

The Future Is Now!

PICTURING YOUR PURPOSE with Heather Carlile

Every individual has a role to play. Every individual makes a difference. We cannot live through a single day without making an impact on the world around us. And we all have free choice--what sort of difference do we want to make? Do we want to make the world around us a better place?

-Jane Goodall
Wildlife Researcher

The Future Is Now!

THE SIX PATHWAYS: To evaluate your list of goals, consider the **Six Pathways to Quality of Life:** 1) Financial Stability, 2) Family, 3) Health, 4) Personal Accomplishment, 5) Friends and 6) Contribution.

MAINLY: A general first approach to improvement is **MAINLY** these: **M-Cleaning up a Mess:** clearing a relationship, diet, job, etc., **A-Acknowledgement:** paramour, children, clients, prospects, friends, etc., **I-Increase in Wealth:** Financial security, **N-Doing something New,** **L-Learn something** and **Y-Yourself:** do something for yourself...spa, vacation, date with spouse, etc.

Picturing My Goals

You may implement mental pictures of your vision five different ways:

1. **Visualize yourself having or living your goal**
2. **Treasure Map Poster**
3. **Image Book**
4. **Write the story of your visualization to read**
5. **Record your story on a CD to play for yourself**

1. Visualization

You are ready to imagine and write your first visualization for achieving a goal. Studies have shown that one of the most powerful ways to accomplish change is through visualization or picturing your goals in your mind's eye. It allows you to reprogram your conscious and unconscious mind through four steps, 1) Picturing, 2) Feeling, 3) Behaving and 4) Thanking.

PICTURE the End Result

The key to releasing your subconscious power is to believe in your dream, to get the feeling that it is coming true. To believe in your goal, you must picture the *end result*. When you can feel and believe that you can get what you want, it will happen. Create whatever images you need to inspire the feeling that it is *already yours*. Let yourself feel and know the enjoyment . . . the excitement *now*.

2. FEELING: You get what you want when you *feel* you already have it!

“Your limiting conscious mind may conspire against you through your intellect. It may tell you that what you desire cannot be achieved; that it is impossible. Do not accept this as the truth. Instead, remember that you will get what you want when you feel as though you already have it.

3. BEHAVING: Visualize and behave as if you already have it!

For example, if you want a new car, go to a dealer and get brochures. Test drive the car. Examine pictures. Stop at the showroom frequently and look at your car. Daily, visualize it inside and out, smell it, touch it, imagine yourself holding the wheel, feeling the texture of the seats. Start behaving as if you already own it. Act and feel as though you have just been told it has been shipped and will be delivered soon. You might buy or choose something to go with it.

4. THANKING: Give thanks in advance.

Create the feeling of gratitude and express it out loud.

2. Treasure Map Poster

Create a collage with words and pictures on a poster about your dreams, your goals.

Use anything you like, souvenirs, pictures from magazines, photos, drawing, etc.

Hang it where you will see it every day.

3. Image Book

An Image Book is an expanded version of the Treasure Map Poster.

Choose any kind of book and add to it as you please with pictures, images and words that illustrate your goals and wishes. Make sure you look at it often incorporating the visualization rules:

- 1) **Picturing**
- 2) **Feeling**
- 3) **Behaving**
- 4) **Thanking**

4. Write a Story to Illustrate Your Heart's Desire

1. Focus on a goal you have already defined.
2. Use picturesque, emotional and sensory language (eg: "it shone like a fresh crimson candy apple," instead of "red"). Create an exciting and inspiring mental image for yourself.
3. Stay in the present tense--you want to program your subconscious NOW, not for some nebulous time in the future.
4. Use story form, this is part of your fondest desire--have fun with it!
5. Write in the first person: "I feel, I see, I relish..." It's *your* dream come true; be there.
6. Use as many details as possible to customize the images to your dream. You can even imagine you are writing a movie script.
7. Avoid using specific names, places or objects (don't limit your dream or yourself!).
8. Read your story to yourself whenever you like. At first, you might read it many times to imprint the images of your success and less in time as you assimilate or reach the goals. At first in the morning and before you sleep at night (preferably aloud) or maybe recording it for your CD, computer or mp3 player.

