

NATIONAL
VETERANS
MEMORIAL
AND MUSEUM

GOALS ALIVE



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Welcome to GOALS ALIVE

FROM JACKI CARR

Welcome to your vision & goals, to your legacy in action, to your effort in action, to the personal responsibility of living your life on your timeline.

As of this moment, you have invested in yourself. You have said, 'I am ready to set goals that matter and create intentional direction. I am open to receiving wisdom. I am open to unlock doors I had not seen and am ready to walk through.'

You also are ready to answer these questions:

- ▶ How do I set goals and stick to them?
- ▶ 'Where do I even start?'
- ▶ 'How do I break down the big goals?'
- ▶ 'How do I let go of goals without feeling like a failure?'
- ▶ 'How do I get over the fear?'

You will explore all of this and more in the GOALS ALIVE program. The next page includes a full module breakdown, like chapters in a book. For now, make a promise to yourself to finish this program in its entirety. SEE IT ALL THE WAY THROUGH.

You want to set a goal, let's do it now. Mark off on your calendar when you will finish the program. Circle it, star it, commit fully. Create the date to set yourself up for success now.

Next, sign your name. Make the promise and sign your name to show up to each module with an open mind. Commit to completing the worksheets and doing the homework.

I _____ commit to completing the GOALS ALIVE program.

I will start and I will finish as the first move I make in my goal setting journey.
I start here and now and I am right on time.

Contents

GOALS ALIVE

- Values.....4
- Vision.....11
- Goal Setting.....15
- Goals Meet Boundaries.....22
- Commit to Your Goals.....27

Module One: Values

START HERE.

Answering the question, “where do I start?” can feel daunting, broad and overwhelming. And you will ask this question many times in your life. Over and over again. Here is the answer: You start with yourself by knowing who you are and what matters to you. When you know what matters and how to prioritize your time, you know how to explore balance and you can recognize that which matters most to you very well might be now what matters to other people.. How beautiful to honor yourself and the differences of other people, this is what makes life interesting.

We start with core values.

Values are often defined as the things you believe to be important to you in your work life, your personal life, your health life. They are unique to each individual as you honor where you are from, how you were raised, what you believe in now and what you desire for the future. Values are the foundation for the home you live in: they create the ground and support you to make decisions, how you say yes or no, and align your life to what matters most to you.

General Ferriter

General Ferriter shared his values list, his top ten are:
Faith, Family, Friends, Integrity, Respect, Wellness,
Kindness, Growth, Leadership and Patience.

First, take the time to define the word 'value' for you.

Example: *Values: Words that acknowledge what matters most in a person's life. Values states the innermost truths a person wants to live by.*

What does the word “**values**” mean to you?

Values (noun):

Now that we know your definition of value, let's dive in and workshop your own core values. By the end of module 1, you will have a values list to explore living your life aligned to what matters most to you. Awareness is key. Too often I ask people if they know their values, and they say yes. And then I ask what they are and they stumble and stutter because they have not truly taken the time to be aware of what those values are or to be able to articulate the words out loud. How do we start if we don't know what we value most?

EXERCISE: THE LIST

Below is a list of values words to choose from. On the next page, you will take time to explore the words that connect to your foundation, your inner GPS. Refer to your definition of the word VALUES as you select the words that land for you.

Gratitude	Fun	Authenticity
Curiosity	Travel	Knowledge
Compassion	Quality	Patience
Kindness	Wealth	Self-Actualization,
Empathy	Creativity	Honesty Service
Integrity	Relationship	Respect
Competitive	Connection	Fairness
Nature	Health	Sustainability
Faith	Success	Teamwork
Community	Entrepreneurship	Innovation
Family	Leadership	Discipline
Adventure	Education	Learning

"Values are like fingerprints. Nobody's are the same, but you leave them all over everything you do."

Elvis Presley

From the word bank, circle your Top 10 values and list them below. Note: you can add any word that is missing that is better suited to you. Type in 'Core Values Word List' in a search bar on your computer or phone for extended lists of words.

