

Glow Your Soul | A.J. Douglas

Glowing Goals Guide



MIND * BODY * SPIRIT DEVELOPMENT

Goal Setting Workbook



A NOTE FROM THE AUTHOR

WELCOME, MY BEAUTIFUL FRIEND.

Let's Glow!

I'm so happy you've taken this giant leap forward of investing in yourself. You've determined you're worthy, realized you're ready for ch-ch-changes, and eager to get started.

While you may be pumped to clear your schedule and go to town on this entire guide, I suggest you carve out just a little bit of time each night to work on the prompts and activities. 10-15 minutes will prove beneficial. Going gangbusters on this shows you are ambitious, YES. But, there is no point rushing through this book if you aren't able to pause to implement the steps. Goal setting requires planning, action, reflection, and revising to ensure success.

Whenever you feel stuck, or at a standstill, table your guidebook and your goal plan for about a week's time and focus on anything else. Have fun, laugh, and let loose and remember to schedule a time to get back to your guide. Put it on your calendar. It is perfectly fine, even beneficial to take breaks, but you've gotta come back! Remember why you started this process and perhaps you can tackle your goals with a new insight that was missing.

You are ready to manifest your dreams into reality and live the life you deserve. It's going to take some work and dedication, but you've got this. If you ever need a boost of motivation, look at everyone whose ever been successful at anything. They were shown the door many times, but were determined to make it happen. You can be a success story.

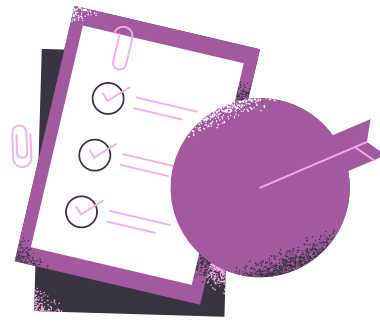
Say it with me, "I am a success story."

A.J. Douglas

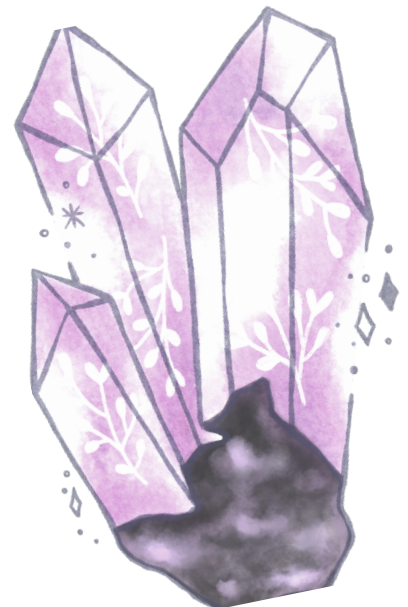
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Glow Your Soul
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CHECKLIST

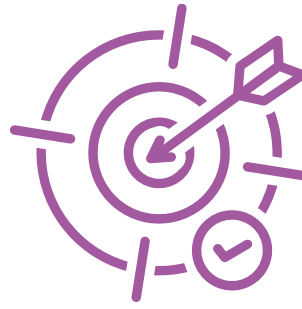
Below you will find your master goal setting checklist. You may not use all the goal worksheets if you do not plan to work on multiple goals simultaneously.



- INTRODUCTION
- REFRAMING EXERCISE
- AFFIRMATIONS EXERCISE
- GRATITUDE EXERCISE
- GOAL SETTING
- GOAL REVISION
- GOALS 1-4 - BRAINSTORM
- GOALS 1-4 - LOGISTICS
- GOALS 1-4 - EXPANSION
- VISUALIZATION EXERCISE
- GOALS 1-4 - BREAKTHROUGH
- BONUS: PLANNING CALENDAR
- BONUS: VISUALIZATION CALENDAR



INTRODUCTION



LET'S GET REAL.

When you're going through these planning lessons, you must remember to be honest with yourself. This guide is for YOU, and only you. If you are worried about others taking a peek at your dreams, you should put this in a safe place. You will not get very far sketching out your dreams if you're mincing your words, thoughts, and idealizations. You cannot put limits on yourself when goal setting. Those days are over. It's GLOW TIME.

