

Creating & Sustaining Your Vision & Goals

*When we have a bigger idea for life,
Life begins to show up for us.*



Kevin Lockwood, Spiritual Practitioner & Intentional Life-Journey Coach

Creating & Sustaining Your Vision & Goals



Goals for this evening . . .

1. Have Fun . . . be authentic, be real, be vulnerable . . . for yourself and others
2. Find a new foundation in your heart for your desires this lifetime
3. Enlist your mind as an asset of your heart
4. Work through a challenging mental or emotional block around a goal
5. Make new friends, become closer friends, find support in each other

Creating & Sustaining Your Vision & Goals



Outline for this evening . . .



Creating & Sustaining Your Vision & Goals



Outline for this evening . . .



Heart's Desires Vision
& Goals



Quarterly Vision
& Goals



Monthly/Weekly Tasks
=> Daily Plan



Daily Habits/Self-Care
& Emotional Clearing



Supportive Environment
& Self Awareness

The workbook pages are titled "Creating & Sustaining a Path for Your Vision & Goals".

Page 1 of 2:

- Section 1: Heart's Desires Vision & Goals** (Red header)
 - Table with 5 columns: Your Excellence, Why? What Do You Want? What Do You Want? What Do You Want? What Do You Want?, Your End State, Greater Goals.
- Section 2: Quarterly Vision & Goals** (Purple header)
 - Table with 2 columns: Vision, Goals.
- Section 3: Monthly/Weekly Tasks => Daily Plan** (Orange header)
 - Table with 2 columns: Vision, Goals.
- Section 4: Daily Habits/Self-Care & Emotional Clearing** (Blue header)
 - Table with 2 columns: Vision, Goals.
- Section 5: Supportive Environment & Self Awareness** (Dark Blue header)
 - Table with 2 columns: Vision, Goals.

Page 2 of 2:

- Section 1: Heart's Desires Vision & Goals** (Red header)
 - Table with 2 columns: Vision, Goals.
- Section 2: Quarterly Vision & Goals** (Purple header)
 - Table with 2 columns: Vision, Goals.
- Section 3: Monthly/Weekly Tasks => Daily Plan** (Orange header)
 - Table with 2 columns: Vision, Goals.
- Section 4: Daily Habits/Self-Care & Emotional Clearing** (Blue header)
 - Table with 2 columns: Vision, Goals.
- Section 5: Supportive Environment & Self Awareness** (Dark Blue header)
 - Table with 2 columns: Vision, Goals.

ENVOYPEACE logo and text: "When we have a bigger vision for life, life begins to show up for us." www.envoypeace.com

Creating & Sustaining Your Vision & Goals



Play-Doh Life-Review





Creating & Sustaining Your Vision & Goals



Exploring Safe Space Together . . .

1. Create safe space together ... emotionally and mentally
 - Confidentiality
 - No cross talk / advice
 - Share from your experience only
 - Allow each person to have their own experience
2. Adjust and get comfortable with our physical space
 - Lighting, Seating
 - Water, Bathroom
3. Stand up & take a creative break
 - Rearrange anything so it works best
 - Get some more Play-Doh if needed



Creating & Sustaining Your Vision & Goals



“If the path before you is
clear, you're probably on
someone else's.”

— Carl Jung

Creating & Sustaining Your Vision & Goals



Play-Doh Life-Review



- (1) Your name
- (2) What you would like most to take with you this evening (given you already have the playdough)
- (3) What your life-review sculpture mean to you



Creating & Sustaining Your Vision & Goals



WHAT?

The what is not difficult
but it does take vision.

Creating & Sustaining Your Vision & Goals



Year-End & Quarterly Goals

Creating & Sustaining a Path for Your Vision & Goals

Review Monthly & Update

Year-End Vision	Why? What Do I Get to Do? What's Possible? How Does This Feel?	End of Year Grogginess Life is Here, I'm Off My Feet, This Year!	Year-End Goals	Quarter Goals

WHAT?

Review Daily & Update Weekly: Plan Your Daily Tasks & Monitor/Track Goals From Here

Month Topics	Month Topics

Daily Worksheet Cues

Expansive (Freedom)	Contractive (Freedom)

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Page 1 of 2

Page 2 of 2



WHAT - GET REAL

Goals for this Quarter & in 1 Year

Creating & Sustaining Your Vision & Goals



HOW?

The how is not difficult
but it does take commitment.

Creating & Sustaining Your Vision & Goals



Monthly/Weekly Tasks
=> Daily Plan

HOW?



