

So this is lesson three, about bringing your dreams to life by setting your goals and by starting to take baby steps towards your goals. And at this point we've identified some of your dreams and that's all good and necessary, and it's like setting the destination in your GPS. So the GPS is your brain.

And as you focus on that dream, your brain will start to create ways to get. But right now there's a gap between the results. Oh, hold up. Sorry. Kayla's having trouble getting in my bed. But right now there's a gap between the result of the dream that you want and between the, the, what the results you have now and the dreams that you want.

And that's because there's no predefined path to your individual dreams. There's no route yet. So we need to find the route. We need to find a path to our dream. I like thinking of this as that your brain and your heart and your intuition actually can create this route, but they can only take you there one step at a time.

And it's sort of amazing. I think it's kind of honestly, a little magical that your inner guidance can actually do this. It can only lead you on this, on this path. One when you know baby step at a time, and all you have to do is keep taking actions while you follow your inner guidance. But no one else can tell you how to get there.

So there's no known route on this path. So the question is, how do we start creating this path? This route? So we start by grounding our dreams and reality by setting some fun and easy goals. And I wanted to encourage you to pursue goals here at first, that call to you and that are super doable. So you want to set a goal?

That's going to stretch you just a little bit, so not so much that you like coop up poop out and give up, but. So as you do this work this week, if you're in doubt about this goal setting process, then you want to learn, you always want to do what is ever easiest and most fun and less stressful, like lean in that direction.

Don't go like, oh, I need to, you know, dig deep and do my super courage and my resolution and determination there's time for that. But right now, just take an easy step. Just keep it super simple and super winnable. So I just want to give yourself a chance to succeed right out of the gate.

First I want to take a minute to think of how we think of dreams and goals. So usually we think of these things as quite different. So dream, do you think, like we think of like thoughts in your mind or in your imagination, maybe like

fantasy. They're nonspecific. Usually they don't have deadlines, they can inspire action, but they don't really require action.

And then goals are more rooted in the real world. They have, they're more specific. They have deadlines, they require action. And then it's easy for goals to feel boring and not fun. And of course, and for me, I associate goals, honestly, with some sort of painful, fake team-building exercise, like at work some sort of dry and deadline driven and not very meaningful to my inner world, but actually goals can be bridges between your dream world and your real world, and they can make your dream world.

So it's true that they are time-based focused and specific, but there's no reason that you need to choose a dry or boring goal that feels like work. Instead, you can choose an exciting goal and inspiring goal. You can choose goals that are achievable and don't feel so heavy and and therefore a lot more fun.

So how do we do that? Kayla. I'm not sure why you wouldn't be able to hear. Maybe I can everybody here, here right now? Yes. So maybe maybe turn your volume up. Okay. So how do we do that? How do you make them more gold? You know, more fun and not so. So you can do this by choosing one baby step to take, to move closer to your dreams.

So I'm going to ask you to think about this one baby step that you could take to your dream. That might take about a month. I want you to set a really small, easy goal for the first month to just ease into it. Something that you can accomplish pretty easily in 30 days. Something that is not true today.

Oh, are the slides not meant? Do you see like a picture of a baby goal?

Oh, hold on. Let me, I'm going to stop that then and come back and start that again. Maybe something, maybe something like a doodle happen. Thank you for letting me know,

trying to get.

Okay. So what do you see now? Same just the title, the, you see the other lessons and they never moved since. It says less than three in your dreams to life with goals and baby steps, that's it? Oh goodness. Okay. I only see a Y how about now? Nope. Seriously. Nothing is moving. Oh goodness. Okay. Hold up now.

Yeah now.

Okay. I'm sorry, my dear. Hold up one second.

I am going to, oh gosh, I don't know why that happened. Hold on.

Okay.

Yeah. It's okay.

Sorry. Sorry. I'm just pulling. I'm kind of like resetting it. Come on.

You were just having to watch the first screen all the time.

Okay. I'm going to try that.

I'm so I'm so aggressive in cases like that, I'm just like, Hey, I can't see any. Okay, we're sharing it one more time and it should say the lesson that, let me see if I can pull it up to the second thing. Now it's a map of blindness. Okay, awesome. And I'm just going to show you the next thing because did it change now?