We are going to go DEEP into the goal setting process. There may be times you come face to face with some hard truths. Sometimes there are reasons, even trauma induced, as to why some of us have been stagnant with our goals in the past. If this is the case for you, be mindful that part of your goal setting process may include working with someone else to help you heal any unresolved issues, which in turn, may be keeping your growth at bay.

Finally, determine when you're in your best mindset to get started. Not just today, but every day. When are you at your best? Are you in a better mood, more creative, and do you have more free-time/me-time in the morning, evenings, or mid-day? When are you going to allow yourself time to focus on these objectives? Iron these details out first.

WHEN are YOU able to work on your goal plan this week?

WHERE will YOU work on your plan? Do you have a space to sit & create?

REFRAMING EXERCISE



INSTRUCTIONS: Before you jump into creating your goals, let's do a bit of work to remind you that you're deserving of your dreams. Your mind can be your own worst enemy. But, it's not supposed to be that way. You deserve it ALL, and should live your very best life here on Earth. If you have any negative thoughts about yourself, you are overdue for some reframing. If you're currently aware of any limiting beliefs you have about yourself, list them here. Don't worry, this is hopefully the last time you'll ever see them. After the pain comes the glory. To the right, you will see a Positive Affirmation box. Flip that negative thought into something productive.

Example Negative Thought: I can't seem to find stability within a job and don't feel I resonate with any opportunity. ---> Positive Affirmation: I am deserving of my dream job and am designing my career exactly how I want it. After you've completed this exercise, proceed to the next page to strengthen these loving thoughts.

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

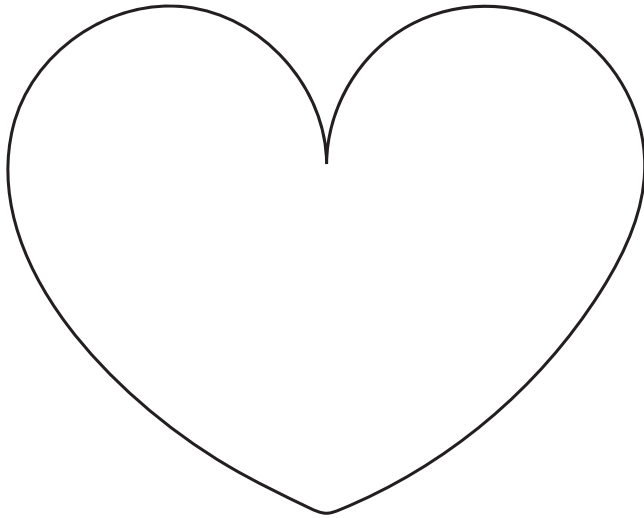
AFFIRMATIONS EXERCISE



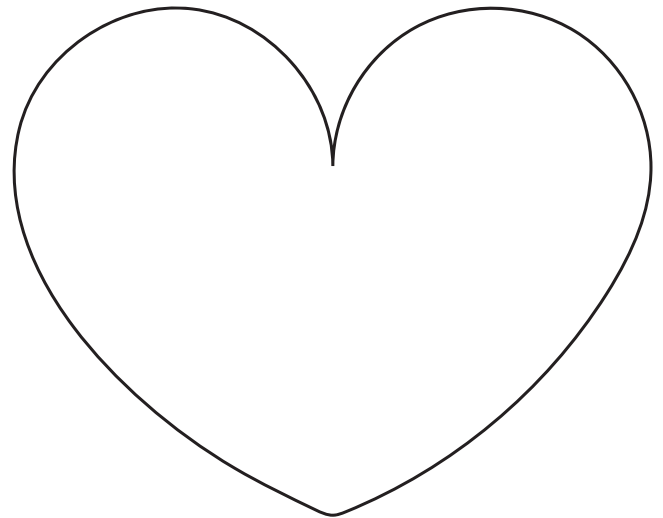
INSTRUCTIONS: Re-write your positive affirmations in present tense. These should be framed as "I am", and not stated as "One day", "I will", or anything else that alludes to the future. See the example in the Reframing Exercise for context. Feel free to edit your original positive affirmation from the previous exercise into something more meaningful. You are the designer of your own life. Create at least 4 affirmations that will help you feel empowered.

