

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, genetic and otherwise created, 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 we as Beings create goals with which to manage our minds. 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 Canceling 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 to begin and end each day. **KEY THOUGHT-sufficient for the day are the goals thereof!**

AT THE END OF EACH DAY I: (Check off from yesterday's sheet)

Results and feedback for the goals I framed last night and set this morning

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

TO BEGIN MY DAY, EACH MORNING I:

CHECK, SET AND COMMIT TO THE GOAL(S) I FRAMED LAST NIGHT:

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 the result of this goal: 1 2 3 4

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

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

ONGOING - I now reset the goal to manage my mind by managing my goals for tomorrow!

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