



# MODULE 6

MIND  
RISE

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# Own Your Power Mastery

**Welcome to Week Six of Your Journey! Today we will be focusing on goal setting.** Creating a life filled with meaning has been a running theme of our program. We often determine our success by how we accomplish our goals. Goals only stick if they mean something to you.

## **Week Six:** *Setting Goals With Soul*

From our work, we know that to step into our vision, it takes a very special formula. We start with figuring out what is holding us back, we get clear and intentional about the life we desire, and then we take action. Setting goals with soul allow us to infuse our action with meaning.

### *Key Elements* **Setting Goals With Soul**

- Use your desires to create a vision for the future
- Learn how to make your intentions stick
- Discover how to begin living today in a way that feels authentic to you

### *Tools* **Setting Goals With Soul**

- Goal Exploration Guide
- Goal Clarity Worksheets

# Goal Exploration Guide

What are your goals?

## Self

Life is all about YOU. Just as your purpose is what you say it is, your life goals are exactly what you say they are.

## Health

Without health, we have a bleak future. We need our health to provide the life force to carrying out our goals and ambitions.

## Work

I wish there was another name for having a career, vocation, or occupation than 'work.' Let's think of work in this sense as what you would do all day and everyday if money wasn't a concern

## Family + Friends

It's been said that you are a sum of the top 5 people that you spend the most time with, who are these people and how would you like your time together to be spent

# Goal Clarity Worksheet

*'What if you could unleash everything great in your life, would you do it?' -Oprah*

What is your <i>Goal?</i>	
<i>Why</i> do you want it?	
How does it relate to your <i>Theme?</i>	
How will you <i>feel</i> once you've achieved it?	

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## **You've completed Module 6!**

Let's celebrate! Screenshot  
or snap a picture of the next  
page...

Post on your story + tag  
[@themindrise](#) on Instagram  
to anchor in your goals.





Setting Goals  
+ Taking Action to Become  
the Most Authentic Version of  
Me.

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