HOW - PLAN & DO

Monthly/Weekly Tasks => Daily Activities



WHAT - GET REAL

Goals for this Quarter & in 1 Year

Two sample pages from a workbook titled "Creating & Sustaining a Path for Your Vision & Goals". The left page is titled "Review Monthly & Update Quarterly" and contains a table with columns for "Year-End Vision", "Why? What Do You Want to Do? What's Possible? How Does This Feel?", "Goal of How Engaging? Life in Terms of Its Effect How Does This Feel?", "Year-End Goals", and "Quarter Goals". The right page is titled "Creating & Sustaining a Path for Your Vision & Goals" and contains a table with columns for "Month Goals" and "Week Goals". Both pages have a large "HOW?" text overlay. The bottom of the pages shows the "ENVYOPEACE" logo and the text "The Universal is conspiring to create your deepest desires through you!" and "Page 1 of 2" / "Page 2 of 2".



Creating & Sustaining Your Vision & Goals



I want to know WHY!



Creating & Sustaining Your Vision & Goals



I want to know your WHY!



Creating & Sustaining Your Vision & Goals



I want to know your WHY!

“WHY” will help you uncover your vision of “what”!

“WHY” will sustain you through the commitment of doing the “how”!

Without “WHY” no one cares about “how” and the “what”, and you won’t either!



Creating & Sustaining Your Vision & Goals



So we're going to start with . . .

WHY?

Creating & Sustaining Your Vision & Goals



Year-End Vision

Creating & Sustaining a Path for Your Vision & Goals

Year-End Vision	Why? What do you want to do? (What's Possible?) (How does this feel?)	Goal of How Engaging? (Like to have, I'll Effect) (How often, how long?)	Year-End Goals	Quarter Goals

Review Daily & Update Weekly: Plan Your Daily Tasks & Monitor/Track Goals From Here

Month Tasks	Week Tasks

Expansive (Outside)	Constraining (Inside)

ACE
Center

WHY?



HOW - PLAN & DO

Monthly/Weekly Tasks => Daily Activities



WHAT - GET REAL

Goals for this Quarter & In 1 Year



WHY - RAISON D'ETRE

Envision Where You'll be in 1 Year



Creating & Sustaining Your Vision & Goals



Opening to Your Heart's Desires

The Universe is conspiring to create your deepest desires through you!



Creating & Sustaining Your Vision & Goals



What's your "WHY"

Creating & Sustaining a Path for Your Vision & Goals

Review Monthly & Update Quarterly

Year-End Vision	Why? Who Do I Get to Be? What's Possible? How Does This Feel?	Cost of Not Engaging? Life in 6mos, 1 Yr, 5Yrs? How Does This Feel?	Year-End Goals	Quarter Goals



Creating & Sustaining Your Vision & Goals



Year-End Vision

What is Your Heart's Desire & Vision for 2023?

Year-End Vision		
1. Book: "The Healer's Guide to the Universe"		
2. Group Life Coaching		
3. Beautiful my Environment Landscape Yard		

Pick one you feel is the most clear: emotionally passionate and mentally attainable.

This is your "WHY" taking form. This is part of "WHY" you are in this Life!



Creating & Sustaining Your Vision & Goals



Year-End Vision

Working with the Year-End Vision you feel is
your most passionate and attainable . . .

Year-End Vision	Why? Who Do I Get to Be? What's Possible? How Does This Feel?	Cost of Not Engaging? Life in 6mos, 1 Yr, 5Yrs? How Does This Feel?
Group Life Coaching	<ul style="list-style-type: none">- Help Others- Community, Fun- Feel Purposeful, Engaged, Alive, Energetic, Joyful	<ul style="list-style-type: none">- Same Story- Live in Same Box- Feel Lifeless, Unengaged, Meaningless

**These are the insights and feelings you want to source your drive from.
This is “WHY” you do Life!**



Creating & Sustaining Your Vision & Goals



Living a life we love is easier . . .



Creating & Sustaining Your Vision & Goals



. . . when we cultivate an awareness that
we love life



Creating & Sustaining Your Vision & Goals



Year-End Goals

What are one to three goals that indicate success at the end of the year?



Year-End Vision	Why? Who Do I Get to Be? What's Possible? How Does This Feel?	Cost of Not Engaging? Life in 6mos, 1 Yr, 5Yrs? How Does This Feel?	Year-End Goals	
Group Life Coaching	<ul style="list-style-type: none">- Help Others- Community, Fun- Feel Purposeful, Engaged, Alive, Energetic, Joyful	<ul style="list-style-type: none">- Same Story- Live in Same Box- Feel Lifeless, Unengaged, Meaningless	<ol style="list-style-type: none">1. 8-12 People Weekly2. Flowing Content3. Measured Change/Success	

“WHAT” is your MISSION? “WHAT” are you up to?



Creating & Sustaining Your Vision & Goals



Quarter Goals

What three to five smaller goals are accomplished this quarter (Jan - Mar) to reach those year-end goals?