TOP 10:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Your values can create choice, remind you of who you are and help you remember (it is remembering) what matters to you most. These words connect the dots and shed light on where you are spending your time and even where you would like to adjust that time allotment to explore balance in your values.

With that said, it is time for you to choose your Top 5. You want these to be accessible, grounding and simple. Take a moment to choose the words that speak to you, that are truthful and readily available.

TOP 5:

Last and very important step here: take the time to define all five of your words. As an example, General Ferriter defines his value 'faith' like this: faith gives him hope, allows him to try, allows him to trust those who work for him, allows him to love and to be true to Margie and Margie alone. Additionally, faith to General Ferriter allows him to keep trying and never quit, tells him when he gets knocked down, to get back up and allows him to help others. His faith is deep down inside. Know what your words mean to you.

DEFINE YOUR OWN 5 CORE VALUES HERE:

1. _____
2. _____
3. _____
4. _____
5. _____

Now that you have your values defined, take a values audit.

Most likely, you already are living your values. Audit your days to explore living in alignment to what matters to you.

Where can you celebrate?

Where can you make space for one of your values that has perhaps been forgotten for a while?

Pro Tip: Get the values visible.

- ▶ Post it notes on the bathroom mirror
- ▶ written above your TO DO list
- ▶ posted inside your journal.

As we navigate a new idea such as values, visual reminders are great to integrate material.

Edith Eger

“We don’t know where we’re going, we don’t know what’s going to happen, but no one can take away from you what you put in your own mind.”

“It might have
been done
before, but it
hasn’t been done
by you!”

— ELIZABETH GILBERT,
BIG MAGIC: CREATIVE LIVING
BEYOND FEAR

Module Two: Vision

Creating a vision for the future is an incredible tool to explore how to design your own life your way by asking what is possible. The most powerful reason you vision is to boldly imagine a future that would otherwise not exist and to bravely go far enough out in a timeline so that you can remove constraints of the now (like time, money, and/or experience) that create blocks in your mind and in your actual reality. Oftentimes you will put a lot of pressure on your vision to be “perfect” or exactly “right”.

I am here to tell you this:

- ▶ Your vision can and will change as you change.
- ▶ Your vision will be imperfect.
- ▶ You can have more than one vision at a time.
- ▶ Bring in the body, allow yourself to be excited by your vision. The body is brilliant, listen in.
- ▶ Your vision can be a space of deep inquiry for who and what belongs in your life (and who and what does not).

“Perhaps imagination is not where we go to escape reality but where we go to remember it.”

Glennon Doyle

A vision is...	A vision is not...
<ul style="list-style-type: none"> ▶ a snapshot in time that allows us space to dream and invite possibility ▶ a space to explore and disrupt the status quo. “What do I want to be different?” ▶ a space to maintain that which we would desire to stay the same. “What would I like to continue?” ▶ inspiration, hope and choice in times of uncertainty 	<ul style="list-style-type: none"> ▶ a magic 8 ball you wish upon and shake for the answer ▶ I’ll be happy when.... ▶ Set it and forget it ▶ A space to compare and despair what you do not have yet ▶ An escape tactic from reality and personal responsibility

As you embark on writing a vision, a reminder that we all vision different ways. Some of us will explore a vision through guided meditation, others will journal it out with prompts or free form. You know your own learning style best. I highly recommend finding a space with little to no distraction where you can allow yourself to breathe deeper and truly sit with yourself in the now and then go dream of the future.

Ideas:

- ▶ Take a hike and vision along the way. The view from the top can invite a more panoramic perspective as you dream.
- ▶ Go for an urban walk and expand what you usually see. Take in the cracks in the sidewalks, the trees, colors of home, the sounds of animals and people. Then walk with the guided vision meditation with this expanded view in mind.
- ▶ The bath tub is a wonderful space to vision free of screens and soaking the body to invite relaxation. Like water ripples and flows, allow your vision to immerse you in the flow.

Create space for the experience, no need to rush it.

Go see...

