

Module 6.5

Your Core Goals

Now that you've articulated who you are in terms of values, you are going to learn to articulate your core goals.

This is critical because goals are how your values manifest in reality.

You've taken the time to articulate what your values are, and have begun to think about whether your reality is aligned with those values. That's where goals come in. If spirituality is a value, you need to set a goal for how to incorporate that into your life.

When it comes time to date, you are going to want to make sure that you are on the same page about your values. For that to happen, you have to have a clear vision of your goals for the future.

Take religion for example. You may be someone who observes and practices your religion as a devout religious person going to your church or synagogue regularly. If someone doesn't observe as you do, and that value is important to you, you might find yourself longing for that type of connection.

Which is why when you are dating, you are going to be specifically looking for people who feel that same way.

If having pets is a value, you and your soulmate will only truly be in alignment if they also think it's just not home without a dog or cat.

Be as clear and expressive in articulating your own goals.

This will enable you to be deeply in touch with who you are and what you want.

Then, and only then, you will be ready to look for a partner to share this extraordinary life with!

Questions for Life Goals:

1. What are your goals for your relationship and family? What kind of family life do you envision? Do you see children, blended family, adoption, or spending quality time with grandchildren/nieces/nephews or pets?

2. If you could live anywhere, where would it be? What's the setting? What's the kind of climate? (i.e, city, suburbs, beach or something else?)
3. What does your home look like? What are some goals related to your space, beauty and what you want to create there?
4. What are your financial goals? Do you want to get out of debt? What kind of financial freedom do you dream of?
5. What are your career goals? Are you in a career that brings you joy and fulfillment? Are you doing what you always dreamed of?
6. What are your physical wellness and health goals?
7. What are your spiritual or religious goals? Are there certain practices you'd like to take on or things you've always wanted to learn?

8. Describe your adventure goals. Where do you want to travel or visit locally or abroad? What are the future adventures you'd like to experience?
9. What are your educational goals? Do you want to learn a new language? Do you want to get another degree?
10. What are your community connection, giving and/or volunteer goals?
11. What are your goals to have fun in your life? Maybe you want to take up art or spend more time in nature?
12. What are some of your other life goals? Describe and other goals you can think of however big or small that are meaningful to you.