Year-End Vision	Why? Who Do I Get to Be? What's Possible? How Does This Feel?	Cost of Not Engaging? Life in 6mos, 1 Yr, 5Yrs? How Does This Feel?	Year-End Goals	Quarterly Goals
Group Life Coaching	<ul style="list-style-type: none">- Help Others- Community, Fun- Feel Purposeful, Engaged, Alive, Energetic, Joyful	<ul style="list-style-type: none">- Same Story- Live in Same Box- Feel Lifeless, Unengaged, Meaningless	<ol style="list-style-type: none">1. 8-12 People Weekly2. Flowing Content3. Measured Change/Success	<ul style="list-style-type: none">- Set Start Date- Marketing- 1st Half Yr Content- 2nd Half Yr Content- Opening Survey- Check-In Survey

Thinking, feeling, and documenting goals makes them more real in your heart and mind.



Creating & Sustaining Your Vision & Goals



Living a life you love easy . . .



Creating & Sustaining Your Vision & Goals



. . . when you cultivate an awareness that
you have innate meaning and purpose



Creating & Sustaining Your Vision & Goals



Month Tasks

What tasks are accomplished this month to reach this quarter's goals?



Quarterly Goals	Month Tasks	
1st Quarter Goals: - Set Start Date - Marketing - 1 st Half Yr Content - Opening Survey	A. Coaching Program Heart & Purpose B. Coaching Program Mind & Skills C. Marketing Plan D. Market/Start Date E. Entry Point Measurements	



From Previous Table

New Table



Creating & Sustaining Your Vision & Goals



Week Tasks

What tasks are accomplished this week
to complete those month-long tasks?



Quarterly Goals	Month Tasks	Week Tasks
3rd Quarter Goals: - Set Start Date - Marketing - 3rd Quarter Content - Opening Survey	A. Coaching Program Heart & Purpose B. Coaching Program Mind & Skills C. Marketing Plan D. Market/Start Date E. Entry Point Measurements	a. Vision Scoring b. Vision Ranking c. Marketing Plan d. Interview Questions e. Vision Worksheet

Creating & Sustaining Your Vision & Goals



Review



HOW - PLAN & DO

Monthly/Weekly Tasks => Daily Activities



WHAT - GET REAL

Goals for this Quarter & In 1 Year



WHY - RAISON D'ETRE

Envision Where You'll be in 1 Year

Creating & Sustaining Your Vision & Goals



What's Next



**SUPPORTIVE
ENVIRONMENT**



FOUNDATION

Mental & Emotional Habits



HOW - PLAN & DO

Monthly/Weekly Tasks => Daily Activities



WHAT - GET REAL

Goals for this Quarter & In 1 Year



WHY - RAISON D'ETRE

Envision Where You'll be in 1 Year

Creating & Sustaining Your Vision & Goals



Daily Habits/Self-Care
& Emotional Clearing



FOUNDATION
Mental & Emotional Habits

Creating & Sustaining a Path for Your Vision & Goals

Review Monthly & Update Quarterly

Year-End Vision	Why? What Do I Get to Do? (What's Possible?) How Does This Feel?	End of Year Engaging? Life is Here, I'm Effect How Does This Feel?	Year-End Goals	Quarter Goals

Creating & Sustaining a Path for Your Vision & Goals

Review Daily & Update Weekly: Plan Your Daily Tasks & Habits/Self-Care From Here

Month Topics	Week Topics

Review Monthly & Update Quarterly

Supportive Environment & Self Awareness

Assess Your Internal & External Environment
Grow Resilient Relationships & Healthy Habits

Strength	Weakness

Opportunity	Threat

The Universal is conspiring to create
your deepest desires through you!

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Emotional Journey Coaching
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Where we have a bigger idea for life,
Life begins to show up for us!
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Week Tasks

Close your eyes and see these tasks **completed**.

What feelings are here?

Notice the emotional **highs** and **lows**.

Allow your daily activities to be sourced from your expansive emotions. These are what propel you forward!

"WHO DO I GET TO BE?"

Week Tasks

- a. Vision Scoring
- b. Vision Ranking
- c. Marketing Plan
- d. Interview Q's
- e. Vision Worksheet

Expansive Emotions

Excitement,
Satisfaction,
Happiness,
Curiosity, Fun

Contractive Emotions

Fear



Creating & Sustaining Your Vision & Goals



Week Tasks

Close your eyes and see yourself **doing** these tasks.

What feelings are here now?

Again, notice the emotional **highs** and **lows**.

If you don't notice any contractive or challenging emotions, imagine the worst that can happen and notice what that feels like.

The **contractive emotions** are what hold you back and create feelings of stuckness.

