



The Ultimate Uplevel

Module 5: JOYFUL PERSONAL GOALS

An upleveled plan is based on joy. So here we look at the trips you want to take, the growth you want to make, and all the things in between you want to experience or achieve for yourself.

Main topics include:

- Drafting personal goals that feel light, spacious, and naturally motivating
- Creating a daily connection to your core gifts
- Maintaining a healthy mindset that supports you on your path

Watch the Video HERE: <http://shantipax.com/membership-login/>

Then, complete the worksheet below.

Setting Your Personal Goals

Consider your responses from Modules 1-3:

- What you want to sustain and improve in the next 12 months from the previous 12 months
- Your definition of success, 10-year vision, 1-year vision, and emotions
- Your core gifts, inspired action/ non-action, mediums, target audience, and focus

“The journey not the arrival matters.”

-T.S. Elliott



What themes can identify? What are the common threads for your personal life?

What are the trips - big and small - you want to take over the next 12 months?

What are the classes you want to take? What do you want to learn? What hobbies do you want to start or grow?

"If you can dream it, you can do it."

-Walt Disney

How do you want to maintain your health and vitality?



How do you want to grow spiritually?

How do you want to maintain or deepen your relationships?

Daily connection to your core gifts

What are some of the things you did as a child that put you in a joyful state of play?

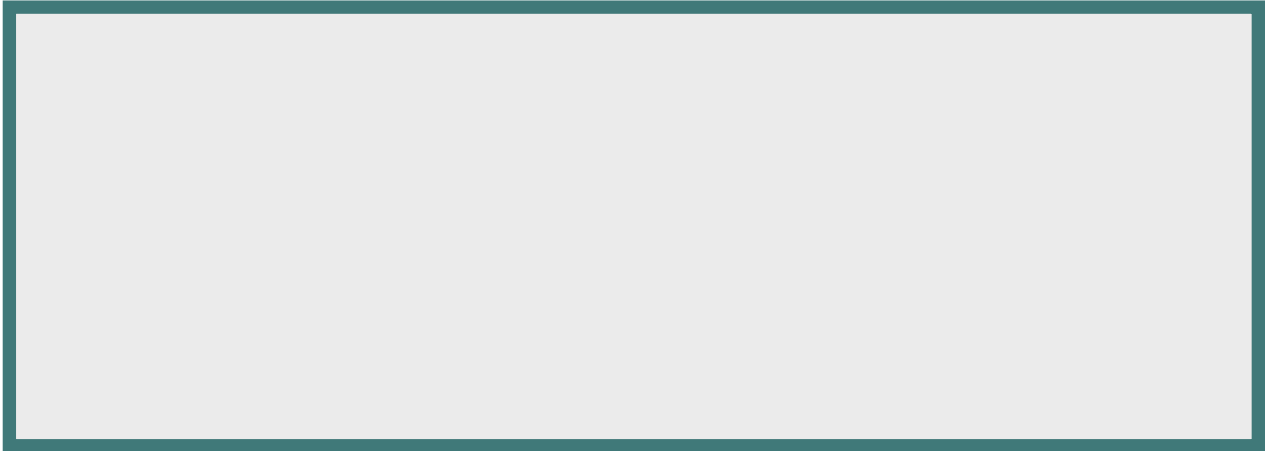
What are activities you can do as an adult that trigger that play-like energy?

“Blessed are the curious for they shall have adventures.”