Okay. So this was the part about setting the destination in your GPS. And then about the gap between your dreams and your goals. This is the part where your intuition can take you on the route, but only just one step at a time. And this is a grounding, your dreams and reality by setting fun, easy goals.

And then I think this is where we know. And then this is like the difference between dreams and goals are how we think of them differently. The set goals can be boring, but actually they can be bridges between the dream world and the real world. And now here's where we are with the baby steps. So I was saying, I want you to set really small, easy goals and something that you can accomplish pretty easily in 30 days.

Something, that's not true for you yet, but that will be true in 30 days, pick something. That's a little bit of a stretch, but not too much. And I'd like you to pick something ideally by the end of today, unless it's late for you right now or tomorrow. If it's late. So we're going to talk exactly about how to do this, but first here's what I want to not to do.

I don't want you to try to be kind of bad-ass, don't pick something that feels really impressive would end up being super hard to pull off. So like I'm going to assign 50 clients, paint 10 paintings, find my new, beautiful home, lose 10 pounds workout, 30 minutes every day, you know, unless you're like some kind of athlete in 30 minutes is no big deal for you.

Instead I want you to pick a really simple, easy sneezy one. You have plenty of time. Thank you. I like the single cheese. So you have time to, to keep, to do many different goals. And so we're just going to keep the shorter ones now. And now we're going to look at some examples of goal setting.

This will become, the examples will become more complete as we go on in the class. I mean, in today's class, but first I just want to give you a simple version. Did the, did the slide advance? Yeah. So here's the first example. So in each of these examples, I'm taking one of the dreams that you all talked about in the class last week and making a simple 30 day goal for it.

So one of the dreams was to be physically capable in most situations. So a 30 day goal could be to. Dan's walk or garden five minutes every day for 30 days. So this just a simple one that I'm making up. So you should adjust it to where you are now and where you want to go. Of course. So here's another one.

The dream is to develop a daily meditation practice. The 30 day goal would be to meditate or chant a minute a day for 30 days. Another one would be the dream would be successful in my new job. 30 day goal would be brainstorm five things that would be equal to success in my new job and make a plan to do one of them.

Another one is several of you guys had dreams about free time, be a person who has free time to read for pleasure or to paint or to do nothing much. You just, you pick whichever one is your dream. And then the 30 day goal would be to set aside two hours each week for the next four weeks to read or paint or do not.

And another one, the dream is to own my own home. The 30 day goal would be to make a vision board for your dream home, where it is, what it might look like, how it might feel like. And there's an example of a vision board. This is you just, you guys probably know vision board, so you just put images and words on a poster board, or you can do it on Pinterest.

If you like. The idea is just to bring your dream more in focus in a way that you can see every day. So for all of these, do what appeals to you. So if you'd like to

write, write it, if you like to draw, draw it and you like to sing, sing it, whatever, you know, just whichever method kind of works for you. The idea.

This particular vision, any vision goal is just to make your dream more real and to have it be in front of you so that you can see it all the time. So I want to point out a few of things about the goals that I've already shared to all of these, have a few things in common. They have, they're a concrete result that anybody could agree happen.

So this is important. All of your goals should always be a tangible outcome, like a concrete result that, that you could kind of, it sounds weird and you could prove it in a court of law like this happened. Right. And it should be as specific as possible. So let's look at some more examples. The dream would be to express, express my creativity through art or songwriting or crafting you pick which one applies.

And then the 30 day goal would be to create a piece of art, a song or a crafting project. And another one was to learn Spanish. So the goal would be complete the first lesson in a Spanish language program. And one more. So bear with me there just a few more. I just want to give you a lot of examples to show you samples of easy, doable.

So the dream with a travel dream of taking a train across Canada or walking the Camino de Santiago de Compostela. So the 30 day goal would be to create a dream book for the night trip. And I'm just making this word up dream book. I just mean you have a notebook or a journal or some piece of papers they will together, and you put titles on each blank page and the titles would be.

Financials things to see and do places to eat friends, to visit resources maps, and then your goal work would be to fill out like a few items on each page. Doesn't have to be, don't fill the whole page. Like just make it easy, kinda like you also want to make your goal kind of fun or appealing in some way.