Get creative! Write them in your favorite colors or in fancy detail. Once they're complete, state these *at least* once a day. A great practice is to make them part of your morning routine. Set your day up with a positive spin, You could also cut them out and place them on a mirror.

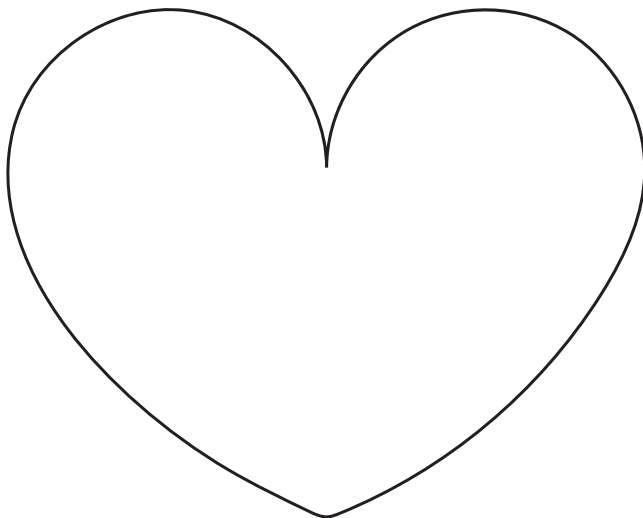
Affirmation #1:



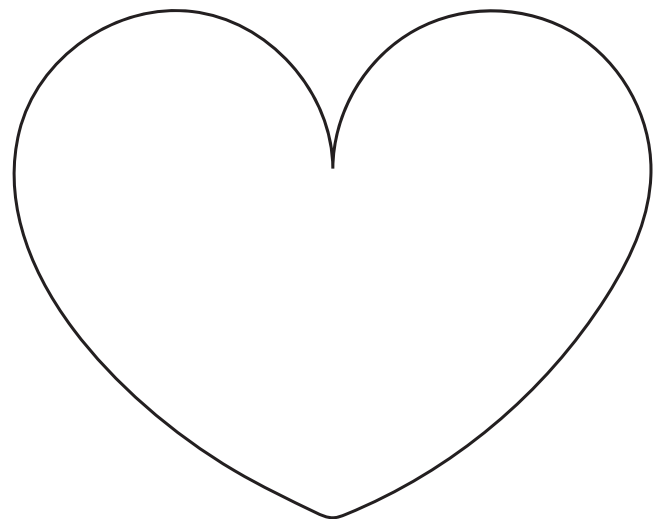
Affirmation #2:



Affirmation #3:

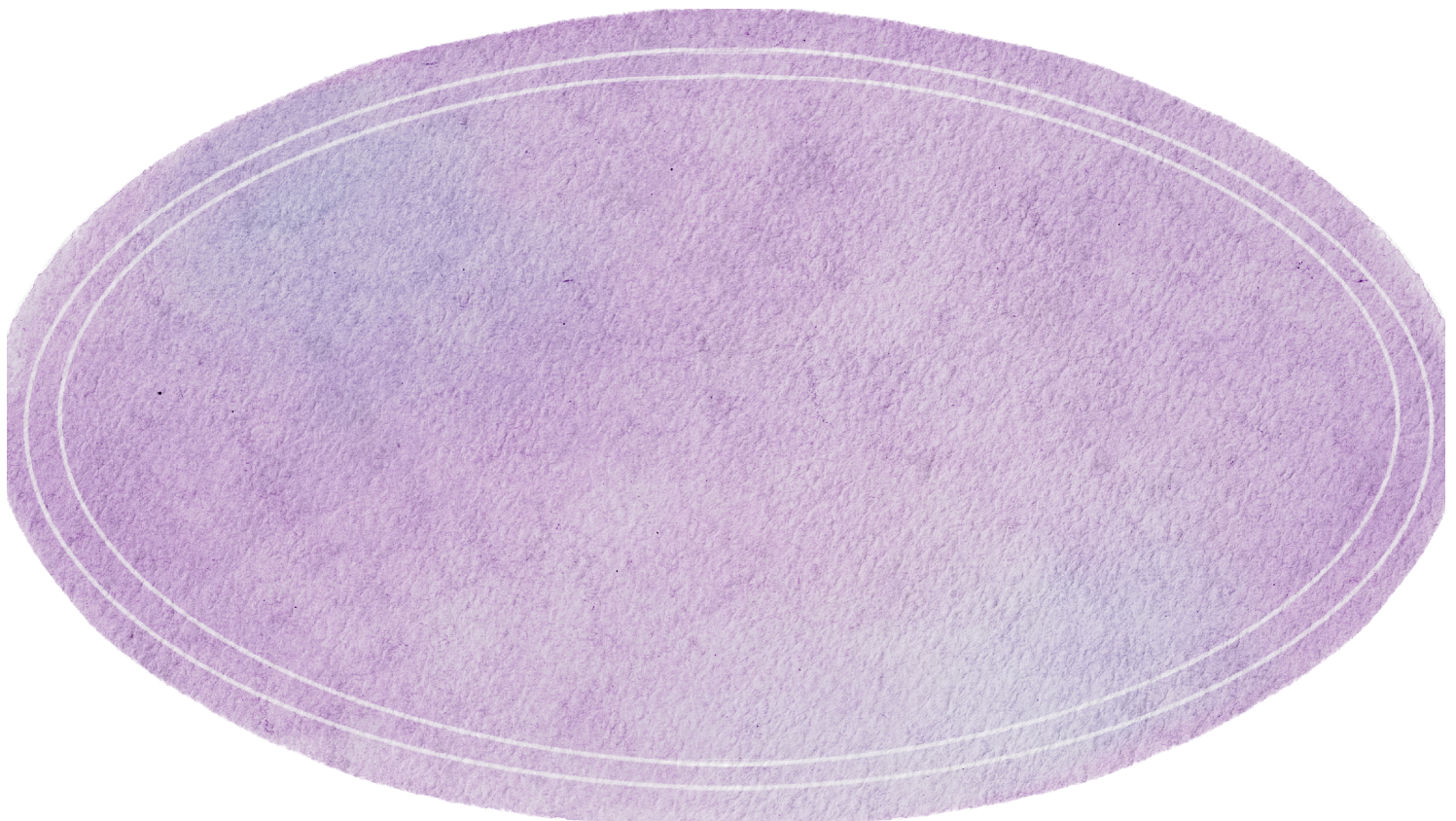
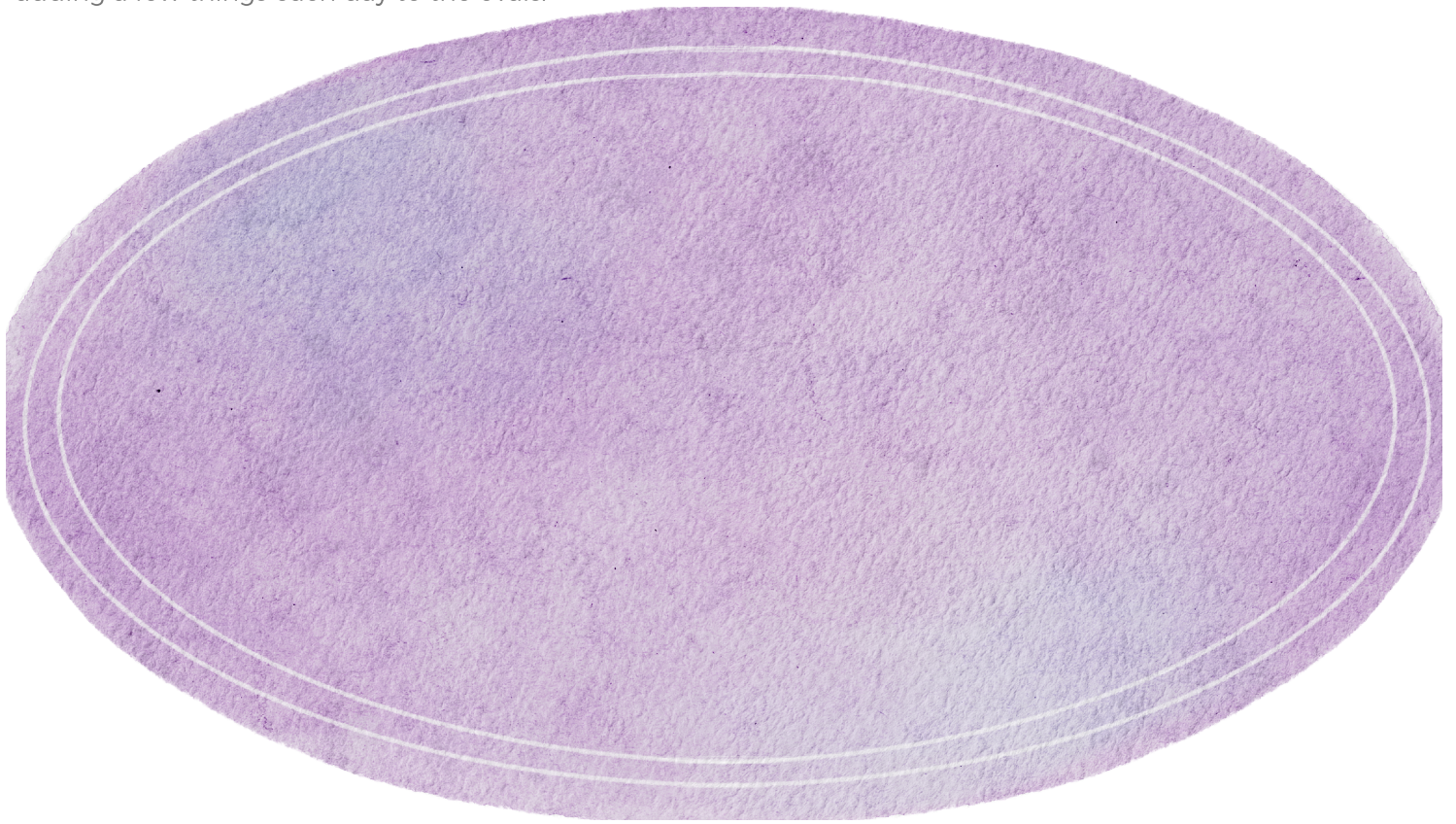