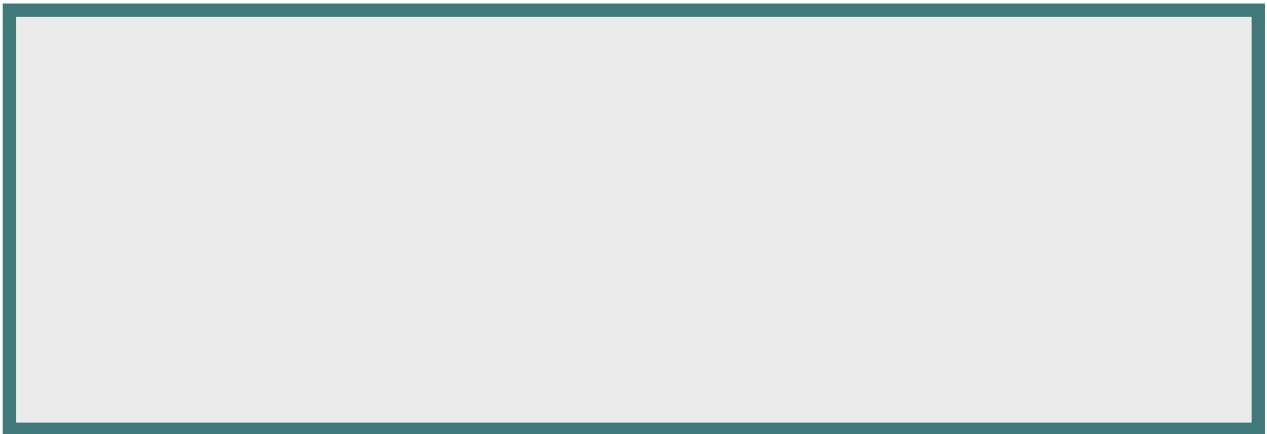
-Lovelie Drachman

Use the answers above to fill in the answers on the next two pages.

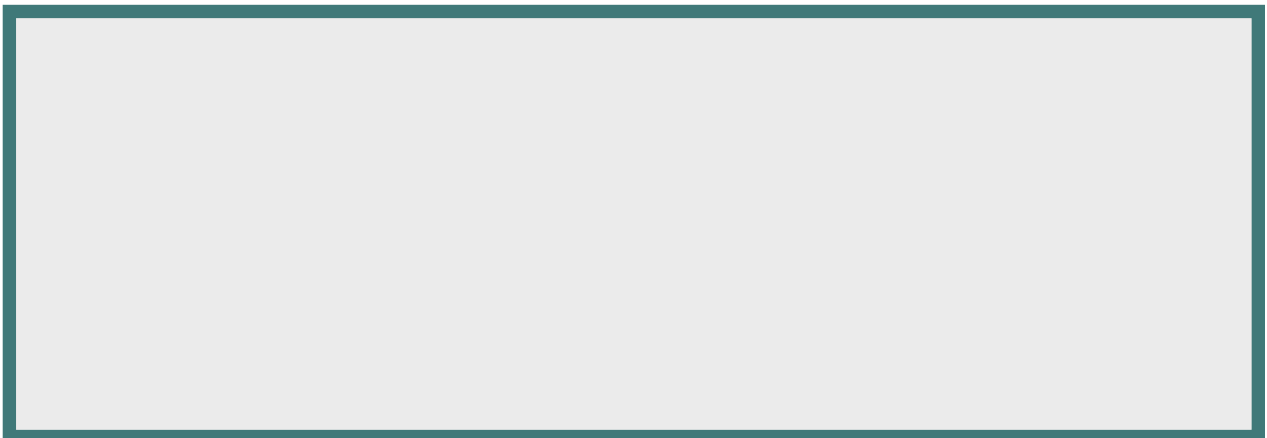
My ongoing personal goals for the next 4 quarters:



