

# Pathway to Happiness

Finding Clear Headspace



# Your goals

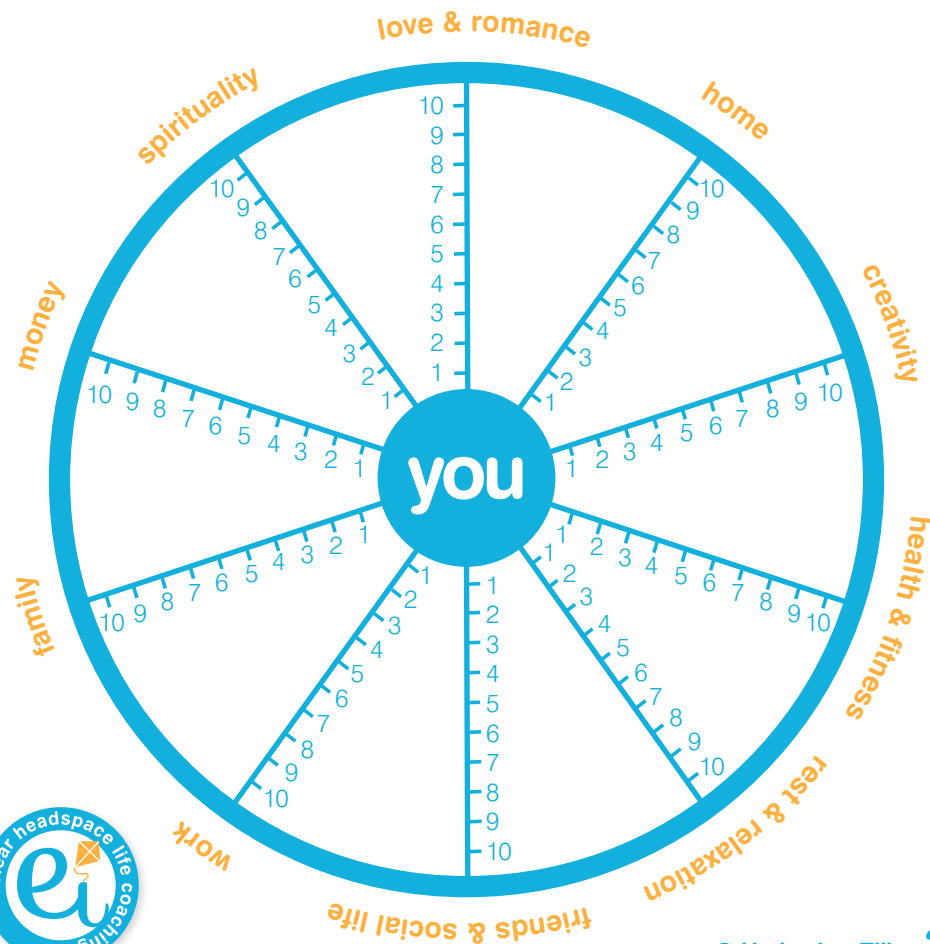
The secret to accomplishing what matters most to you is committing your goals to writing. This is important for at least five reasons.

- 1. Because it will force you to clarify what you want**  
Imagine setting out on a trip with no particular destination in mind. How do you pack? What roads do you take? How do you know when you have arrived? Instead, you start by picking a destination. The same is true with the milestones in your life. Writing down your goals forces you to select something specific and decide what you want.
- 2. Because it will motivate you to take action**  
Writing your goals down is only the beginning. Articulating your intention is important, but it is not enough. You must execute on your goals. You have to take action. I have found that writing down my goals and reviewing them regularly provokes me to take the next most important action.
- 3. Because it will provide a filter for other opportunities**  
The more successful you become, the more you will be deluged with opportunities. In fact, these new opportunities can quickly become distractions that pull you off course. The only antidote I know of is to maintain a list of written goals by which to evaluate these new opportunities.
- 4. Because it will help you overcome resistance**  
Every meaningful intention, dream, or goal encounters resistance. From the moment you set a goal, you will begin to feel it. But if you focus on the resistance, it will only get stronger. The way to overcome it is to focus on the goal – the thing I want.
- 5. Because it will enable you to see – and celebrate – your progress**  
Life is hard. It is particularly difficult when you aren't seeing progress. You feel like you are working yourself to death, going nowhere. But written goals are like mile-markers on a highway. They enable you to see how far you have come and how far you need to go. They also provide an opportunity for celebration when you attain them.

# Life Wheel

For each section of the Life Wheel:

- List the positive and negative aspects of your current situation. What are you putting up with?
- Mark a score out of 10 on the Life Wheel for how well you think each particular part is going – 10 means very well, and 1 means not well at all.
- Draw an arc connecting the numbers you've marked for each section of the Life Wheel that represent how well you think it is going. If all the sections scored 10, then your wheel would look like the circle in the diagram – because each would be joined at 10.
- List what you would like to be happening instead... for example, make some positive statements about what you want.



# Starting today

## My commitment to myself – and the world

My name is \_\_\_\_\_

Starting today, I am devoting myself to the following projects:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am devoting myself to these projects because I care about

\_\_\_\_\_

These projects deserve my full focus, attention, discipline and love.

Starting today, I am releasing the following [commitments/habits/old projects] from my life:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am releasing these things because I need to create time and energy for

\_\_\_\_\_

These things no longer have a place in my life.

I believe that the world needs more \_\_\_\_\_, and that's what I am here to create.

