

## Goals, Dreams Wishes and Desires

Let's focus on what you want to BE. Then move onto what you want to DO and what you want to HAVE.

*"You gotta be before you can do, and you've gotta do before you can have" – Zig Ziglar*

This worksheet is just for you. Don't hold back and don't be self-conscious. Don't let your logical thinking mind of 'how' will I make this happen. Just let your intentions run wild, write them down here and send them to the universe to take care of it.

Imagine you're looking at this worksheet in 12 months' time from now and most of things have manifested for you. Be inspired!

### Stage 1) What do you want to be?

You are worthy and you are enough just as you right now. Life is not a dress rehearsal. What type of person are you? Name 3 of your highest values that define who you are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Name 3 people that inspire you to be your best self:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write down the top 3 things you would like to be. (e.g.: author, celebrity, mother, wife, business owner, chef, pianist.....)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Do you believe you could make these things happen within the next 12 months? If yes, what are the 3 steps you can make in the next few days to get the ball rolling? Remember, it doesn't matter how small the step is, it's still a step!

*"The journey of a thousand miles begins with one step" Lao Tzu*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Living in the moment and being present is vital to BE-ing. What are 6 things that bring you the greatest sense of peace, presence and well-being? Now make sure you do them daily.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Finish this sentence.....

I want to be..... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Stage 2) What do you want to do? Pretend that money is no object and that you have more money than you could ever spend. What would you do?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Would you still in the work industry you're in now if you didn't have to make money? If so, why?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What do you do in your life to serve others? Service is vital for peace and growth of any soul.

\_\_\_\_\_  
\_\_\_\_\_

What are the top 5 roles that you play in the world? E.g.: Mother, daughter, friend, colleague, friend etc.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Name 6 places you would love to visit in the next year.....

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

What is one thing that **no-one would ever guess that you really want to do?** How can you make this happen?

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What are 3 things that you would like to do and have accomplished 12 months from today?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Name 3 things/resources/tools that will help you do this and achieve your goal...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Stage 3) What do you want to have?**

This is the fun part where you start to order from the universe. Setting very clear intentions about what you want to create is super important.

What type of a house do you want to live in? Be very specific. The Universe is listening...

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What kind of car do you want to drive?

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What does your body look like? And what is your fitness level? **How do you feel?**

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\$500,000 is gifted to you randomly and you have to pay-it forward...

Who would you give it to and why? And how do you think this would make you feel?

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(and check out [www.kiva.org](http://www.kiva.org) to find out how)

Now to design your ultimate wish-list with 12 things you would love to manifest...

- |          |           |
|----------|-----------|
| 1. _____ | 7. _____  |
| 2. _____ | 8. _____  |
| 3. _____ | 9. _____  |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |

**LAST STEP:** Seal it up, put it away and then set a reminder in your calendar to revisit your intentions when you feel like you need some inspiration. You could be surprised!

The key in the meantime is to **Trust, Surrender** and **Take Action.**

With gratitude and happiness,

xxLewanna