Week Tasks	
a. Vision Scoring b. Vision Ranking c. Marketing Plan d. Interview Q's e. Vision Worksheet	
Expansive Emotions	Contractive Emotions
Excitement, Satisfaction, Happiness, Curiosity, Fun Engaged	Fear Distracted, Beaten, Defeated



Creating & Sustaining Your Vision & Goals



Daily Habits/Self-Care

The contractive emotions hold you back. They also point to opportunities for breakthroughs!!!



Emotional
Clearing

Daily Habits/Self-Care

What daily habits would support my mental, physical, & emotional health and help me with emotional clearing?

Let's get Curious!





**Curiosity is the movement of
the Universe Itself through
you to experience life.**

Let's get curious!

Creating & Sustaining Your Vision & Goals



Daily Habits & Self-Care

Daily Habits/Self-Care

- | | |
|------------------------------|--|
| • Yoga, Jogging, Working Out | • Talking/Sharing |
| • Personal Growth Classes | • Reading/Journaling |
| • Emotional Clearing => | • Meditation & Affirmative Prayer |
| • Prayer/Meditation/Classes | • Emotionally-Clearing Life Coaching |
| • Community/Friends/Mentors | • Emotional Freedom Technique (EFT) |
| | • Positive/Emotional Intelligence (PQ) |
| | • Intentional Journey Meditation Class |



Creating & Sustaining Your Vision & Goals



Supportive Environment
& Self Awareness



**SUPPORTIVE
ENVIRONMENT**



Creating & Sustaining a Path for Your Vision & Goals

Review Monthly & Update Quarterly

Year-End Vision	Why? What Do I Get to Do? (What's Possible?) How Does This Feel?	End of Year Engaging? Life is Here, I'm Effect How Does This Feel?	Year-End Goals	Quarter Goals

Supportive Environment & Self Awareness

Grow Resilient Relationships & Healthy Habits

Strength	Vulnerability
Opportunity	Threat

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Creating & Sustaining a Path for Your Vision & Goals

Review Daily & Update Weekly: Plan Your Daily Tasks & Habits/Self-Care From Here

Month Topics	Week Topics

Daily Habit/Task List	Engaging Practices	Constructive Practices

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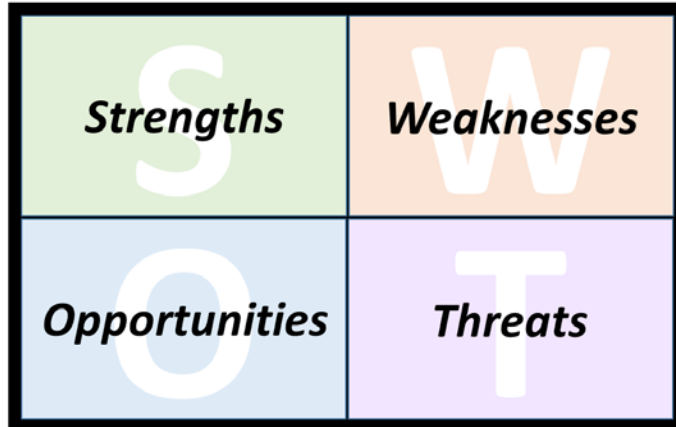
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Creating & Sustaining Your Vision & Goals



THE FIELD: Supportive Environment
& Self Awareness





SWOT Analysis for Your Life



Strengths

What's going well that you can lean into to support you further?

Weaknesses

Opportunities

Threats

Strengths	Weaknesses
Opportunities	Threats

SWOT Analysis for Your Life



Strengths

What's going well that you can lean into to support you further?

- What am I doing well and enjoy doing?
- What daily habits and activities are energizing to my being, promoting my growth, and bringing me peace and clarity?
- What awarenesses about myself and life energize me, propel me forward, and cultivate expansive emotions?



Creating & Sustaining Your Vision & Goals



Review Quarterly	
Supportive Environment & Self Awareness	
<ul style="list-style-type: none">· Assess Your Internal & External Environment· Grow Resonant Relationships & Healthy Habits	
Strength	Weakness
<i>One thing that's going well that you can lean into to support you further?</i>	
Opportunity	Threat

SWOT Analysis for Your Life



Strengths

Weaknesses

*What's not working well that
you can shift or let go of?*

Opportunities

Threats

S Strengths	W Weaknesses
O Opportunities	T Threats

SWOT Analysis for Your Life



Weaknesses

What's not working well that you can shift or let go of?

- What daily habits and activities drain you, distract you, or are unhealthy for you?
- What do you do poorly, or do you not enjoy doing, that you can allow someone to do?
- What limiting thoughts or beliefs have you not looked at that hold you back or feel contractive?

