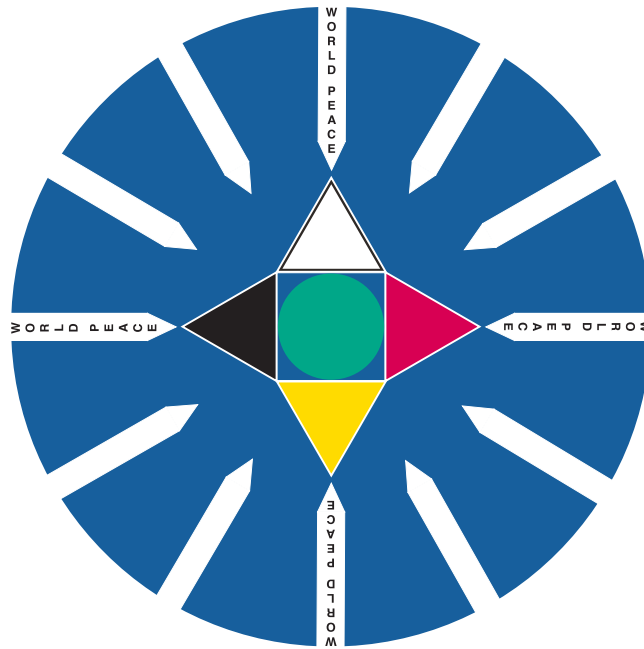


GOAL SETTING

INTANGIBLE GOALS

TANGIBLE GOALS



KNOWING WHERE YOU'RE GOING IS ALL YOU NEED TO GET THERE!

COLOR KEY

○ White = Supreme Being

● Blue = Universe

● Red, White, Black & Yellow = The Four Races of Mankind

● Green = Planet Earth

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INSTRUCTIONS

- 1) On top of your poster write, "Things I want for the year 20__".
- 2) Write your name in the center of the small green circle. Let's all try to keep the earth green.
- 3) List as many goals as you can think of. Include both tangible and intangible goals.
- 4) Do not limit the amount of goals you set, because anything is possible. IF YOU DO NOT ASK, YOU WILL NOT GET. A goal can be anything. It may be peace of mind, losing some weight, a newer more fuel efficient car, or a new bicycle (really good on mileage, good exercise and good for the environment) . It could also be to quit smoking, getting a better job, improving your grades, getting out of debt, maintaining good health, gaining more personal knowledge and understanding, or just breaking other bad habits. They could be personal, private or anything else you would like to change about yourself. Your list can be as extensive as you want it to be. What the mind can believe, it can achieve with a little help from the Supreme Being. How big your dream are is all up to you. There are no limits.
- 5) For best results keep your poster nearby and review your goals often. Goal setting can be a family project with everyone participating in the process. Place your family poster on your refrigerator, accessible to all. As often as you can, give your goals some thought, daydream about how you will feel when you achieve your goals. Think, sense, and know these goals are coming to you. At any time, you may add goals to your poster. If needed download another poster.
- 6) Do not try to control how or when these goals are to be reached. The best thing to do is to get out of the way and let it happen.
- 7) Keep your mind open to new ideas and opportunities.
- 8) Make it a game; make it fun. Your mind has unlimited potential to give you the things you want out of life.
- 9) Learn to listen to your intuition.
- 10) Do not set deadlines or time limits for achieving your goals. You may be setting yourself up for disappointments, simply because you didn't reach a particular goal when you thought you should. have. In some cases, you may have some obstacles inside of you, preventing you from getting the things you want. If that is the case, you may have to remove them before you achieve your goals. Your mind will either bring you the things you want or it will guide you to do what is needed to get you to where you want to go. As the poster says, KNOWING WHERE YOU'RE GOING IS ALL YOU NEED TO GET THERE!
- 11) Keep at it and you will succeed. Do not give up.
- 12) At the end of the year, see how many goals you have reached. You will be pleasantly surprised at the results you have obtained. Some goals require more time and preparation for them to be accomplished. Do not give up on them, simply take the goals you have not reached and add them to your list for the next year. You have more time than you think to reach these goals. The important thing for you to remember is that you will get there.
- 13) Do not become overconfident, buying things you cannot afford. Wait until your financial goals are met. Do not assume that all your goals will be reached on your schedule. They will be reached on their own schedule.