The easy on yourself, something that you can do without killing yourself this month. Something you can, and without feeling stressed, you know, something you can do that you're not waiting or relying on somebody else for a step to take action. This is really important. Like you're, you don't want your goal to be something that like, oh, I take this step and then I need the other person to do this step.

It's like all stuff that you can do. And finally, just a couple more examples. One of the dreams was to be a published author. And so that 30 day goal could be to make a dream book for your book. And those page titles could be like on each blank page. You could say book ideas, possible, publishers, friends who would edit or be my accountability partners or research timelines.

And then the last one one of the James was closed my business. And then 30 day goal could be created dream book for closing my business business. And the pages for this one would be like timeline, how to do it. Financials, priority list of dropping clients, the good results of closing gratitude, note, how to celebrate.

So now we have lots of examples of these simple 30 day goals. So let's make them a little more effective at this point. You're going to add in two little things. One is to add an end date. And the second one is to a way to measure the results. So you just say by X date, I will have completed and created whatever the goal is.

I know I'll know I'm done because of some way to measure it. So here are a couple of examples of a full goal done in this way. The dream would be, be a loving partner or aunt or friend or whatever. And the goal could be by March 10th, I'll make a list of things a loving partner would do and do one of the things each week.

I'll know I'm done because I'll lock off four of the things on the list. Here's another one. This was the dream of be physically capable in most situations. So by March 8th, I will have danced walked or gardened five minutes every day for 30 days. I'll know I'm done because I will make a tracking sheet and have 30 days marked off with what I did each day and how long in five minutes.

So I think this is going to come up. So I want to talk about how the 30 day goal you pick is not set in stone. So you are going to commit to it for a month, but there's no wrong pick. So you're just going to pick some. Right. So you're probably gonna want to change your goal. You're going to pick some goal and you're going to go, oh, that's not right.

There's something wrong with it, but just stay with the goal, whatever it is once you pick it, because what you're accomplishing with this goal is not so much about the goal itself, but it's about the action that you're taking to honor your dreams. And it's about learning that it's. Developing this skill of kind of like

taking steps towards your dreams, taking steps of like, and honoring your, what you say you're going to do.

So it's any particular goal is not as important as that. So just for now, just pick a goal and commit to pursuing it in the next 30 days. Yes. We'll talk about that in a little bit. Absolutely. If you miss a day, then just give up, forget it all. I'm cheating. Absolutely. You just like, I screwed up. I meant, you know, I missed a day I'm back on the other one and like, what does it even mean to screw up?

So your goal, by the way, also importantly, your goal doesn't have to be something useful or practical. It doesn't have to be good. All you have to do is all it has to do is walk you one a baby-step kind of closer to your dreams. That is all this goal is doing. So now we need to add some actions to the goal setting.

So you're going to brainstorm five or 10 actions that you need to accomplish your 30 day goals. And here's an example of brainstorming for a goal of that goal of exercising five minutes every day for 30 days. So here's the brainstorming for that. So you want to brainstorm five or 10 things, that'll move you to accomplishing the goal.

And these will be your first action steps for your goal. So here's some examples of action steps you could take for this goal of exercising. Five minutes, decide what my exercises will be. Write them down, decide a time to do it. Start doing the exercises daily. Even if I'm not done with my plan, make something up at first.

Make a weekly plan, get a small notebook or paper to plan my exercises and track my progress. Ask a friend to be my text buddy, to be accountable. Excuse me, find a yoga program or a stretch program or a thighs program on YouTube. So all these little practical things, here's another example of action steps for a goal.

This is the goal of having two hours. A week for the next four weeks for free time record my current weekly activities review my weekly activities, identify one or two hour blocks that I could set aside as free calendar these hours for the next four weeks planned for discomfort and how I will respond, cause that's going to happen.

So at at this point, this is what's likely to happen. Your brain is probably going to start freaking out a little. So we're starting, even though we're starting with

these simple, easy little goals, your brain is going to, even if it's the simplest easily, it will go. I'm going to do five minutes of gardening a day.