Affirmation #4:



GRATITUDE EXERCISE

INSTRUCTIONS: A GREAT way to raise your vibrational frequency and elevate yourself to new proportions is to give gratitude. Appreciating what you have is a beautiful exercise that's very grounding. Not only does it make your heart feel good, it helps make room for new things to come along. You will start to see the joy in the little things, the big things, and the stuff you may be taking for granted. Continue to use this page while working through this goal guide by adding a few things each day to the ovals.



GOAL SETTING



INSTRUCTIONS: Consider up to 4 goals to target simultaneously in any areas of your life. These would be areas you are looking to improve upon or completely change. You may not have 4 goals, and might prefer to focus on just 1 or 2. Some areas you may want to consider are: spiritual goals, health and wellness, education, career, relationship building, love, finance, etc.

GOAL #1: List goal number 1 in as much detail as you can.

GOAL #2: List goal number 2 in as much detail as you can.

GOAL #3: List goal number 3 in as much detail as you can.

GOAL #4: List goal number 4 in as much detail as you can.

GOAL REVISION



INSTRUCTIONS: Now that you've written out your goals it's time to revise them. Yes, already! Rewrite your goals with a few key elements.

1. Write them in present tense. Write them as if you are already living them.
2. Write them so they're framed positively. Do not use negative language. Example: Don't say, "I vow to eat healthy so I won't be sick anymore." It's better to state, "I am fit and healthy. I exude complete wellness".

REVISED GOAL #1: In present tense, framed positive, and with details that excite you.

REVISED GOAL #2: In present tense, framed positive, and with details that excite you.

REVISED GOAL #3: In present tense, framed positive, and with details that excite you.

REVISED GOAL #4 In present tense, framed positive, and with details that excite you.

GOAL #1 - BRAINSTORM



INSTRUCTIONS: Dedicate this page to brainstorming Goal #1. "SOON" is the terminology we are going to use for your "After".

Summarize Goal #1:

WHAT DOES THIS AREA OF MY LIFE
LOOK LIKE NOW?



WHAT WILL THE AREA OF MY LIFE
LOOK LIKE SOON?



THESE ARE THE OBSTACLES STANDING
BETWEEN ME AND MY GOAL.



BRAINSTORMING CIRCLE. JOT DOWN
ANY THOUGHTS ABOUT THIS GOAL.

