

Spiritual Practice: Goal-Setting

***“Within yourself the undiscovered truth / Lies hid;
in you, the very goal you seek!”***

—Ernest Holmes, *The Voice Celestial*

Your “ideal scene” of a robust and wonderful future is likely to have many components. Because our minds must focus to use the Law of Manifestation, we must narrow our manifestation plans to a manageable number of goals at a time.

When you have a clear mental picture or equivalent of how you see your ideal self in the future, create no more than 10 powerful goals for yourself in alignment with this future vision.

You may wish to use the “SMART¹” system for creating good goals:

- S – Specific
- M – Measurable
- A – Attainable
- R – Relevant (to you)
- T – Time-bound (trackable)

Here are some sample goals that fit the SMART criteria:

- Complete my degree by summer of 2022
- Write and publish a book by end of year, 2021
- Train for and complete the Hood-to-Coast relay race in 2021
- Learn to play an instrument well enough to be in the Center’s “Talent Show” in 2020
- Visit Japan for my 50th birthday

¹ From MindTools at

<https://www.mindtools.com/pages/article/smart-goals.htm>