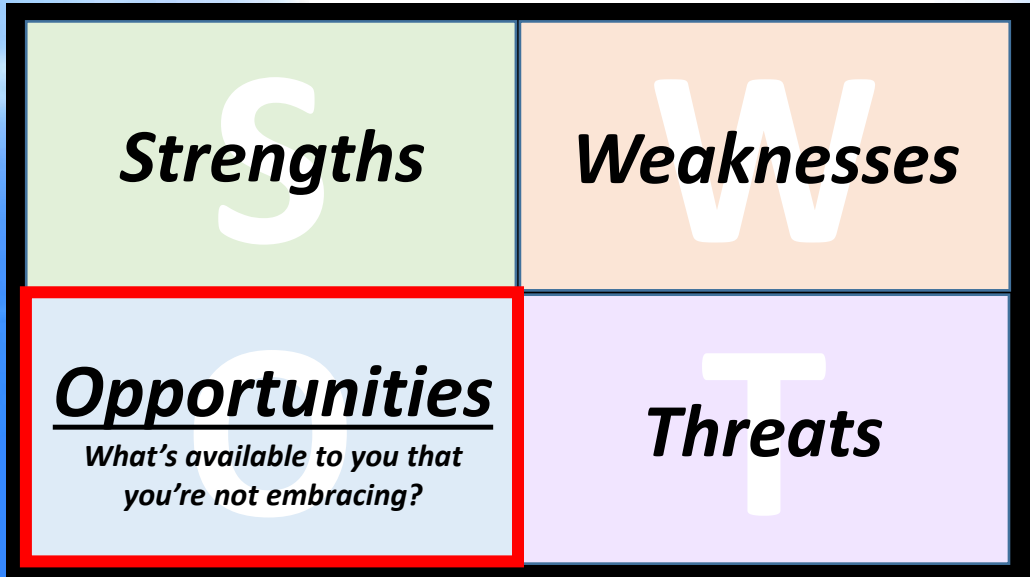


Creating & Sustaining Your Vision & Goals



Review Quarterly	
Supportive Environment & Self Awareness	
<ul style="list-style-type: none">· Assess Your Internal & External Environment· Grow Resonant Relationships & Healthy Habits	
<i>Strength</i>	<i>Weakness</i>
	<i>One thing that's not working well that you can shift or let go of?</i>
<i>Opportunity</i>	<i>Threat</i>

SWOT Analysis for Your Life



Strengths	Weaknesses
Opportunities	Threats

SWOT Analysis for Your Life



Opportunities

What's available to you that you're not embracing?

- What positively energizing and clarifying organizations, classes, or activities would you like add to your life?
- Who do you know or would like to know that embodies the energy and skills you desire and can emulate? Who might support you in this?
- What challenges or people are showing up in your life that mirror limiting thoughts or beliefs you have that you're ready to release?



Creating & Sustaining Your Vision & Goals



Review Quarterly	
Supportive Environment & Self Awareness	
<ul style="list-style-type: none">· Assess Your Internal & External Environment· Grow Resonant Relationships & Healthy Habits	
<i>Strength</i>	<i>Weakness</i>
<i>Opportunity</i>	<i>Threat</i>
<i>One thing that's available to you that you're not embracing?</i>	

SWOT Analysis for Your Life



S Strengths	W Weaknesses
O Opportunities	T Threats

SWOT Analysis for Your Life



Threats

What would be helpful to shift away from or avoid?

- What organizations, people, media, etc. connect you to old habits and patterns and limit your growth?
- What limiting circumstances can you avoid by opening to a different path or even a different outcome?
- What else in your environment is limiting your possibilities for growth and new ways of being?



Creating & Sustaining Your Vision & Goals



Review Quarterly	
Supportive Environment & Self Awareness	
<ul style="list-style-type: none">· Assess Your Internal & External Environment· Grow Resonant Relationships & Healthy Habits	
<i>Strength</i>	<i>Weakness</i>
<i>Opportunity</i>	<i>Threat</i>
	<i>One thing that's helpful to shift away from or avoid?</i>



Creating & Sustaining Your Vision & Goals



THE FIELD: Supportive Environment & Self Awareness

S <i>Strengths</i>	W <i>Weaknesses</i>
O <i>Opportunities</i>	T <i>Threats</i>

- Be gentle, patient but persistent, with yourself on these assessments.
- Start with STRENGTHS and pick one a month to work on.

Review

MY WHY:

I love growing my awareness of life and supporting others in ways that grows their awareness and awakens them to a fulfilling and joyful life.