GOAL #2 - BRAINSTORM



INSTRUCTIONS: Dedicate this page to brainstorming Goal #2. "SOON" is the terminology we are going to use for your "After".

Summarize Goal #2:

WHAT DOES THIS AREA OF MY LIFE
LOOK LIKE NOW?



WHAT WILL THE AREA OF MY LIFE
LOOK LIKE SOON?



THESE ARE THE OBSTACLES STANDING
BETWEEN ME AND MY GOAL.



BRAINSTORMING CIRCLE. JOT DOWN
ANY THOUGHTS ABOUT THIS GOAL.

GOAL #3 - BRAINSTORM



INSTRUCTIONS: Dedicate this page to brainstorming Goal #3. "SOON" is the terminology we are going to use for your "After".

Summarize Goal #3:

WHAT DOES THIS AREA OF MY LIFE
LOOK LIKE NOW?



WHAT WILL THE AREA OF MY LIFE
LOOK LIKE SOON?



THESE ARE THE OBSTACLES STANDING
BETWEEN ME AND MY GOAL.



BRAINSTORMING CIRCLE. JOT DOWN
ANY THOUGHTS ABOUT THIS GOAL.

GOAL #4 - BRAINSTORM



INSTRUCTIONS: Dedicate this page to brainstorming Goal #4. "SOON" is the terminology we are going to use for your "After".

Summarize Goal #4:

WHAT DOES THIS AREA OF MY LIFE
LOOK LIKE NOW?



WHAT WILL THE AREA OF MY LIFE
LOOK LIKE SOON?



THESE ARE THE OBSTACLES STANDING
BETWEEN ME AND MY GOAL.



BRAINSTORMING CIRCLE. JOT DOWN
ANY THOUGHTS ABOUT THIS GOAL.

GOAL #1 - LOGISTICS



INSTRUCTIONS: Let's do a deeper dive into GOAL #1. Each step of the process will feel that is becoming more challenging. TRUST the PROCESS.

Summarize Goal #1:

I would like to be living my goal by this time frame:

What things will help me succeed in reaching this time window?

What people will help me succeed on my path for this particular goal?

What resources do I need to gather or obtain to make this goal happen by my time frame?

What will be the hardest part of reaching my goal, and how will I overcome this perceived hurdle?

GOAL #2 - LOGISTICS



INSTRUCTIONS: Let's do a deeper dive into GOAL #2. Each step of the process will feel that is becoming more challenging. TRUST the PROCESS.

Summarize Goal #2:

I would like to be living my goal by this time frame:

What things will help me succeed in reaching this time window?

What people will help me succeed on my path for this particular goal?

What resources do I need to gather or obtain to make this goal happen by my time frame?

What will be the hardest part of reaching my goal, and how will I overcome this perceived hurdle?

GOAL #3 - LOGISTICS



INSTRUCTIONS: Let's do a deeper dive into GOAL #3. Each step of the process will feel that is becoming more challenging. TRUST the PROCESS.

Summarize Goal #3:

I would like to be living my goal by this time frame:

What things will help me succeed in reaching this time window?

What people will help me succeed on my path for this particular goal?

What resources do I need to gather or obtain to make this goal happen by my time frame?

What will be the hardest part of reaching my goal, and how will I overcome this perceived hurdle?

GOAL #4 - LOGISTICS



INSTRUCTIONS: Let's do a deeper dive into GOAL #4. Each step of the process will feel that is becoming more challenging. TRUST the PROCESS.

Summarize Goal #4:

I would like to be living my goal by this time frame:

What things will help me succeed in reaching this time window?

What people will help me succeed on my path for this particular goal?

What resources do I need to gather or obtain to make this goal happen by my time frame?

What will be the hardest part of reaching my goal, and how will I overcome this perceived hurdle?

GOAL #1 - EXPANSION



INSTRUCTIONS: Now, break down the steps of your goals into reasonable action items. These are referenced here as "Mini-Goals". They're the steps needed to pull this off. It's perfectly fine to not know all of your steps. You can come back to it as you progress, and just START with a few.

