

Collating a Creative Goal Setting Folder

For best results, you will need to print this file onto A4 paper then collate into:

- A 25mm 4 “D” ring loose leaf binder (white is good) with a clear insert pocket on the outside front and spine.
- With at least 25 clear plastic A4 sleeves to insert the pages in the following order.

Page 2 of this PDF file is the front cover to slide into the outside front pocket of your 4 ring binder. The very last page of this PDF file has a label; cut to fit the spine of your binder.

Page 3 of this PDF file is the inside front facing page of your Creative Goal Setting folder.

Page 4 *My Life Plan* is inserted in the back of the first clear plastic A4 sleeve.

Page 5 *My Vision* is inserted into your second sleeve. Many of us use 2 *Vision* sheets to write our vision. Print a few spares.

Page 6 *Metaphysical Law* is inserted into your 3rd sleeve.

Pages 7 through to 30 are later shuffled into an order that suits you personally. For now, set up the sections in alphabetical order with the *Career* page in the back of the sleeve holding *Metaphysical Law*. A *Distinctions* sheet in the 4th sleeve, with *Consciousness* in the back. A *Distinctions* sheet in the 5th sleeve, with *Family* in the back. And so on, so that when the folder is open you see the area heading on the left and a *Distinctions* sheet on the right.

Page 31 *May these goals or ...* is inserted in the back of the last *Distinctions* sheet.

Page 32 *Received Goals* is inserted into the next (16th) plastic sleeve.

The next plastic sleeve can hold some spare *Distinctions* sheets.

The next plastic sleeve can hold some *Thank You Letters*. Print a few spares.

Leave a few (5 spare) empty plastic sleeves. You can add more sleeves for extra busy areas as you fill your Goal Folder.

And in the last (25th) plastic sleeve insert page 34 *Adding Value Exercise* and in the back insert page 35 *Step-by-step instructions...*

Now you are ready to use the step-by-step instructions!

On the second last page of this PDF file.

Enjoy, with best wishes,
Marianne Thorne
Attitude Coach



Creative

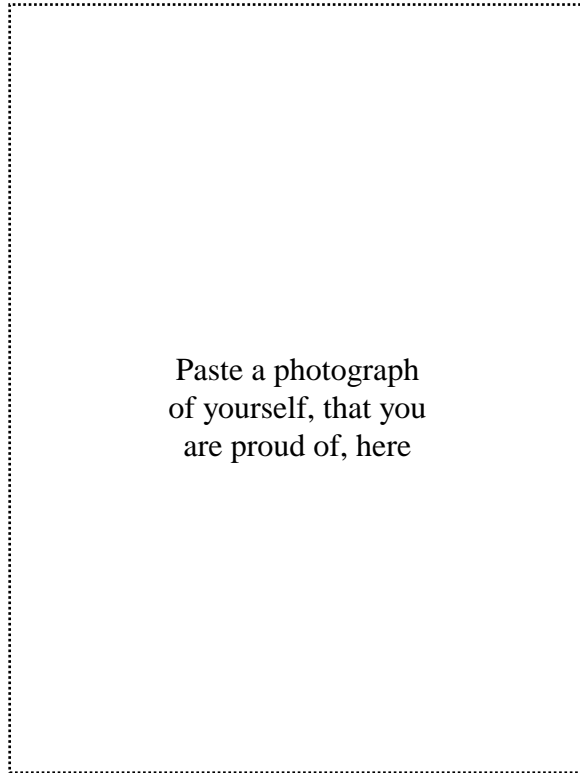
Goal

Setting



*Creative
Goal
Setting*

My Life Plan



I, now know I am adding value as I use my
....., and

By, and

And as a result my World is more

....., and NOW!

Metaphysical Law

There is Order,
there is Purpose.

Everything happens in the right order,
at the right time, in the right place, for
the right reasons, for the right Being.

Therefore:

I am doing the right thing always;
my Purpose is happening now.

I am trusting in what I am doing
and where I am going.

I have faith in my Timing and Purpose
as I am Creating my Reality Now.

I am enjoying my Progress in
materialising my Dreams!