I may not be able to \_\_\_\_\_, but I can do my part to help.

The very next step is to \_\_\_\_\_

And then after that, to \_\_\_\_\_

When things feel overwhelming, I will remind myself that my job is simply to:

\_\_\_\_\_

I have the power to leave the world, and the people around me, in better condition than I found them.

I don't have to 'reach' for that power. I have it, right now.

*I am devoted. I am focused.*

*I am ready. I know what I am here to do.*

I am officially signing this agreement – with myself – on [date] \_\_\_\_\_

[your signature here] \_\_\_\_\_

Every word is true.



# This is what I do

## My commitment to myself – and the world

My name is \_\_\_\_\_

I'm a \_\_\_\_\_ and \_\_\_\_\_

Ultimately, all of my work is about helping people ...

[choose one]

... be less \_\_\_\_\_

... be more \_\_\_\_\_

... become amazing at \_\_\_\_\_

... become more confident at \_\_\_\_\_

... experience \_\_\_\_\_

... feel \_\_\_\_\_

... have less \_\_\_\_\_

... have more \_\_\_\_\_

... learn how to \_\_\_\_\_

... (un)learn how to \_\_\_\_\_

... reframe the way they \_\_\_\_\_

... simplify the way they \_\_\_\_\_

... start doing \_\_\_\_\_

... stop doing \_\_\_\_\_

... take action towards \_\_\_\_\_

... understand \_\_\_\_\_

(Because \_\_\_\_\_)

That is what I do.

And I am clear about it.



# Goal refining and setting

So a year from now you can look back and say “I did that!”

NOW?...SOON?...THIS YEAR!

Making a list of goals you want to accomplish in the next 12 months.

What's the one thing you really want to do?

Where in your life are you hesitating?

What's currently causing you anxiety/to worry in your life?

What are you procrastinating about doing right now?

- Think about the end of your life.
- What's on your bucket list?
- What's that burning desire you've carried in your back pocket for years?



# Goal refining and setting

So a year from now you can look back and say “I did that!”

Place each goal under the headings below.

**NOW:**

**IN THE NEXT FEW MONTHS:**

**THIS YEAR:**



# Goal refining and setting

So a year from now you can look back and say “I did that!”

MAKING YOUR GOAL **SMART**.

*Making sure your goal is the right one for you, for now.*

One that you can achieve.... one that you really want... one that matches your values...

**My goal is:**

**S.** SPECIFIC – Write it in as much detail as you can.

**M.** MEASUREABLE – Can you break down your goal and measure your progress?

**A.** ACHIEVABLE – Is this goal possible to achieve in a year from now?

**R.** REALISTIC AND RELEVANT – Do you really want this to happen?

**T.** TIMELY – When are you starting? When will you complete your goal?

Write out your goal in the **PRESENT TENSE** and as **POSITIVELY** as you can

(For example: ‘I am going to start running to keep healthy. I am going to do this by going to Parkrun and signing up for a 10k run. I’m telling my friends and family. I am feeling excited about being fitter and meeting new friends.’)



# Goal refining and setting

So a year from now you can look back and say “I did that!”

**In your ideal life** – in your wildest fantasy, what will the part of your life that you choose to focus on look like in:

Six months:

One year:

Five years:



# Goal refining and setting

So a year from now you can look back and say “I did that!”

**Intentions are the fuel to manifesting your goals and visions.** An intention will help create more clarity in your life, especially when the seed is planted right before you start your journey.

Setting an intention is like drawing a map of where you wish to go – it becomes the driving force of your higher consciousness. Without an intention there is no map, and you’re just driving down a road with no destination in mind.

That said, an intention cannot be forced. It’s a seed that you have to sow and then let grow on its own. You can’t set an intention that you don’t believe in. If it’s done forcefully, the purpose of the intention is ruined.

Here are 10 clear intentions to consider, as you move toward your goals and dreams:

- I intend to manifest happiness naturally.
- I intend to respond first, and then react.
- I intend to witness Divinity in everyone.
- I intend to lead by example.
- I intend to be open to success and abundance.
- I intend to stop taking things personally.
- I intend to forgive others and myself.
- I intend to love unconditionally.
- I intend to make meditation a more important part of my lifestyle.
- I intend to make someone smile every day.

YOUR ADDITIONAL INTENTIONS:

Keep it Positive – Make sure it can evolve – Aim for the short term



# Goal refining and setting

So a year from now you can look back and say “I did that!”

*Now commit to YOURSELF*

- What can I do differently?
- What do I need to let go of?
- How do I take my game to the next level?

*My commitment to myself is:*

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*If I was going to simplify it – and make this commitment more manageable – my new commitment would be:*

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*I care about this commitment because:*

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*To prepare and set up everything up so that I can succeed, I will:*

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*On a scale of 1-10, where*

*10 = ABSOLUTELY, COMPLETELY, I’M TOTALLY WITH THIS HAPPENING 😊*

*1 = NOT REALLY GOING TO HAPPEN IF I THINK ABOUT IT 😞*

*How CONFIDENT are you with your goal/intention/commitment?*

*How COMMITTED are you to your goal/intention/commitment?*





From my own personal experience and latterly, as a life coach, I am aware of how often we can drift, letting life impede us from doing what we really want to achieve. So I have written this as a guide to help you to rediscover your way and focus on the goals that are important to you.

With love,

Katharine Ellis



**Katharine Ellis**

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