Creating & Sustaining a Path for Your Vision & Goals

Review Monthly & Update Quarterly				
Year-End Vision	Why? Who Do I Get to Be? What's Possible? How Does This Feel?	Cost of Not Engaging? Life in Limbo, 1 Yr, 5 Yrs? How Does This Feel?	Year-End Goals	Quarter Goals
1. Book: "The Healer's Guide to the Universe"				
2. Group Life Coaching	<ul style="list-style-type: none"> - Help Others - Community, Fun - Feel Purposeful, Engaged, Alive, Energetic, Joyful 	<ul style="list-style-type: none"> - Same Story - Live in Same Box - Feel Lifeless, Unengaged, Meaningless 	1. 8-12 People Weekly 2. Flowing Content 3. Measured Change & Individual Success	<ul style="list-style-type: none"> - Set Start Date - Marketing - 3rd Quarter Content - 4th Quarter Content - Opening Survey - Check-In Survey
3. Landscape the Yard				

Review Monthly & Update Quarterly	
Supportive Environment & Self Awareness	
- Assess Your Internal & External Environment - Grow Resonant Relationships & Healthy Habits	
Strength	Weakness
Opportunity	Threat

The Universe is conspiring to create your deepest desires through you!



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Creating & Sustaining a Path for Your Vision & Goals

Review Daily & Update Weekly: Plan Your Daily Tasks & Habits/Self Care From Here		
Month Tasks	Week Tasks	
Coaching Program Heart & Purpose Coaching Program Mind & Skills Marketing Plan Market/Start Date Entry Point Measurements	Vision Scoring Vision Ranking Marketing Plan Interview Questions Vision Worksheet	
Daily Habits/Self-Care	Expansive Emotions	Contractive Emotions



When we have a bigger idea for life, Life begins to show up for us!

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I love growing my awareness of life and supporting others in ways that grows their awareness and awakens them to a fulfilling and joyful life.



Weekly Tasks go into
your Daily Planner, MS
Outlook Scheduler,
Google Calendar,
iPhone, etc.
(INTO SOMETHING
YOU'LL USE DAILY!!!)

Review

MY WHY:

I love growing my awareness of life and supporting others in ways that grows their awareness and awakens them to a fulfilling and joyful life.

Creating & Sustaining a Path for Your Vision & Goals

Review Monthly & Update Quarterly

Year-End Vision	Why? Who Do I Get to Be? What's Possible? How Does This Feel?	Cost of Not Engaging? Life in 6mos, 1 Yr, 5Yrs? How Does This Feel?	Year-End Goals	Quarter Goals
1. Book: "The Healer's Guide to the Universe"				
2. Group Life Coaching	<ul style="list-style-type: none"> - Help Others - Community, Fun - Feel Purposeful, Engaged, Alive, Energetic, Joyful 	<ul style="list-style-type: none"> - Same Story - Live in Same Box - Feel Lifeless, Unengaged, Meaningless 	1. 8-12 People Weekly 2. Flowing Content 3. Measured Change & Individual Success	<ul style="list-style-type: none"> - Set Start Date - Marketing - 3rd Quarter Content - 4th Quarter Content - Opening Survey - Check-In Survey
3. Landscape the Yard				

Review Monthly & Update Quarterly

Support	Strength	Opportunity
<ul style="list-style-type: none"> - Assess Your Growth Resources 		

The Universe is conspiring to create your deepest desires through you!



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Creating & Sustaining a Path for Your Vision & Goals

Review Daily & Update Weekly: Plan Your Daily Tasks & Habits/Self Care From Here

Month Tasks	Week Tasks
Coaching Program Heart & Purpose Coaching Program Mind & Skills Marketing Plan Market/Start Date Entry Point Measurements	Vision Scoring Vision Ranking Marketing Plan Interview Questions Vision Worksheet

Daily Habits	Expansive Emotions	Contractive Emotions
<ul style="list-style-type: none"> • Yoga • Journaling • Meditation • Talking/Sharing • Journey Meditation Class • Somatic Therapy & Energy Work • Emotional Life Coaching/Therapy 	Excitement, Satisfaction, Happiness, Curiosity, Fun Engaged	Fear, Distracted, Bored, Defeated



When we have a bigger idea, Life begins to show up for us.

Daily Self-Care also goes into your Daily Planner (INTO SOMETHING YOU'LL USE DAILY!!!)

Take Time Daily to Recognize & Integrate Challenging Emotions

MY WHY:

I love growing my awareness of life and supporting others in ways that grows their awareness and awakens them to a fulfilling and joyful life.

Creating & Sustaining a Path for Your Vision & Goals

Review Monthly & Update Quarterly				
Year-End Vision	Why? Who Do I Get to Be? What's Possible? How Does This Feel?	Cost of Not Engaging? Life in Sleep, 1 Yr, 5 Yrs? How Does This Feel?	Year-End Goals	Quarter Goals
1. Book: "The Healer's Guide to the Universe"				
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3. Landscape the Yard				

Review Monthly & Update Quarterly			
Supportive Environment & Self Awareness			
- Assess Your Internal & External Environment - Grow Resonant Relationships & Healthy Habits			
Strength		Weakness	
Opportunity		Threat	

The Universe is conspiring to create your deepest desires through you!