Module Three: Goal Setting 101

Goal setting is a practice, it is not a

The practice of writing goals is for anyone that is ready to map out their deepest desires and start to create and be open to all the ways we get there. There is no one right way to goal setting, as we have been taught. There are, however, tools that can support your journey to finding your own goal setting style. This is where you begin.

From your vision, you get curious and set goals in possibility (versus reaction). You ask yourself what would need to happen to make that vision a reality? And then what would happen after that?

Your goals are like mile stones on your journey. The outcomes create a pathway that you continue to check in and and choose to say yes or no. Some goals you will finish. Some goals you will not. Some goals you will complete early. Some goals will take longer than ever imagined. Goals, like you, are ever changing.

James Clear

“Be the designer of your world and not merely the consumer of it.”

Visit your goals again and again to audit and edit and even re-write your milestones taking you to your vision. You can ask yourself often: "Do I still want this?" and listen for your answer. Goals are never just the finish line, they are checkpoints along the way to who we become along the way.

A goal is...	A goal is not...
▶ a desired result or outcome with a date of completion	▶ dreams that happen maybe, some day
▶ aligned milestones to move a person to a vision they desire	▶ a TO DO LIST that you can complete tomorrow
▶ an evolution of self, a becoming of who we are to meet a goal set in time	▶ written in stone and never changeable or deleted
▶ rarely on the exact timeline and always right on time	▶ the only way or else
▶ a declared action that create boldness, bravery and inspiration	▶ an action item to set you up for failure or judgement
▶ an audit of how you are living your whole life, not only one area	▶ something to win or lose
▶ a checks and balance system to course correct on your journey	▶ always attainable

“So this, I believe, is the central question upon which all creative living hinges: Do you have the courage to bring forth the treasures that are hidden within you?”

Elizabeth Gilbert

GOALS DEFINED

As defined by the modern day encyclopedia called Wikipedia:

*A **goal** is an idea of the future or desired result that a person or a group of people envision, plan and commit to achieve. People endeavor to reach **goals** within a finite time by setting deadlines.*

And while I agree with the definition, I believe we have to define words in our own language in order to have access and authority in the practice.

Define the word goal in your own language. We all operate within our own dictionary, let's get clear on what the word GOAL means to you:

GOAL (n):

Emily Nagoski

“The moral of the story is: We thrive when we have a positive goal to move toward, not just a negative state we’re trying to move away from.”

GOAL STRUCTURE

Now that you know what the word 'goal' means to you, let's explore formatting to support the language in action. Did you know that you are 42% more likely to achieve a goal when you write it down? That is a big percentage in your favor when you put pen to paper. ([Peter Economy, Feb. 2019, Inc.com.](#))

Structures are set in place to support you, a powerful goal structure is set in present tense affirmative language with a by when date.

Goal Structure (Format):

I am _____ by _____ date_____.

Let's practice:

Instead of: I save money for the future.

WRITE: I save 15,000.00 USD in a separate savings account by January 2025.

Instead of: I want to own a home one day.

WRITE: I am a homeowner in Colorado by August 2022.

Instead of: I just want to be healthy and happy.

WRITE: I run a ½ marathon in Vancouver, CAN by December 2027.

Instead of: I will own a business, I know it.

WRITE: I launch my business website with a launch party by April 2029.

GOALS ON PAPER

Now that you have the format, let's put pen to paper.

The practice of goal setting can give you an opportunity to audit how you are spending your time day to day. Perhaps you are hyper-focused on career now and keep procrastinating that self care goal or that love life goal. In some instances, you might be focused on your health goals and have completely forgotten about your financial goals as you have been spending all of your dollars on said health.

Create domains to set goals in that honor what you value and who you are. You can have a Career section for goal, a Self Care section, a Finances section, a Love Life section and/or a Spirituality section. You get to choose.

Examples:

- ▶ Health
- ▶ Personal
- ▶ Financial
- ▶ Spiritual
- ▶ Adventure
- ▶ Family

Now you will journey to writing goals in domains that support your entire vision with a timeline.

GOAL SHEET

Use the goal sheet on the next page and begin to fill in the timeline and domains that create your unique journey.