Your brain is going to start. Resisting and throwing up ways that this is not possible. And then when you get into bigger goals, your brain is really going to go wild. Like absolutely. Like I can pretty much guarantee this. So it may already be doing that a little bit because of the dream. You may already start to get some resistance to your brain.

Might already be saying things like it's too much. I don't have time. I'm not good enough. I'm not sure I really want this dream or this goal. I'm going to fail. I suck. I'll lose my friends. I'll lose my husband. I'll lose my cat, whatever. Why am I doing this? Like I know, you know, your brain is basically the same.

So, these are just crappy little obstacles that your brain is serving up. And we're going to do two things with these obstacles. The first we're actually going to use them to our advantage and how we do that is you go ahead and you write down all the obstacles that your brain gives you all the reasons that your goal can't work.

Some of those will be big. Some of those will be small. You just like write them down. You don't have to do this in class, but it will be part of your. For example, here's a short version of obstacles for that goal of exercising every day, I'm going to be bored. I don't want to get sweaty in the morning.

How will I deal with my clothes? I never keep up with this kind of goal stuff. So these are just kind of examples to get you start. And your lists can be as long as you have obstacles or as, until you get sick of it.

This is how did you read my mind? So after you have a list of obstacles, you will think up solutions are antidotes for each of the things on your list. You got that list of crappy little thoughts, and now you come up with solutions for each of them. So here's some solutions for the ones we just did for getting bored.

I'll switch up the exercise every day. And I'll only do things that I like at least a little right for getting sweaty. I'll change the time I showered after my exercise for never sticking to my goals. I'll write out a list of all the good things that will result when I finished my goal. And I'll look at it.

I'll look over that list list. At least went to the. And then this part is the part that I think is genius. I learned it from this coach, Brooke Castillo. So you're going



to use these solutions as the action steps for your goal. So you have some action steps, and you're going to add this to your, to your actions and your list of action steps.

So here's the expanded list. So I, all I did was go back to that first action list and add the solutions to the bottom there in italics. So now you've got all the action steps that you first came up with. Plus these new ones that are based on the solutions to your obstacles. And you have a complete list, you know, of your action steps for the goal.

And don't worry. It's just like, whatever list you come up with, that's a good list. You know, it doesn't have to be the perfect list for all time. So now you've got this list. And at this point, they're not in any special order. So you can go back through your action steps and put them in a kind of order.

That makes sense to you. So like this here, I just reordered this list. So here I said at the beginning, the first thing to do is start doing five minutes of exercise a day. Even if I'm not finished with my plans, second thing would be to get this notebook to track things. Third is make a list of all the good things that will result and start looking at that and practicing that once a day.

Then decide what they will be, decide the time, change the time I shower, et cetera, et cetera, and then make a plan, put them in the calendar that did that. So now you have an actual plan of action, more or less an order doesn't have to be perfect for exercising five and it's everyday for 30 days, I recommend that you have a paper version of this so that there's no obstacle to using it on a daily basis.

Like, you know if you're somebody that has your phone or computer all the time. Great. But I know that sometimes it's an obstacle. Like I don't want to open the computer to just have this on a piece of paper written out or print it out. And then now you want to plan a time to do the action step. So this could be five minutes.

So this isn't, this isn't a time to do the goal. Right. This is a time to do the action step. So this could be five minutes a day, or let's say you wanted both exercise. Choose one. I want you to choose one goal right now. Yeah. So now you want to plan a time to do them, try to put them on a, on a calendar.

You know, like I said, it can be five minutes a day or an hour a week, but it, all of this is time that you're just dedicating to following your dreams. So, you

know I really recommend that you get this on your calendar as soon as possible. Don't let too much time go without getting some steps on your calendar.

Even to even today, like start the goal work even today. Unless, like I said, it's in middle of the night. I recommend this because these little, these steps look like random little things, but they're really, I think they're actually more important to that. You know, it's kind of like good to know. Book seems like such a random unimportant level thing.

Investing time and energy in your dreams. It's taking actions on your dreams. It's honoring your true self. It's taking a step every day on your path of joy. So to me, that's really important. There's actually nothing more important. Okay. Breathing and whatever, but you know what I mean? And then, you know, the story of the best time to plant an Oak tree is a hundred years ago.

