

The Final Frontier: Creating Spacious Goals Worksheet

Without over-thinking, what is something that you would like to accomplish in the next 3 months?

If you accomplished that, what would be the immediate results in your everyday life?

Imagine you are living your accomplishment. How do you feel? How is that different from what you feel now?

Still living your accomplishment... how have your interactions with your family changed? your community? your inner self?

Expand your vision. What are other ways you could achieve the same feelings & results as your original idea?

On the next page, draw it out.

- In the outside circle, describe the *feelings* you ultimately want to achieve through your action.
- In the circle just inside that, describe the *results* (numbers, concrete changes, definitive actions) you ultimately want to achieve through your action.
- In the circle just inside that, describe what you understand as your *current* goal.
- In the circle just inside that, describe what *support & feedback* you need from your community and family.
- In the innermost circle, describe what the scary, stomach churning ideas you're *committing* to as part of your goal framework.

Goal Framework