My Vision & Goals

vision:

	domain:	domain:	domain:	domain:
year:				
year:				
year:				

“There is only one thing that makes a dream impossible to achieve: the fear of failure.”

Module Eight: Boundaries

Share wisely.

Boundaries are personal property lines and the active practice in honoring your 'yes' and our 'no'. Boundaries go hand-in-hand with goal setting for many reasons:

1. Clear boundaries in your schedule for discipline or focus to make your goals real.
2. Boundaries are a great internal practice. When writing goals that are big or create any type of fear, you can rub with limiting or old beliefs that do not serve you. This is a great space to be in choice and learn from your own thought patterns.
3. Boundaries are also imperative when it comes to whom you share your goals. Choose wisely.

"They know that clear boundaries allow them to proactively eliminate the demands and encumbrances from others that distract them from the true essentials."

Greg McKeown

There is a chapter in a great book titled 'FINISH' by Jon Acuff (must read, found in the resource library) where the author speaks to his goal of writing a book. Upon embarking on writing his book, he sent out an email to his family and friends telling them about his goal and the time allotment he would spend writing. He also warned them that he would be a terrible friend for the next six weeks and he will be back in a certain amount of time as the friend they know and love.

That is implementation of a boundary right there.

Can you think of a goal that you have put off again and again?

What would an email with this type of accountability and discipline create?

Brené Brown

“Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.”

Speaking of goals shared, let's talk about with whom we share our goals.

Your goals are your visions come to life in action steps. It can feel exciting, daunting and inspiring all at the same time. Bringing those goals to spoken word is a power move to create a ripple of action and support.

However.

Choose wisely with whom you share your goals. Your goals come from your unique life experiences thus far, how you feel in the present moment and what you desire from the future. Your values and your vision will be different from that of others.

Some people will be unable to hold space much less believe your goal is possible. Their defense mechanism might be to protect you and work with you to make the goal smaller. They might tell you your goal is not even possible in this lifetime.

You are thinking of those people now.

The energy vampires, the goal doubters.

In all honesty, these people are not bad people. Some do not have a goal practice of their own, so they take others. Some people were never taught to dream or lean into uncertainty or possibility. Some people have different values. That is okay.

"Surround yourself only with people who are going to take you higher."

Oprah Winfrey

It is your responsibility to choose wisely with whom you share your goals.
This is a boundary.

Goals can be fragile in our thoughts and in our visions. Share with those who will build you up, believe in you and support you. There is a time and a place for all the naysayers and devil's advocates - oftentimes those people force you to choose whether you believe in you or not.

However, when starting to go share, choose wisely.
Honor your boundaries.

List five people you can share your goals with here:

1.

2.

3.

4.

PERMISSION SLIP

I have permission to set boundaries so that...

5.

(fill in the blank)

“Real change, enduring change, happens one step at a time.”

— RUTH BADER GINSBURG

Module Nine: Commit to Your Goals

Recap, reflect, and Now What?

You have arrived.

Welcome to the final module!

Let's look back at where we have been to get to where we want to go.

You have:

- Landed your core values and started consciously calendar-ing them.
- Defined the word 'goal' in your own creative and distinct language.
- Written a vision(s) of the future you are inspired by.
- Explored how to set clear boundaries.
- Committed to your goals aligned to your values and vision.

NOW WHAT?

Now, you have the tools to:

- ▶ Revisit your values any time you want.
- ▶ Create a vision board.
- ▶ Write your goals and honor your own style.
- ▶ Reminder: You are right on time. Here and now.
- ▶ Share your goals out loud.
- ▶ Respect yourself and one another.
- ▶ Offer your unique gifts.

Let your goals practice support the life you are designing. The word goal cut in half is go - al which I interpret as GO ALL IN. You can choose to commit fully to your goals by going all in, your whole dynamic self saying a yes to who you are becoming.

Get alive in your goals!

And at this time, go celebrate yourself for completing this course. Like actually right now, go celebrate the goal complete! Honor right where you are as you are right on time and honor all that you will experience on this journey of your goals alive.

Goal all in, goal on,

Jacki Carr