But the second best time is today. So that's what I want. How you want you to think about these action steps and then there's one important, last peak piece of work to do for your obstacles and that's to talk to them and that's because they're going to be around. I mean, it sounds all airy fairy and weird, but just try it, consider trying it.

The obstacles are going to come. And then we made some strategies that, you know, to give solutions or antidotes for them. But that doesn't mean that they're going to go away. They'll still come up in your brain. So I suggest talking to them. So when they pop up, you just talk to them. They're just these little crappy voices in your head and you talk to them like, so, okay, I hear you.

That's fine. Maybe I'll fail. Maybe I'm not good enough. I don't know how. Maybe I don't have time. Maybe I'm a unique case and destined to fail. Sure. Okay. That's all fine. So just talk to them in that way, but for now you can say, I'm going to give this a try. I'm going to choose to think that maybe this is the right time and I have plenty of time.

Maybe I'm good enough. What if I could succeed at this? What if doing this as a good thing for me in the. What if this is the most important thing I should be doing for myself and my family and my friends and my community right now, just, I just encourage you to give that a shot and you may feel like a weirdo, but just give it a shot.

And also remember this idea that we talked about last week. You know, as you mentioned, Gloria, like you could get confused. You're going to miss a day.

You're going to screw it up. You're not going to progress as well as you think. So just, I'm not supposed to know how to do this. Of course. I don't know.

There's nothing wrong with me. So just be really gentle and easy with yourself as you explore your dreams and set up this. And then here's one thing that you could do to make a card like this, to help you keep your eyes on the prize. And when you're down, when these downer thoughts come up and kind of refer to this, so make a card that has your dream, your goal, the good results that will come from achieving your goal, even the short-term goal, and then the positive feelings that will result from it.

This is similar to what we did for our dreams. The you look at this every day to really keep your eyes on the prize. And here's the example. So if the dream is to be physically capable in most situations, then the goal could be by March 8th, I will have danced Walker gardens five minutes every day for 30 days, I'll know I'm done because I will make a tracking sheet and have 30 days marked off with what I did each day and how long, and then the good results of achieving that goal will be, I will have created a daily exercise habit.

Pretty much, I think it's, I think they actually say it takes, I think it takes 60 day. They used to say it takes 21 days to make a habit, but I think it takes, I think it takes more like 60. I think it takes two and a half months to, to make a habit is what they're. Now it's now the more sciencey way of thinking about.

My body will be more healthy than 30 days ago. I'll feel physically more energized and mentally more calm and in the feelings that I feel pride, confidence and optimism. So it doesn't your card doesn't need to be fancy. I've given you in the in lesson three on the website, I've given you like a template for this.

If you want. Use it to print it out. But you can draw it or just have words written out. Just anything that works for you.

Yeah, exactly. Liz. So like say you made a month long plan and stuck to it. And that's what I mean, like, you start to build your confidence that you can do something and that's actually more important than whatever the result is of this one. That, that process of building that confidence. So here's the biggest mistake about goals to avoid.

And that is thinking that the path to success is smooth and straight. So I know you know this in your mind, but I think a lot of us, I think we know this until,

you know, with our brain, but somehow we don't really believe it. So, you know, you think that the path of success is. Looks like that. And it actually looks like the one on the right, right.

Just like this total wackadoodle mess. So like, your brain knows that, but like your heart, like I know that I, I look at people who are successful and I think like something about their path was more straight. Like they, they didn't make all this mess and failure and confusion that I made. Right. That's just not true.

Like the people who have. Successful. That's exactly what they did. They exactly had this crazy and doodle thing. If you've ever read biographies of successful people in any field, like they never had this straight, easy path. Like I can't, I can't think of any. And then, you know, here's this other example of like, what your plan looks like, and then what reality looks like, which is like full of obstacles.

Bad cracks and holes. So there's nothing wrong with what you're doing. If it's not going right. There's nothing wrong with you. And the truth is, and we're going to talk about this much more in the next or the next, next lesson. If you're screwing up and you're failing, you're actually doing it right. Like we have this idea that we're supposed to be, that things are that perfection.

