

# 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!

**EACH EVENING:** (Check off from yesterday's sheet)

## RESULTS AND FEEDBACK FOR TODAY'S GOALS

SUCCESSFUL 1  2  3  4   
CANCELED 1  2  3  4

UNSUCCESSFUL 1  2  3  4   
RETURNED TO PLANS 1  2  3  4

Note how you feel when you check SUCCESSFUL \_\_\_\_\_

Become conscious of your tension level when you check UNSUCCESSFUL \_\_\_\_\_

Be aware of changing tensions when you cancel an unachieved goal \_\_\_\_\_

**I have CANCELED all conscious and unconscious unachieved GOALS**

**I give myself time for inspirational reading**

**I give myself 5 minutes to focus on Love and Connected Breathing**

## **DETAILED FRAMING OF GOALS FOR TOMORROW**

**"SEE THE END FROM THE BEGINNING"**

**WHAT?** I now see 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

as a completed result.

**WHY?** What I Love about having achieved this result is 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**HOW?** I accomplished my chosen result by taking this action 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**WHEN?** I accomplished the above result by 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

I ask RUKHA to assist me during sleep in having clarity and giving me feedback on achieving the goals I have framed

## **NEXT MORNING:**

### **SETTING, CHECKING AND COMMITTING TO MY GOAL(S):**

**I now give myself time for inspirational reading  I ask to be shown how to have a wondrous day**

**I give myself 5 minutes to focus on Love and Connected Breathing**

**Each intention to be carried out by each goal is linked to Love 1  2  3  4**

**This goal is in accord with both my Primary and Secondary purpose: 1  2  3  4**

**I like this goal: 1  2  3  4**

**I now COMMIT with emotion to the SETTING of this Goal: 1  2  3  4**

**I visualize with emotion the achievement this goal: 1  2  3  4**

**I have framed and now set the goal to manage my goals for tomorrow  Successful  Unsuccessful  Canceled**

**I ask RUKHA incline me to be and do whatever it takes to assist me in having clarity about and achieving my goals**

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