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Creating & Sustaining a Path for Your Vision & Goals

Review Daily & Update Weekly: Plan Your Daily Tasks & Habits/Self Care From Here		
Month Tasks	Week Tasks	
Coaching Coaching Marketing Market/S Entry Poi	<div><p>... BEWARE ...</p><p>If you source LIFE from here it becomes about the DESTINATION.</p></div>	
Daily Habits/Self-Care	Expansive Emotions	Contractive Emotions
<ul style="list-style-type: none">• Yoga• Journaling• Meditation• Talking/SH• Journey M• Somatic T• Emotional		aters,

!!! YES !!!

If you source LIFE from here it will be about the JOURNEY.

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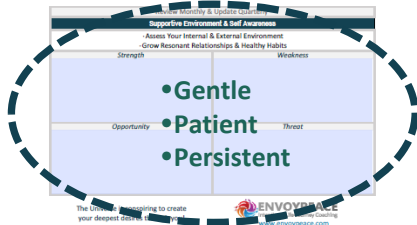
MY WHY:

I love growing my awareness of life and supporting others in ways that grows their awareness and awakens them to a fulfilling and joyful life.

Creating & Sustaining a Path for Your Vision & Goals

Review Monthly & Update Quarterly

Year-End Vision	Why? Who Do I Get to Be? What's Possible? How Does This Feel?	Cost of Not Engaging? Life in Boxes, 1 To, 5 To? How Does This Feel?	Year-End Goals	Quarter Goals
1. Book: "The Healer's Guide to the Universe"				
2. Group Life Coaching	<ul style="list-style-type: none"> - Help Others - Community, Fun - Feel Purposeful, Engaged, Alive, Energetic, Joyful 	<ul style="list-style-type: none"> - Same Story - Live in Same Box - Feel Lifeless, Unengaged, Meaningless 	1. 8-12 People Weekly 2. Flowing Content 3. Measured Change & Individual Success	<ul style="list-style-type: none"> - Set Start Date - Marketing - 3rd Quarter Content - 4th Quarter Content - Opening Survey - Check-In Survey
3. Landscape the Yard				



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Creating & Sustaining a Path for Your Vision & Goals

Review Daily & Update Weekly: Plan Your Daily Tasks & Habits/Self Care From Here

Month Tasks	Week Tasks
Coaching Program Heart & Purpose Coaching Program Mind & Skills Marketing Plan Market/Start Date Entry Point Measurements	Vision Scoring Vision Ranking Marketing Plan Interview Questions Vision Worksheet

Daily Habits/Self-Care	Expansive Emotions	Contractive Emotions
<ul style="list-style-type: none"> • Yoga • Journaling • Meditation • Talking/Sharing • Journey Meditation Class • Somatic Therapy & Energy Work • Emotional Life Coaching/Therapy 	Excitement, Satisfaction, Happiness, Curiosity, Fun Engaged	Fear, Distracted, Beaten, Defeated



ENVOYPEACE
Intentional Life-Journey Coaching

When we have a bigger idea for life,
Life begins to show up for us!

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Ver 2021

Page 2 of 2

MY WHY:

I love growing my awareness of life and supporting others in ways that grows their awareness and awakens them to a fulfilling and joyful life.

Creating & Sustaining a Path for Your Vision & Goals

Review Monthly & Update Quarterly

Year-End Vision	Why? Who Do I Get to Be? What's Possible? How Does This Feel?	Cost of Not Engaging? Life in Boxes, 1 To, 5 To? How Does This Feel?	Year-End Goals	Quarter Goals
1. Book: "The Healer's Guide to the Universe"				
2. Group Life Coaching	<ul style="list-style-type: none"> - Help Others - Community, Fun - Feel Purposeful, Engaged, Alive, Energetic, Joyful 	<ul style="list-style-type: none"> - Same Story - Live in Same Box - Feel Lifeless, Unengaged, Meaningless 	1. 8-12 People Weekly 2. Flowing Content 3. Measured Change & Individual Growth	- Set Start Date - Marketing - 3rd Quarter Content - 4th Quarter Content
3. Landscape the Yard				

Grow Resonant Relationships & Healthy Habits

Strength	Weakness
Opportunity	Threat

The Universe is conspiring to create your deepest desires through you!