Summarize Goal #1:

Mini Goal #1:

Time Frame:

Mini Goal #2:

Time Frame:

Mini Goal #3:

Time Frame:

Mini Goal #4:

Time Frame:

Mini Goal #5:

Time Frame:

Mini Goal #6:

Time Frame:

GOAL #2 - EXPANSION



INSTRUCTIONS: Now, break down the steps of your goals into reasonable action items. These are referenced here as "Mini-Goals". They're the steps needed to pull this off. It's perfectly fine to not know all of your steps. You can come back to it as you progress, and just START with a few.

Summarize Goal #2:

Mini Goal #1:

Time Frame:

Mini Goal #2:

Time Frame:

Mini Goal #3:

Time Frame:

Mini Goal #4:

Time Frame:

Mini Goal #5:

Time Frame:

Mini Goal #6:

Time Frame:

GOAL #3 - EXPANSION



INSTRUCTIONS: Now, break down the steps of your goals into reasonable action items. These are referenced here as "Mini-Goals". They're the steps needed to pull this off. It's perfectly fine to not know all of your steps. You can come back to it as you progress, and just START with a few.

Summarize Goal #3:

Mini Goal #1:

Time Frame:

Mini Goal #2:

Time Frame:

Mini Goal #3:

Time Frame:

Mini Goal #4:

Time Frame:

Mini Goal #5:

Time Frame:

Mini Goal #6:

Time Frame:

GOAL #4 - EXPANSION



INSTRUCTIONS: Now, break down the steps of your goals into reasonable action items. These are referenced here as "Mini-Goals". They're the steps needed to pull this off. It's perfectly fine to not know all of your steps. You can come back to it as you progress, and just START with a few.

Summarize Goal #4:

Mini Goal #1:

Time Frame:

Mini Goal #2:

Time Frame:

Mini Goal #3:

Time Frame:

Mini Goal #4:

Time Frame:

Mini Goal #5:

Time Frame:

Mini Goal #6:

Time Frame:

VISUALIZATION EXERCISE



INSTRUCTIONS: You've now got your plans down in writing and you have an idea of a time frame to get to working on your mini-goals. You even know what resources you need to gather to get to MOVIN'. Now, it's time to visualize all your goals as TRUTHS.

It's time for you to create a visual.
This is an important step in the goal setting process. Here, you can put all of your goals together into one visualization project (Goals 1-4, or as many are mapped out).
So, how do you create a visual?

Here are a few options you can choose from:



Create an Online Vision Board

Start gathering inspiring photos, words, and icons that inspire you. You are essentially creating an online poster of where you want to be in the near future. Some ideas are pictures of someone looking similar to you (or faceless) doing your dream job, certain fashion elements like a dress or suit you'd love to rock, and pictures of a happy family if that is in your wheelhouse. My vision board has everything under the sun from creating resources (like THIS ONE), to certain places I want to vacation, as well as cutout words such as "romance" and "happy kids are everything". There are no rules. PowerPoint is a great resource for creating an online vision board.

Create a Poster Vision Board

Same concept, except this is a poster (big or small) that you will actually create (think glue, tape, scissors, and glitter). This can be a fun project if you love being creative. You can print pics from online, or cut out magazine photos for your vision to come to life. Alternately: use a blank bulletin board and design your photos on it collage style. Once your design is complete, place it somewhere you will view it frequently. The idea is to truly envision this life and get excited about it. When you pass by your vision board, give gratitude as if you already have these things now. Feel the emotions that come with your dreams.

Paint a Portrait

If you're not looking forward to another vision board, try this. Grab a canvas, some paint, and make your mark. Paint your goals in symbols and/or words. Use the colors that inspire you the most. When you're finished (and it is dry!) hang it somewhere you will see often. Remember the power behind this painting is that YOU created it, and remember what all you're creating with your powerful mind each day by working towards your goals.

GOAL #1 - BREAKTHROUGH



INSTRUCTIONS: Time to determine what's working versus what needs revamped. Don't consider this a negative. This is par for the course and is a necessary part of goal setting. Use this sheet after you've spent time working on your Mini-Goals and have an understanding of your progress (whether that be a *lack* of progress or considerable movement).