5. Record Your Story on a CD

1. Record yourself reading aloud.
2. Play your recording daily or less.
3. If you want to maximize the effectiveness of your vision, go ahead and write and record your stories for your goals in other categories.

Mind is the Master-power that molds and makes, and Man is Mind, and evermore he takes the tool of thought, and, shaping what he wills, brings forth a thousand joys, a thousand ills: he thinks in secret, and it comes to pass: environment is but his looking-glass. -James Allen

The Seven Goal-Setting Strategies

*Goals are like little navigators that will keep you on course throughout your life.
They will give you direction and help you get what you want.
A person without goals is a person going nowhere.*
-Beatryce Nivens

1. **True to Myself--supported by my values (My goals are governed by my values.).**
2. **Realistic--honestly believable (To achieve, you must believe!).**
3. **Valuable--know the benefits (What are my rewards?).**
4. **Responsible--analyze your starting point...be realistic (Am I willing to pay the price?).**
5. **Specific--written clearly and measurably (An organized plan of action.).**
6. **Time-Dimensioned--choose deadlines (By the yard it's hard, by the inch it's a cinch!).**
7. **Passionate--a passionate quest driven by a burning desire (They are important to ME).**

Writing Down My Goals

Writing goals involves three parameters:

- 1) it must be **realistic**,
- 2) it must be **measurable**, and
- 3) it must be **time-dimensioned**.

Write one goal you want to achieve in the box below. This may be a goal in one of many areas of your life: physical, emotional, educational, relational, spiritual, social, financial, recreational, inspirational, purposeful, vocational, etc.

The goal I want to put into action starting today is:

Today's Date: _____ Target Date: _____ My Age Will Be: _____ Date Received: _____

My Seven Steps to Setting Goals:

1. My Values Which Support this Goal: _____

2. I Believe I Can Because: _____

3. Achieving this goal will bring me these benefits (if appropriate, include a dollar amount):

4. This is realistically a) where I am today: _____

b) this is what I'm willing to give, to pay, to change and/or to do: _____

5. My Plan of Action includes accomplishing these tasks:	6. By This Time:
a. _____	_____
b. _____	_____
c. _____	_____
d. _____	_____
e. _____	_____

7. My Passion for Reaching This Goal Is: _____

Your life and personality are largely the product of your daily habits. You develop precisely in the way in which you exercise your various powers. Actions repeated long enough become automatic. -Grenville Kleiser

4. Formula for My Vision

PRIORITIES+PURPOSE+PASSION+PERSISTENCE+PICTURE+PLAN = ACHIEVEMENT

1. My Priorities: _____

In the long run, a man becomes what he purposes, and gains for himself what he really desires. -H. Mabie

2. My Purpose: _____

If you are not making the progress you would like and are capable of, it is because your goals are not clearly defined. -Paul J. Meyer

3. My Passion: _____

Each of our acts makes a statement as to our purpose. -Leo Buscaglia

4. My Persistence: _____

Take charge of your life. You can do what you will with it. -Plato

5. My Picture: _____

Because of the direct relationship between visualization and actual performance, we taught the Olympians and astronauts to be masters in the art of simulation. -Denis Waitley

6. My Plan: _____

Commitment to Action

I Pledge to Myself that I will: _____

by: _____
date

signature

COURAGE SCROLL

Courage is trusting my strength . . . with good cheer.

Courage is acting in accord with my integrity.

I stand up patiently for what is right.

Courage is making decisions and taking action for what I know is right even when I don't want to or when I'm afraid. I become tenacious and resolved. I choose wisely. When I am confronted by someone, I remain quiet and relaxed. I observe their concern and discern their anxiety. I use reason to respond with the best words or actions. I don't let myself get 'hooked' by fear or by a need to control. My courage ensures that I stay focused on understanding and resolution. My courage keeps my thoughts clear and focused. I remind myself that I am never bad. Even when someone I respect criticizes me or confronts me, I remind myself that I am not a mean person, I am good. I am true to myself. I may need to change my behavior. I am willing to consider that.

I am courageous and wise when challenged.

My courage calls me to act from my integrity.

My inner strength never deserts me. I act in truth and honesty. My integrity is there even when I feel alone or lost. I face my fears and sorrows with nobility. I feel strong when I stand for what is right. I am willing and cheerful. Even when I'm tired, sad and frustrated, my courage keeps me from giving up. I remain firm. I stand tall inside myself. I can always take the next step.