Creating & Sustaining a Path for Your Vision & Goals

Review Daily & Update Weekly: Plan Your Daily Tasks & Habits/Self Care From Here

Month Tasks	Week Tasks
Coaching Program Heart & Purpose Coaching Program Mind & Skills Marketing Plan Market/Start Date Entry Point Measurements	Vision Scoring Vision Ranking Marketing Plan Interview Questions Vision Worksheet

Daily Habits & Emotions

<ul style="list-style-type: none"> • Yoga • Journaling • Meditation • Talking/Shopping • Journey Meditation Class • Somatic Therapy & Energy Work • Emotional Life Coaching/Therapy 	Satisfaction, Happiness, Curiosity, Fun Engaged	Fear, Distracted, Beaten, Defeated
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*Commitment to Simple
Daily Supportive
Practices*



**SUPPORTIVE
ENVIRONMENT**



FOUNDATION

Mental & Emotional Habits



HOW - PLAN & DO

Monthly/Weekly Tasks => Daily Activities



WHAT - GET REAL

Goals for this Quarter & In 1 Year



WHY - RAISON D'ÊTRE

Envision Where You'll be in 1 Year



WHERE'S
YOUR YEAR
GOING?

Resources: envoypeace.com/design-your-life

- Presentation Slides
- Vision & Goals PDF worksheet
- Give a Review of this Workshop
- Free Coaching Session
- Free Meditations & Wisdom Circles
- Positive Intelligence Classes
- Intentional Life-Journey Coaching



Kevin Lockwood, Licensed Spiritual Practitioner & Intentional Life-Journey Coach

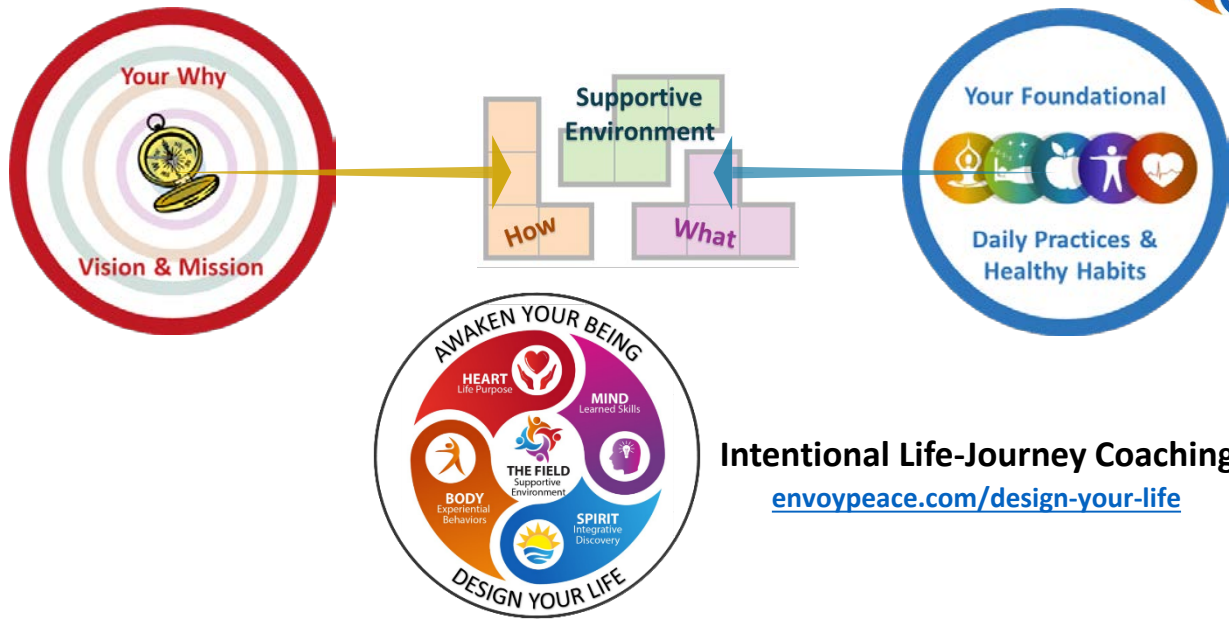
Creating & Sustaining Your Vision & Goals



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Creating & Sustaining Your Vision & Goals



Intentional Life-Journey Coaching

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Breakthrough Researched Results through Positive Intelligence*

In 6-8 weeks MRI imaging showed:

- **Increased grey matter** in the Prefrontal Cortex and Right Brain (Sage Brain)
- **Decreased grey matter** in the Amygdala/Fight-or-Flight Brain (Saboteur Brain)

Substantial Corporate Improvements:

- Motorola: improved productivity by 93%
- A UK restaurant group: increased profit growth 34%
- MetLife: trained salespeople outsold the control group by 37%
- L'Oreal: strengthened competencies resulted in \$91,370 increase per sales person
- CIBC: strengthened competencies accounted for 32% booked sales & 71% pipeline sales
- Sanofi-Aventis Pharmaceutical: salespersons w/improved competency sold \$55,200 more/month



*Reference: PositiveIntelligence.com/Program