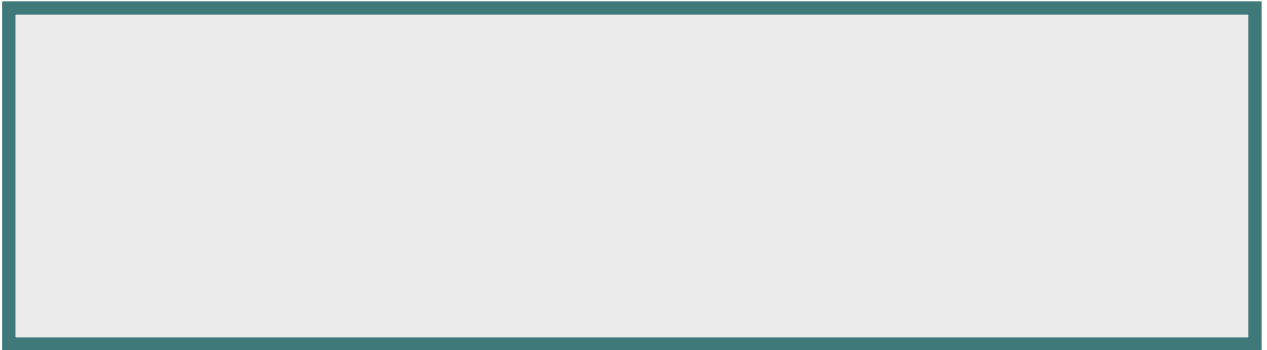
My top 3 personal goals for 2019 Q3 (Jul, Aug, Sep):



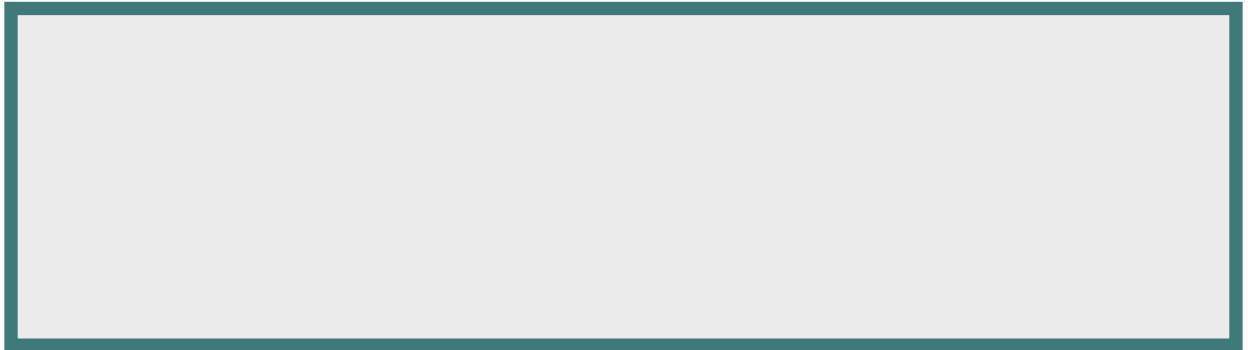
My top 3 personal goals for 2019 Q4 (Oct, Nov, Dec):



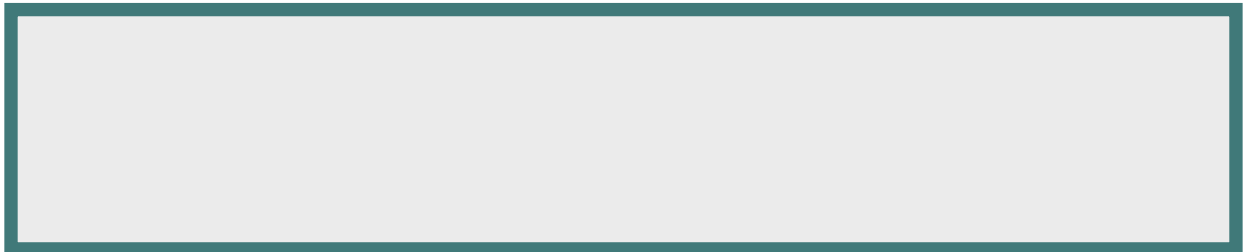
My top 3 personal goals for 2020 Q1 (Jan, Feb, Mar):



My top 3 personal goals for 2020 Q2 (Apr, May, Jun):



How I connect to my core gifts:



My wildly impossible personal goal(s):