I face my fears with nobility.

I am willing and cheerful.

When I am ready, I take action to improve myself. My courage serves me best when I need to redecide. Like the noble person who says "no," to the next delaying tactic, snack, cigarette, scathing word, or depressing thought, I say "no" to the old habits that I want to extinguish. As I sense the internal impulse to reach for the chocolate, to strike back with an insult or to dwell on a negative thought, I stop. My courage calls me to act from my integrity. I choose the high road.

My courage impels me into positive change.

I respect myself and others.

When I examine my patterns, I logically look at my weaknesses. I am strong and honest enough to acknowledge the old patterns I want to end or replace. My courage allows me to know and honor my shadow side. My wisdom helps me understand my direction of growth. I maintain a positive attitude. I act in ways that express respect and gentleness toward myself and others.

I patiently stand up for what is right.

I am true to myself.

INSTRUCTIONS: To practice and gain virtue, read your scroll once in the morning and once before sleeping for a week. Then move on to another scroll. For synthesis, use each scroll for at least 21 days. You are invited to copy and share these scrolls with all who might benefit. hearlile@airmail.net www.heathercarlile.com
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ADVANCED GOAL-SETTING BIBLIOGRAPHY

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- At a Journal Workshop: Writing to Access the Power of the Unconscious and Evoke Creative Ability* by Ira Progoff. Dr. Progoff is the best in journaling. He gives seminars and published this most respected book on journaling. Very advanced techniques...don't get discouraged.
- Codependent No More: How to stop Controlling Others and Start Caring for Yourself* by Melodie Beattie. This is a seminal work. If you work on the exercises ending each chapter, you will gain unexpected self knowledge, personal growth and self-esteem.
- Creative Visualization* by Shakti Gawain. Learn background and techniques for visualization.
- Discover and Live the Life of Your Dreams* by Joyce Chapman, M.A.
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- In Search of Values: 31 Strategies for Finding Out What Really Matters Most to You* by Dr. Sidney B. Simon. 1993. The "Strategies" are playful, puzzling and exciting exercises to do for yourself, with friends or your family. Highly recommended (better than Monopoly or Scrabble).
- Journaling for Joy* by Joyce Champman, M.A. The most powerful personal growth technique is journaling -- do it ! Best is about three pages a day in handwriting; but let yourself do what works for you.
- A Journey Through Your Childhood: A Write-in Guide for Reliving Your Past, Clarifying Your Present, and Charting Your Future* by Christopher Biffle. If you uncover internal issues you'd like to work through, this can be helpful. You might also need help from a counselor.
- The Live Your Dream Workbook: Discover and Live the Life of Your Dreams* by Joyce Chapman.
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- Making Your Dreams Come True: A Plan for Easily Discovering and Achieving the Life You Want* by Marcia Wieder. This is a step-by-step workbook you can use to structure your planning.
- Master Mind Goal Achiever's Journal*. P.O. Box 1830, Warren, MI 48090. 810/758-3050. This is a one-year book with space for daily entries and for master-mind requests. It has superb affirmations daily and instructions on master-minding, goal-setting, and creating an image book.
- The New Dynamics of Goal Setting: Flextactics for a Fast-Changing Future* by Denis Waitley. 1996. Basic overview of goal-setting 'technologies,' practical, with success stories.
- Nightingale-Conant personal and professional growth cassette series. Free catalog: 1-800-253-6342.
- Passion! Reclaiming the Fire in Your Heart* by Roz Van Meter and Pat Pearson
- Twenty-five Things You Can Do to Feel Good About Yourself* by Bill Chandler. If you need inspiration in learning to take care of yourself, this book can be a real treasure for you.
- The Ultimate Secrets of Total Self-Confidence* by Dr. Robert Anthony.
- What Color is Your Parachute* by Richard Nelson Bolles. The best career guidebook. Republished yearly.
- Wishcraft -- How to Get What You Really Want* by Barbara Sher 1979. Sher is prolific, inspiring and still one of the best!
- Women and Self-Esteem: Understanding and Improving the Way We Think and Feel About Ourselves* by Linda Sanford and Mary Donovan.

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