



Goals, Feeling Good and Life Purpose

I believe that each of us comes into this life with a personal mission or Divine Life Purpose.

When your Ship of Life is on course, things **feel good**, as if you are sailing with the tide, supported and ***in the flow***.

BUT WHEN YOUR SHIP OF LIFE GOES OFF COURSE...

You begin to feel unhappy, frustrated and confused.

Eventually a crisis may halt your life and it's as if your Ship is stuck on a sandbar

This means...you are way off track with your Life Purpose.

The signs may have been coming for some time.

But it's only when you get so ill you cannot work or an unexpected crisis *grinds you to a halt* ...

That you may be forced to sit up and take notice.

You will have to excavate beneath the sandbank and make changes to the course of your life in some important ways.

Something has to change.

What if this feeling of being stuck or off course is a reason to choose *new goals*?

And what if you align with your Life Purpose in choosing your goals – would that make a huge difference to your life?

How to do that?

Feel Good

Look at YOUR PASSIONS and WHAT MAKES YOU FEEL GOOD.

Abraham-Hicks say it in their Law of Attraction work:

"Nothing is more important than that you feel good."

And Danielle LaPorte expanded that concept into a book called *The Desire Map*

In it she says:

You're not chasing the goal itself, you're actually chasing the *feeling* that you hope achieving that goal will give you.

Which means we have the procedures of achievement upside down. We go after the stuff we want to have, get, or accomplish, and we hope that we'll be fulfilled when we get there. It's backwards. And it's burning us out.

So what if you first got clear on how you actually wanted to feel in your life, and then created some "Goals with Soul"?



Goals with Soul

Goals without this *feel good factor* cause stress because they never light the fire in your heart that will guarantee you will commit to them for the long term.

They are most likely to fizzle out and die.

They lack the driving WHY and WOW you need for a Goal with Soul.

Positive Vibrations

In practical terms FEELING GOOD raises your energy levels or *vibration* and heightens your staying power.

Psychiatrist and consciousness researcher Dr David Hawkins in his book ***Power vs. Force*** (2002) explains scientifically how energy vibrates on a Vibrational Scale.

Emotional- Energy Scale

At the lowest levels of the scale are:

- Fear, grief, depression, despair, powerlessness

Rising up above those:

- Shame, guilt, blame, unworthiness, worry etc

Higher up:

- Doubt, overwhelm, frustration, boredom

How to move from stress to success?

At these levels...you will likely stay stuck on your sandbank, frustrated and failing to achieve your desires, dreams and goals.

So if you wallow in the news media stories of doom and gloom. If you gossip and repeat bad things to yourself and others...then no wonder you are not a shining success or feeling good.

The Good News

If you focus on emotions like:

- Hope, contentment, love, gratitude and
- Bliss, peace, compassion, passion, appreciation, enthusiasm, joy, freedom...

Then you are on your way to being uplifted into the higher vibrations of success.

To sustain this high vibration, keep up the discipline it requires to not slip down the ladder of negativity.

We are human and this can happen sometimes.



But if you want to choose INSPIRED GOALS, you need to absorb this lesson and practice it in your life.

DREAM BIG
START SMALL
ACT NOW