Is that having like a perfect. Path is, is normal. There's nothing normal about that. We're absolutely normal and right. If we're screwing it up and failing actually Monica, were you in Peter Walter's lab? No. You were in David's lab, so there's, there was a famous like really world-class scientist and one of the labs at UCF where, where I met Monica and. His students told me one time they said something about, or no, he said in an interview, something about sailing.

Did I share this with you guys already? He said something about failing with like that 70% of their experiments failed. He said, and then I was like, wow, that sounds amazing. So I went to his students, I read it in an interview or something from him. And I went to the students and I said, is that true? Like the people inside that 70% of your experience fail and they go, no, it's more like 95% of them sale.

Not it's like what? For real, like, yeah. So we went back to Peter and I was like, Peter, your students say, is that all this true? That's like 95. He's like, yes. And he said like, if you're not failing enough and big enough, you're, you're not setting yourself big enough goals basically. Right. You're not setting yourself.

You're not trying hard. Right. And having said that, I don't want you to be setting like big goals as first time. Just a little goal. So

stuff that may already be coming up for you as obstacles, there's like I'm already behind. I don't have much time this week. I feel overwhelmed about taking the steps to my dream. It's a lot. So for the first two items, No problem. If you're behind you, don't have much time, just be wherever you are, do whatever the next step is.

So, and just please forgive yourself. If you don't do anything else from this class to speak easy on yourself, if yourself or whatever you're doing. Right? So all the homework in the lessons is just doing whatever you can do. So just do something, just take one baby step, whatever it is. Whatever feels most easy and doable for you.

And if you have problems getting in the lessons, still let me know. And then I do, I want to repeat something I said last week is that I want a Jude. I still want you to encourage you as much time as you can respectfully for yourself manage to do this work. So this mental self-care is the foundation for you being the uniquely gifted person that you were put on this earth to.

And growing into that person is the foundation for you giving the gifts that you have to the world. So, you know, they're, they, like I said, they seem all these little simple, easy things, but they're, they're the foundation for, I think what matters for us. And then for feeling overwhelmed. I think the best way to get out of the feeling of overwhelm about this is to bring your mind again and again, back to your shorter term goals.

So if the goal is to have a house, bring your mind back to your 30 day goal of making a dream book. If your goal is to lose 30 pounds, bring your mind back to the goal of losing two pounds. If the goal. If that's too much, then bring it to a one week goal. That's too much bring it to a one day goal. Just keep bringing it down to the smallest thing.

Don't, don't be focused out there on the, on the big goal too. It'll feel too heavy, but basically you just want to give your mind something very limited and doable and contained to focus on. And then you guys ask some questions. This week, one of you asked how do I prioritize what I should do first?

Like what goals should I put up first? So it, again, it doesn't matter. You're just going to start somewhere where you have an intuition to start anything that can

be 30 days, the good place. The good thing is that there's no perfect place to start. And it's a huge part of winning is course correcting. So which we're going to talk about next week or the next week.

So if you learn. Anything in this, if you take any step, you will have succeeded. So it doesn't matter as much as the process of doing it is a process of growing the confidence. And then somebody said, I wonder if growing out of some of my dreams is maturity or compromise, right. And that wasn't a question so much as a comment that I found very interesting.

And that came up for more than one person. So basically dreams that some of us have held for a long time, don't seem to be as important or they bring up anxiety or other negative feelings. Now, like I've always had this dream, but now it feels kind of anxious or negative. So my basic suggestion for this is to try to see your dream.

Two things. One, try to see your dream with fresh eyes. Maybe you have different dreams now than you used to, and you're just running old. So my suggestion would be to try to just gently explore this and see if there are other dreams there may be. And if you want to let go of the idea of an old dream of it, doesn't really spark joy for you anymore.

You could, or maybe your old dream really still is your dream. And it's just been squashed and sort of deflated over the years by reality. So you don't have to come to a decision about this anytime soon, just look at it and kind of explore it. I was given this really wonderful example. A little tangle of necklaces.

