

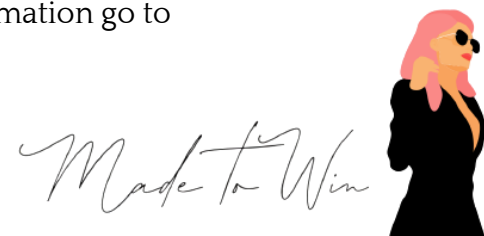
See the End from the Beginning: Planning Tomorrow Today

| WHAT | WHY? | HOW? | WHEN? | CHECK MARK | | | | | Successful | Canceled | Returned to Plan | Unsuccessful |
|--------------------------------------|---|-----------------------------------|--------------|--|---|--|---|---|------------|----------|------------------|--------------|
| What I saw as a completed result.... | Why I love having achieved this goal... | How did I see myself complete it? | By what time | <i>Each intention to be carried out by each goal is linked to love? Fear of L/A, Fear of L/C? Fear of L/S?</i> | <i>This goal feels aligned with my emotional authority*</i> | <i>I like the result of this goal?</i> | <i>I now commit with ENTHUSIASM to the setting of this GOAL</i> | <i>I visualize with enthusiasm the setting of this goal</i> | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |

MIND/GOAL MANAGEMENT

Mind management is accomplished through the management of goals which requires much more than keeping and completing a “TO DO” list. We have literally thousands of goals in our minds and we have been trained to unconsciously Set goals all the time. The purpose of this worksheet is to consciously exercise and strengthen the five capabilities of the Spiritual faculty called Will, the faculty with which goals are managed. This sheet is a format for Framing, Setting and Canceling goals, three of the five capabilities of the Human Will. The other two capabilities of Will, which are strengthened by practice throughout the day, are the ability to Select a goal for immediate attention and Maintain a goal. Each of these five capacities is as important as the others in fully exercising and developing your Will. In our goal oriented society, which does not put much emphasis on Cancel goals, the Canceling of goals each evening is imperative and leaves the mind free of the stresses of the world while sleeping. Giving yourself at least five minutes to silently focus on Love and breathing after Goal Canceling each evening and in the morning before Setting your goals are ideal ways begin and end your day. **KEY THOUGHT**-sufficient for the day are the goals thereof!

*Gratitude to Dr. Michael Ryce for his work on this topic. For more information go to www.whyagain.com



See the End from the Beginning: Planning Tomorrow Today

| WHAT | WHY? | HOW? | WHEN? | CHECK MARK | | | | | Successful | Canceled | Returned to Plan | Unsuccessful |
|--------------------------------------|---|-----------------------------------|--------------|--|--|---------------------------------|--|--|------------|----------|------------------|--------------|
| What I saw as a completed result.... | Why I love having achieved this goal... | How did I see myself complete it? | By what time | <i>Each intention to be carried out by each goal is linked to love? Fear of L/A, Fear of L/C? Fear of L/S?</i> | This goal feels aligned with my emotional authority* | I like the result of this goal? | I now commit with ENTHUSIASM to the setting of this GOAL | I visualize with enthusiasm the setting of this goal | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |

Everything after the pink line is to be done 'the day of'

