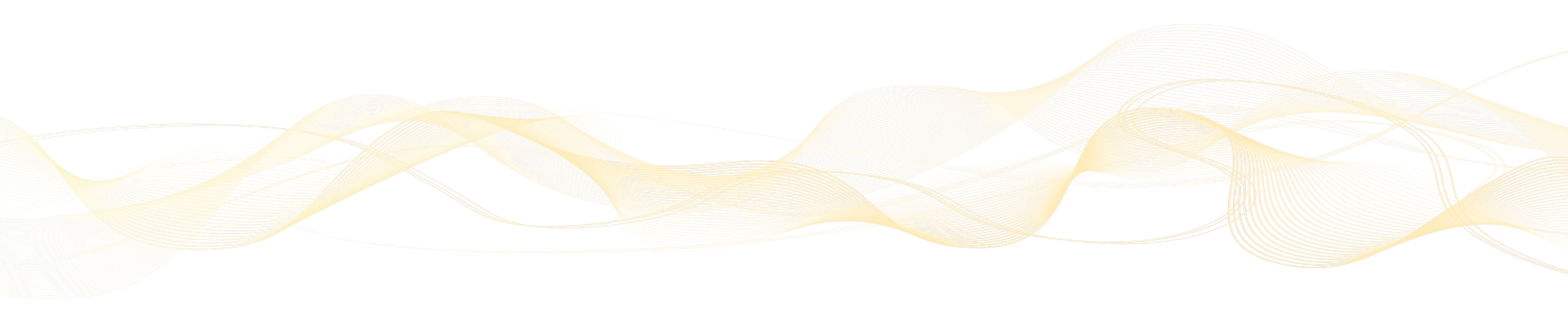
Guidelines

- Answer the question
- Keep answering it
- Do not stop writing
- Every possible thought that you think write it down until the timer goes off
- Use the back of this sheet of paper
- Do not hold back, be free, let it flow, just write
- Dig deep, have fun, be honest, be you

Timer set... Ready...Here we go... Starting.....Now: Who are you? (Note this has nothing to do with who you think you are not and entirely to do with **who you are.**)



Don't stop yet... the timer is still going: Who are you?



BRAINEXPLORING PART 2

Welcome back! Did you know that last sheet of paper had a twin, fraternal but very similar. This twin paper thinks a lot like the other paper. It accepts you, it brings with it a sense of safety, comfort, and trust. This paper is curious to learn about your dreams and hopes, the thoughts and ideas that fulfill you and make you happy.

This paper brings **INFINITE POSSIBILITY, CREATIVITY, FLOW, and ACCEPTANCE.**

EXERCISE #2:

Supplies: Pen & Imagination

Guidelines:

- Write down every thought that comes into your head.
- Get creative, crazy, wild, silly, impossible, meaningful, deep, and emotional.
- Think with more than your head. Think with your heart, gut, soul.
- Think about yourself at all stages of life. As a kid, a teen, an adult, retired. Think about if you had infinite time, energy, and possibility.
- Dig deep and when you have dig deeper.

Ready... Here We Go: Come up with a minimum of **50 responses** to the following question: What do you want to do in your lifetime?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Dig Deeper, don't stop until you have 50. What do you want to do in your lifetime?

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Dig Deeper, don't stop until you have 50. What do you want to do in your lifetime?

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Dig Deeper, don't stop until you have 50. What do you want to do in your lifetime?

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BRAINEXPLORING PART 3



EXERCISE #3:

Time to bring a little order and focus to things,

In 30 words or less. **Who are you?** _____

Now keep in mind who you are and pick 10 of your favorite goals. When choosing ask yourself, does this goal align with who you are? Does it strengthen your sense of self? If so you are cleared to add it below. Ignore the boxes to the right until you've picked 10 goals.

	Favorite & Sense of Self Supporting Goals										
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											

Using the key below, fill in the boxes that each goal will improve/enhance that part of your life. For example, if my goal is to workout, I would fill in the box under health/fitness. Once you've done all 10 goals. Add up the number of boxes and put the total in the last column.

- Family/Friends
- Partners/Love
- Environment
- Career/Work
- Community
- Money/Finance
- Health/Fitness
- Personal Growth
- Fun/Recreation
- Spirituality

BRAINEXPLORING PART 3



EXERCISE #3:

Note which goals scored highest on the sheet before, pick 1 goal.

Fill in below:

My goal of _____ is most important to me because _____

Think about the IMPORTANT FIRST steps to achieve this goal and fill in below. No more than 3 items per box.

NEEDS TO HAPPEN NOW	LOVE TO DO DO	NEEDS TO HAPPEN NOW	LOATHE TO DO DELEGATE
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CAN HAPPEN LATER	LOVE TO DO DO NEXT	CAN HAPPEN LATER	LOATHE TO DO DELEGATE NEXT
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LAST STEP: Prioritize the steps numbering them from 1 to 3 in each box. Think one more time. Think about how you will feel when you have completed these steps. Think about what that will give you. And next to each write what you're reward or gift to yourself will be when that box has been completed. And then begin with #1 in the "Do" box and go achieve your goal!