Consciousness



Distinctions

Area:

*Tangible
Expectations*

*Personal
Values*

Essential Focus:



Contribution



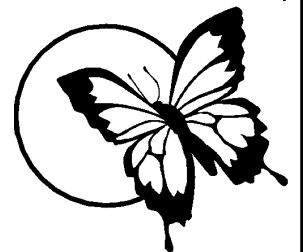
Distinctions

Area:

*Tangible
Expectations*

*Personal
Values*

Essential Focus:



Family



Distinctions

Area:

*Tangible
Expectations*

*Personal
Values*

Essential Focus:



Health



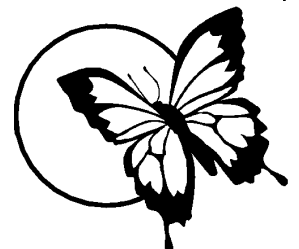
Distinctions

Area:

*Tangible
Expectations*

*Personal
Values*

Essential Focus:



Home



Distinctions

Area:

*Tangible
Expectations*

*Personal
Values*

Essential Focus:



Leisure



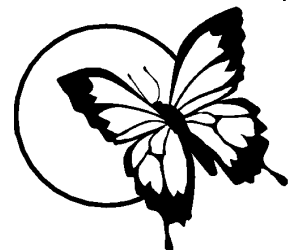
Distinctions

Area:

*Tangible
Expectations*

*Personal
Values*

Essential Focus:



Material Things



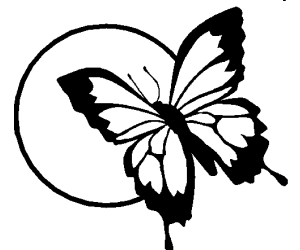
Distinctions

Area:

*Tangible
Expectations*

*Personal
Values*

Essential Focus:



Personal Development



Distinctions

Area:

*Tangible
Expectations*

*Personal
Values*

Essential Focus:



Relationships



Distinctions

Area:

*Tangible
Expectations*

*Personal
Values*

Essential Focus:



Resources



Distinctions

Area:

*Tangible
Expectations*

*Personal
Values*

Essential Focus:



Self



Distinctions

Area:

*Tangible
Expectations*

*Personal
Values*

Essential Focus:



The Planet



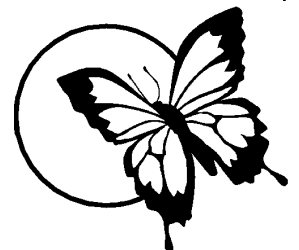
Distinctions

Area:

*Tangible
Expectations*

*Personal
Values*

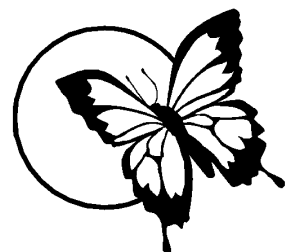
Essential Focus:



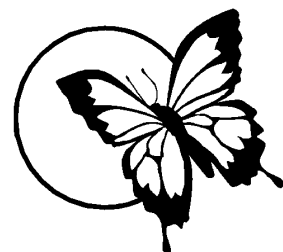
*These goals or
something better are
now materialising
for me,*

.....,

*for the highest good
of all concerned.*



Received Goals



Adding Value Exercise

For maximum benefit, do this exercise step by step, completing each part as you go.

1. Complete the following three lists with 10 words in each. Convert phrases into single words.

List 1

List 10 words that describe your favourite characteristics in your personality:

EG: humour
spontaneous

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

List 2

List 10 words that describe your favourite ways you love expressing yourself – these words must end with ‘ing’:

EG: reading
fishing

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

List 3

List 10 words that describe your idea of a perfect World:

EG: peaceful
healthy

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

2. Go back over each list and circle three words in each list.

3. Fill in the sentence below using your name and the words you have circled.

“I, (your name) **NOW KNOW I AM ADDING VALUE AS I USE MY**

....., **AND**

(the three words circled in your first list)

BY, **AND**

(the three words circled in your second list)

AND AS A RESULT MY WORLD IS MORE

....., **AND** **NOW”**

Step-by-step instructions to Creative Goal Setting

The power of materialising your dreams lies within your imagination. Creative Goal Setting supports your process of gaining clarity, self esteem and a sense of purpose by using positivity, colour and pictures. Enjoy actively using these steps to clear your past, design your future and bring yourself into present time with accumulated personal wisdom.

