Week Two - Session Notes from Live Call:

Laura’s Q: how to narrow goals down

Sam:

It’s not so much that you need to narrow your goals down, but more so to focus on allowing this to be a season of exploration.

Allow yourself to be multi passionate and explore different options

If you feel the need to check off goals, rather than letting them fall away, base your goals around exploring so that you will still have met your goals

Kathleen’s Q: how to determine the “how”

Sam:

The mission statement you’ve created is awesome, and it points to the fact that you are very strong on the impact side of your outcomes - you know how you want to feel. What you will need to focus on to figure out the “how” is to uncover the actual results you are looking for (results vs. impact discussed in training session).

Follow up: what about in the context of figuring out how to make more money?

Sam:

We want your financial abundance to come from sources that are aligned with your mission statement and aligned with your goals of how you want to feel.

Task for Kathleen: write a list of all of the ways you can think of to make money - make the list exhaustive and write absolutely everything that comes to mind.

Compare the list to your values, to your mission statement and impact goals and cross off anything that does not align. You will be left with a list that you can start to explore - similar to Laura, recognize this as a stage of exploration.

This task will also allow you to open your eyes to the infinite possibilities; financial abundance is all around us, it’s just a matter of how we want to tap into the flow of it.

Cam’s Q: How to create goals when you’re satisfied with your life.

Sam:

Being satisfied creates an amazing opportunity for you - it means you can create your goals from a place of abundance, and pure gratitude for where you are now.

In LOA terms this is huge. Gratitude is one of the most powerful emotions for manifesting - what you are grateful for, the universe will create more of for you.

Focus on how to create more of the same. Think about the impact side of things (from this week’s training) - focus on the impact and how you feel right now that makes you so happy and then focus on creating goals that will give you even more of these feelings. It’s all about continuous growth.