Like if there's kind of a naughty problem like that, it's difficult, you know, your necklaces can get all like noddled up and it's. You don't have to do it in one day, but just kind of like niddle them a little bit. Like pushable here kind of, you know, how you can just kind of slowly unwind them, do that for your, for that kind of issue for your dreams.

I suggest just kind of look at it like a little bit today when you're walking or a little bit another day, like, huh. What's that about? Just kind of be curious about it, cause it's not going to happen quick. Thank you. Good Gloria. And then somebody said, my dream is surprising me. I want to be sure I'm tuning into my heart rather than any should.

So this is similar to the last one in a way. And then part of it is that we're not so much used to tuning into our dreams so much. So when we do things are

different than we expected, I love that this person said, I think I'll just keep feeling into the dream. That feels more resonant for me right now.

And I think that might make the goal setting easier. This, this seems really wise. Cause it may take a while to get clear on your current dreams and your dreams may very likely shift and kind of change over time. So this is work of getting in touch with them. It's not kind of like a one and done thing, you know, you're not like, great, I've got my goals.

I can just put it on the wall for the rest of my life. It's like, they're going to shift and change, but just, you know, just keep a kind of gentle. Mindful. I have that like, kind of just gently messing with the chains to see if we can entangle it.

Yeah. My trades come from shirts and then someone said I was disappointed in how small my dreams are and this was very poignant to me because we're also tough on ourselves, even with our dreams. Right. It's like my dream aren't even right. So my instinct for this is that the heart just wants what it wants.

And if we just let, whatever dream is most resonant for us right now, be our dream, then we might learn something valuable about ourselves. So whatever the dream is, even if it's doesn't seem like what you want, just let it be that dream. And then just look at it carefully. I mean, look at it with curiosity and kind of gently and just.

If you can learn something about it, maybe it really isn't your dream. And if you honor it, you may realize more deeply why that's your dream or that dream may kind of open and kind of blossom up into other dreams, you know, something more. And then this kind of leads me to the next one, which is it reasonable to think that getting past some practical goal will open up things?

Or is it an avoidance technique? I also got quite a few of these. So people were saying. You know, my goal is quitting my job or getting certain kind of work-life balance. And it's some kind of practical step that would open up time. So my instinct is that that would be a great goal, right? I don't, I don't think it's avoidance.

If your goal is some kind of, some kind of goal that will open up time for you. I think that could really be great. If I understand it, right. I think that just openings, opening up space for your dreams is good. So if you're, if there's a

step, you can take that you can open up your life and your schedule for more time to pursue your dreams.

Then I personally think that's helpful. Yeah. So in a minute, I'll take any more questions that you have and just type something into the chat if you want. And right now I'll just tell you what's coming up next week, which is we're going to talk about some new mental hygiene tools for managing your mind as you begin taking these action steps.

So the hardest thing to do is not the action steps. It's more the way your mind resist doing the action steps. Those little steps are no biggie, right? It feels like your brain is going to resist it. So next week, All about how to deal with your brain as it's resisting. And here are the assignments. So for this week, I know I have this goal to keep everything easy and super simple and light and fun and practical.

And I know that this week's homework is a little meatier than the other ones, but I want to include the steps that would be most effective. So I got it down as small as I could, but this was a small as I could get it. So I hope it is as sort of practical and not, it doesn't feel heavy. I hope it should be kind of fun.

So the assignment is to continue to miracle minutes set a specific 30 day goal, brainstorm five to 10 actions. Write down the obstacles that your brain gives you. Find solutions to address each obstacle. Add those to your action list. Reorder your action list and create a card. And that'll be separate and then have this card with your dream, your goal, and the good outcomes and feelings that will result when you achieve your goal.

So I guess you'll have to basically end results. They'll have a list of action steps that you can, should have like printed out in some kind of way, or like physical. If being on the computer is an obstacle and then you have this middle card that has your dreams, your goals, and the good results that come from it.

And then here are the call times for next week. And I know these are just wretched for our UK people somehow to the UK. That's always good. It's like stuck in the. And then just last, before I turned over your questions, I just want to say this beautiful thing that I love so much about the journey of a thousand miles begins with a single step to ingest.



Remember that it's just one baby step at a time towards your goals is what's going to do.