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# GOAL AND INTENTION RETREAT

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*The indispensable 1<sup>st</sup> step to getting the things you want out of life is this: **Decide what you want.***  
"Ben Stein"

*"Create your future from your future, not your past" Werner Erhard*

One of the main reasons why most people don't get what they want is they haven't decided what they want. They haven't defined their desires in clear and compelling detail.

## WHAT ARE YOUR LIMITING BELIEFS?

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What do you believe?

What deeply held beliefs are shaping your life?

Are your beliefs empowering?

Do they move you at a deep level or are they holding you back?

Inside of every one of us is that tiny seed of the "you" that you were meant to become. Unfortunately, you may have buried this seed in response to your parents, teachers, coaches and other adult role models as you were growing up:

"Don't touch that, don't do that, What were you thinking? Keep your hands to yourself, stop crying, stop being selfish, you can't have everything, get a real job, be sensible. You can only go and must to the bathroom before recess."

We go to school to please our parents, we get married to please our parents, we get a real job instead of pursuing a dream career, we go straight into grad school rather than go backpacking in Europe, we try to fit into what we see in magazines and hear in the medias... and the list goes on.

We get stuck in behaving like others expect and we seek their approval. **In the name of being sensible, we end up becoming numb to our own desires.** There are too many layers of should's, ought to's and you'd better's it suffocates what we want so we end up saying I don't know when asked what we want.

*This form of programming often makes you lose touch with the needs of your body and the desires of your heart.*

*"If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise" Robert Fritz*

HOW DO YOU RECLAIM YOURSELF AND YOUR TRUE DESIRE?

HOW DO YOU GET BACK TO WHAT YOU REALLY WANT WITH  
NO FEAR, SHAME OR INHIBITION?

HOW DO YOU RECONNECT WITH YOUR REAL PASSION?

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Not being clear about what you want and making other people's needs and desires more important than your own is simply a habit that you can break.

**You start on the smallest level by honouring your preferences in every situation** – No matter how large or small. Don't think of them as petty. They might be inconsequential to someone else, but they are not to you.

**Stop settling for less than you want!** If you are going to re-own your power and get what you really want out of life, you will have to stop saying I don't know, I don't care. It doesn't matter to me. Whatever...

When you are confronted with a choice no matter how small or insignificant, **act as if** you have a preference.

- What if I did know?
- What would it would be If I did care?
- Which would I prefer if it did matter?

## EXERCISES

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- Take a moment to reflect back and list possible comments from others that may have shaped some of your limiting beliefs. You will burn the list during the fire ceremony.
- When I was a child I loved to play or spend my time doing... (list as many as you can)
- What activities do you lose all notion of time doing (now or used to)
- What talents, skills and qualities are associated with those games?
- Name 3 people that you admire. What are the qualities that you admire in them?

***The qualities, talents and skills that you listed resonate with you and are who you really are!***

# THE MANY SIDES OF YOU AND YOUR LIFE

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Personal life and family	Belongings
Friends and community	Intellectual
Finances	Work, studies, profession, business
Relaxation. Hobbies. Creativity	Health, fitness
Emotional, spiritual,	Bucket list

## LAST YEAR

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Use the above list to inspire you to answer the following questions:

- Name the wisest decision I made
- The biggest lesson I learned
- The biggest risk I took
- The biggest surprise of the year
- The most important thing I did for others
- The biggest think I completed
- That are you most proud of
- Who are the 3 people who influenced the most
- Who are the 3 people you influenced the most
- What were you not able to accomplished
- What is the biggest thing you discovered about yourself
- What are you the most grateful for

## THE YEAR AHEAD

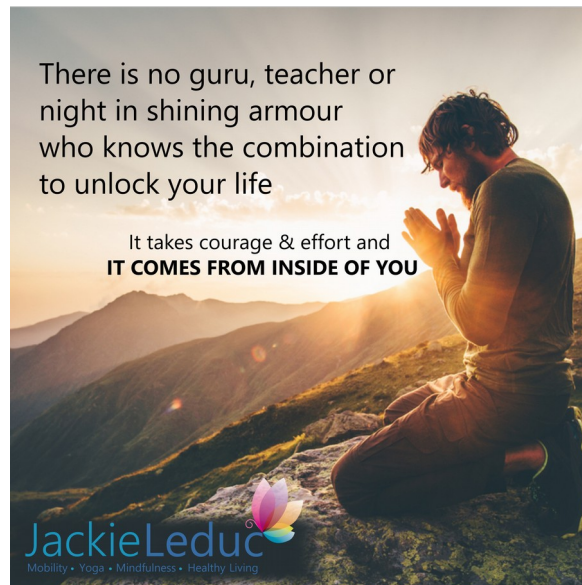
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Let's start to touch upon your goals for the year ahead. What will be the most important aspects for the next year. Which events will be the most important?