Firstly, there are three rules to follow throughout the whole Creative Goal Setting Program:

- 1. Write with coloured markers, changing colours after every phrase or sentence**
~ coloured pencils and gel pens are OK.
- 2. Write everything in positive present tense**
~ as if it is happening now.
- 3. Write only about yourself**

Find a portrait picture of yourself to paste onto the *My Life Plan* page. You are always adding value to those around you, whether you are aware of it or not. Have fun acknowledging some of the unseen value of your life by completing the following *Adding Value Exercise* sheet. Re-write the final sentence onto the bottom of *My Life Plan*.

Before writing a vision on *My Vision* sheet (with the three rules above), spend a little time imagining an ideal lifestyle ~ dare to dream your dreams. Let go any fears about lack of money and/or time, and get a feel for what you would ideally love to be doing, seeing, being and experiencing. Include all twelve Areas in your Goal Folder.

Creating the outcomes you desire in life requires both creativity and order. So spend some time now moving the twelve Areas *Consciousness, Contribution, Family, Health, Home, Leisure, Material Things, Personal Development, Relationship, Resources, Self, The Planet* into an order that suits you. Keep in mind that some Areas would act as a foundation to others; these would go at the front. As your Goal Folder progresses, you can re-organize it and add pages to the Areas. The size of this Goal Folder has been selected to contain your goals in an orderly manner; creating clarity. (A larger Goal Folder allows too much room for confusion!)

In each of the twelve Areas there are *Distinctions* sheets. These sheets are used to establish the physical, measurable outcomes you wish to receive in each Area of your life (on the left under *Tangible Expectations*) and the feelings you want to experience in each Area of your life (on the right under *Personal Values*). There is no need to match the left and the right sides together. Note the Area of your life you are working on in the box at the top of the sheet. Again, the three rules mentioned above are applicable. The box at the bottom of the sheet labeled *Essential Focus* is for the most significant word that you can think of having just written this sheet. It usually comes from your list of *Personal Values*. Please note: Just because it is written ... does not mean you have to do it! Although, at the same time, action is confirmation of your intention and draws the energy you need to do, have and/or be what you are asking for. Collect and paste pictures into the twelve areas to support your expectations.

The third worksheet is called the *Thank You Letter*; it is optional. (They are stored at the back of your folder.) A *Thank You Letter* is written regarding only one area of your folder/life at a time. This worksheet has two purposes:

- a) it is used for clarifying a goal, or goals, in one area by asking for what you want in more detail, and/or
- b) it is used for creating a positive outcome to a particular situation and/or association ~ conflict resolution.

First, imagine the ideal outcome, then address it to the Super Conscious part of your mind, using the three rules ... you are giving thanks in advance for the best possible solution you can think of! Sign it before filing it in a plastic sleeve in the relevant Area. Please note: It is best to only write goals for yourself. Only write what you are willing to take responsibility for and action yourself. (eg: instead of "People now listen to me", write "I now feel heard".)

Re-write the worksheets (*My Vision, Distinctions* and *Thank You Letters*) as often as you can, until you are happy that they describe your ideal all encompassing lifestyle. This is an ongoing process, keep one of each of these three worksheets blank to photocopy for your continual use. As you re-write, transfer that which is good to a new one and throw away the old sheet.

Always keep your Goal Folder open, where you can see it daily, at the Area of your life that most needs improvement. Only move to another Area when you are happy with the outcomes in that Area of your life. Your response to events in your life at this time are helping you to understand the programming of your subconscious mind regarding this Area of life. For a deeper understanding you can ask yourself a question starting with "how" or "what". (eg: "What do I need to do to change the situation?") The answer will occur to you spontaneously. You can change your reality of the situation by writing the best possible **outcome** (don't worry over the details) that you can imagine on a *Thank You Letter*.

BE AWARE ~ you may get exactly what you ask for.

Your goals are enveloped in an affirmation: *May these goals or something better now materialise for me, for the highest good of all concerned* near the back of your folder. Write your name on the dotted line. Collect a few *Received Goals* at the back of your Goal Folder to build your confidence in Program.



Creative Goal Setting