Summarize Goal #1:

THESE ARE MY BIG WINS OF HOW
MY GOAL IS PROGRESSING:



THESE ARE THE AREAS I NEED TO
PUSH-THROUGH OR REVISE:

Here are my next two revised Mini-Goals to continue breaking through:

Mini Goal #1:

Time Frame:

Mini Goal #2:

Time Frame:

GOAL #2 - BREAKTHROUGH



INSTRUCTIONS: Time to determine what's working versus what needs revamped. Don't consider this a negative. This is par for the course and is a necessary part of goal setting. Use this sheet after you've spent time working on your Mini-Goals and have an understanding of your progress (whether that be a *lack* of progress or considerable movement).

Summarize Goal #2:

THESE ARE MY BIG WINS OF HOW
MY GOAL IS PROGRESSING:



THESE ARE THE AREAS I NEED TO
PUSH-THROUGH OR REVISE:

Here are my next two revised Mini-Goals to continue breaking through:

Mini Goal #1:

Time Frame:

Mini Goal #2:

Time Frame:

GOAL #3 - BREAKTHROUGH



INSTRUCTIONS: Time to determine what's working versus what needs revamped. Don't consider this a negative. This is par for the course and is a necessary part of goal setting. Use this sheet after you've spent time working on your Mini-Goals and have an understanding of your progress (whether that be a *lack* of progress or considerable movement).

Summarize Goal #3:

THESE ARE MY BIG WINS OF HOW
MY GOAL IS PROGRESSING:

THESE ARE THE AREAS I NEED TO
PUSH-THROUGH OR REVISE:

Here are my next two revised Mini-Goals to continue breaking through:

Mini Goal #1:

Time Frame:

Mini Goal #2:

Time Frame:

GOAL #4 - BREAKTHROUGH



INSTRUCTIONS: Time to determine what's working versus what needs revamped. Don't consider this a negative. This is par for the course and is a necessary part of goal setting. Use this sheet after you've spent time working on your Mini-Goals and have an understanding of your progress (whether that be a *lack* of progress or considerable movement).

Summarize Goal #4:

THESE ARE MY BIG WINS OF HOW
MY GOAL IS PROGRESSING:



THESE ARE THE AREAS I NEED TO
PUSH-THROUGH OR REVISE:

Here are my next two revised Mini-Goals to continue breaking through:

Mini Goal #1:

Time Frame:

Mini Goal #2:

Time Frame:

GOAL PLANNING CALENDAR



INSTRUCTIONS: Use this calendar to help you plan your goal setting sessions. If you find that making time for this is easier said than done, pencil it in and make a commitment to yourself. Map out the next month and commit to at least 3 days each week, even if it's just for a few minutes. Don't lose sight of what you're after!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUES				
WED				
THURS				
FRIDAY				
SAT/SUN				

CALENDAR VISUALIZATION



INSTRUCTIONS: If you're focusing on revamping your career goals, that may involve a dream schedule. Use the template below to plan your ideal work week. Use the top gray bar (framing the calendar) for your days of the week, and the bar on the left side to detail time of day.



WORK WITH A.J. DOUGLAS

GLOW YOUR SOUL

A life-long learner, I've spent the last 25 years immersed in spiritual development. I first studied Reiki and chakra healing in 1999, and while it was my first love, I wanted to know everything about the human mind and body. I graduated from Ohio University with a B.A. in Psychology, and I hold current certifications in Hypnotherapy, specializing in Inner Child Work (Age Regression Therapy, Past Life Healing), Holistic Breathwork Facilitator, Shamanic Practitioner, and as a Reiki Master.

I firmly believe we are ALL healers, and we each have the capability to use our inner guidance to rise above. Nourishing the Soul by developing and strengthening the Mind, Body, & Spirit allows you to elevate yourself, raise your vibrational frequency, and find your true purpose.

I offer 1-on-1 services in the areas of Intuitive Guidance, Body Work (chronic illness, managing health, and weight loss), Spiritual Pathing, and Distance Reiki Healing. I offer group and in-person sessions for Past Life Regression and Shamanic Healing at my home office in Columbus, OH (USA). Visit my [website](#) to check out all current services available.

“You can harness your own power and Glow Your Soul. Inner guidance at its finest.”

HAVE QUESTIONS?

Contact A.J. Douglas

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[IG.COM/GLOW_YA_SOUL](https://www.instagram.com/glow_ya_soul)



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