- I will love these (1,2,3 or more)things about myself
- I am ready to let go of theses (1,2,3 or more) things
- I want to achieve these (1,2,3 or more) things the most
- These (1,2,3 or more) people will be my pillars during rough times
- I will dare to discover these (1,2,3 or more) things
- I will have the power to say no to These (1,2,3 or more) things
- This year I will not procrastinate anymore on
- This year I will draw the most energy from
- This year, I will be the bravest when
- This year I will say yes when
- This year I advise myself to
- This year will be special for me because

# SET GOALS

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## *Set goals from what is truly deep within you.*

- What exactly do you want
- Have the courage to ask
- Why do you want it?
- What really motivates you?
- Write your goals down and review them regularly\*
- Make those goals Specific, Measurable, Achievable, Relevant, Time bound
- How will you truly feel fulfilled?
- What do I need to do to get it?
- What empowers you to take action? What energizes you?
- What kind of positive habits, attitudes and action steps can you implement?
- Believe it is possible and **START taking action, even imperfect action** without any proof that it is.

At this stage in the journey it is not necessary to know exactly how you are going to get there. All that is important is that you figure out where "there" is. If you get clear on the what and why, the how will show up.

### **Vision exercise**

Ask your subconscious mind to give you images of what your ideal life would look like if you could have it exactly the way you want it in each area of your life.:

\*A University of Virginia study showed that those who write down their goals and review them regularly earn 9x more than those who don't set goals.

# THE LAW OF ATTRACTION AND INSPIRED IDEAS

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*Close your eyes and picture each goal as if it were already accomplished then **feel** what you would feel if you already accomplished the goal.*

***Ask for what you want. Let the universe worry about how you'll get it***

As the Law of Attraction goes to work on your goals, you will find that numerous ideas, strategies, and inspirations will come into your awareness. These may be flashes of insight that come up during visualization or meditation time. Sometimes the opportunity will appear in the form of an unexpected phone call or a new acquaintance who brings you details of a lucky break. At other times, it will be an unusual monetary transaction, rebate, or other financial boost that brings you the money you need to take the 1<sup>st</sup> step toward your goal. Yet again, it might be merely an impulse, an inspired idea, or a strategy that briefly comes to mind that you write down. Those are called INSPIRED ideas. They are not random ideas you would like to try or strategies you think might work. They are approaches you would never have considered before that could only have come to mind because of your use of the Law of Attraction. Whatever appears, your task is to recognize these opportunities for what they are, then act quickly while the associated energy is in your favor. It is not enough to simply think positive thoughts. When a chance appears, you must take action.

*If the only prayer you ever say in your entire life is THANK YOU, it would be enough ( Eckhart Tolle)*

What you think about and thank about is what you will bring about. Create a vibration match through APPRECIATION AND GRATITUDE

Focus on what you have and like then while you are in a state of gratitude tell the universe "give me more of this please"

*Attention to what is only creates more of what is. In order to effect true positive change in your experience, you must disregard how things are – as well as how others are seeing you- and give more of your attention to the way you prefer things to be. With practice, you will change your point of attraction and will experience a substantial change in your life experience ( Ester & Jerry Hicks)*

Following this daily discipline of success will activate the power of your desire. It increases what psychologists refer to as "structural tension" in your brain. Your brain wants to close the gap between your current reality and the vision of your goal. By constantly repeating and visualizing your goal as already achieved, you will be increasing this structural tension. This will increase your motivation, stimulate your creativity and heighten your awareness of resources that can help you achieve your goal.

## PREPARING THE MIND AND BODY

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Take the time to regularly move mindfully, breathe joyfully and meditate. Clarity of thought and tapping to your true self comes with quieting the body and mind.

*It is said that when you are in a state of stillness that you can hear the soft wiper of your soul*

Mindful movement can be through yoga, or any form of physical activity such as walking, running, cycling, swimming, dancing or any other activity that allows you to move your body, live in your body and enjoy all of the senses and sensations that awaken as you do it. Movement helps trauma release from the body.

### Mantra used during the retreat:

Aad Guray Nameh	I bow to the primal wisdom
Jugaad Guray Nameh	I bow to the wisdom through the ages
Sat Guray Nameh	I bow to the true wisdom
Siri Guru Dayvay Nameh	I bow to the great, unseen wisdom

## FIRE CEREMONY

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### Releasing the past

*I now submit to the process that I have to go through to be released from my limiting beliefs*

- Say it like you mean it
- Be open
- Step out of your habits
- Open your eyes to what may present itself

*If there is a limiting belief that I am holding that keeps me from manifesting my best spirit, I invoke for and commit to having the experiences that will liberate me from this.*

Be ready to face your biases, fears and self sabotage.

### Moving forward with what is truly important

*Ask for what you want. Let the universe worry about how you'll get it*