

Fold me

"Set goals and
crush them"
-Anonymous



positivity.project@das.oregon.gov

Fold me

**VISUALIZE YOUR
GOALS**

Visualize Your Goals

What are your goals? Sometimes it's hard to come up with an immediate answer to this question. A lot is packed into that word goals. If you're struggling to identify goals you have for yourself and your life, try this visualization exercise. It is best if you can have a trusted friend or co-worker talk you through the visualization. All you have to do is get comfortable, close your eyes and let them do the talking.

Guided Inner Fulfillment Journey

You are of an advanced, mature age, and your family and many of your closest friends have come together to celebrate YOU. It's a beautiful, clear morning, and you're seated in the sunshine on a wide porch overlooking an open lawn that slopes gently away toward a beautiful, calm, sparkling body of water.

As you take in the beauty and senses of the morning and the natural surroundings, you're also enjoying the warmth of the sun and the smells and flavor of your favorite morning beverage. It's a perfect day, and you're looking forward to the celebration of you to come!

One by one, your family and close friends begin to join you on the porch. As each beloved friend and family member greets you, they take a moment to express their gratitude to you for the difference you've made in their lives - and to share a special story or two of how the impact you've had on them has touched many lives. It's clear that your life has created positive ripples that reach far and wide beyond your circle of friends and family. As more and more guests arrive, they greet you with cards and letters of gratitude, and within a short time, there are stacks of cards and letters, including many from people you have never met - all offering their appreciation for the impact your life has had on them.

What are people thanking you for? (Short pause.)

What impacts have you had? (Short pause.)

What are the common themes or threads you're hearing? (Short pause.)

As the warm, pleasant sun climbs higher into the sky and you hear more and more stories of the impact you have had you know it's going to be a great celebration indeed!

*source: Fulfillment Coaching with Co-Action Training Institute