

ALIGN /uh-lahyn/

- To arrange in a straight line.
- o To bring into cooperation or agreement with a particular cause.
- o To be in precise adjustment or correct relative position.

The organized system to correct, sustain, and grow your whole health & vitality naturally for the life you really want.

Here's where we left off and where we will be starting from:

NOTE:

This page may look pretty messy and wild when you're done adding your notes to it. Don't worry, you're going to clean it all up later. For now, complete the Goal phase of your Concentrated Wants.

A5-c EXAMPLE:

GOALS from Concentrated Wants. (GCW)

1. Health by 12/31/20

lth by 12/31/20 Lose 25 lbs., go to the <u>dentist and dermatologist</u>, be healthy enough to get off of at least one prescription. Follow Dr. B nutritional plan and lose 25 lbs. and off of Metformin by Christmas

2. Fitness

by 9/1/20 Be able to ride my <u>bike</u> again for <u>more than 30 mins</u> and <u>play hard</u> with my kids. Play soccer with the kids for 15 mins straight by 10/1/2020.

3. Financial

Make \$8,000 more than last year, pay off debt.

Begin XZY Debt Payment Plan Method on 3/1/20, complete paying off debt by 2/14/2021. Hit my markers to make each quarterly's \$2K bonus for the next 4 quarters by 6/1/21.

IIIV
From the beginning of the school year until the end
Eat every <u>dinner together</u> at the dinner table <u>during</u> the week, go camping together once a quarter, see my parents more regularly. other month and call Have each camping trip scheduled before the 1st day of the next quarter. 2/week starting now.

5. Relational

Have date nights at least every two weeks, make time to see my friends Schedule a 1/yr get together, finalize and call them. 2x/month date (only one can be dinner) starting now. plans by 12/1/2020 for 2021.

6. Spiritual

<u>5 days a week</u> start my day with a <u>devotional and meditation for 20 mins</u>. Mon-Frí from 6:00-6:20AM from 3/1/20 - 5/1/20 and Daily Audio Bible on drive to work.

7. Personal

Learn piano and make a garden with food I can eat.

Start 1/wk piano lessons by 4/1/20. Complete building garden and have planted by 3/7/20.

8. Professional

Have the top 3 sales in the region, have all my lesson plans created two weeks ahead of schedule, learn digital marketing. Choose and start the XYZ Dgital Sell 3 widgets every week and 1 more than anyone in my region. Marketing home study from udemy.com. Start 6/1/20 complete by 7/15/20.

Have the next 30 days of lessons outlined before the 15th of each month. Have the next 2 wks detailed lessons completed on the \mathcal{F}^{th} and 21st of each month. **CW**

-25 lbs. Dentist/Dermatologist -1 RX

Bike > 30 mins Play Hard w/ Kids

+\$8,000 this year No debt

Weekday Dine Together Quarterly camping Sched for Parents

Bi-Monthly Dating Friend Sched

Weekday Devo-Med 20 Mins

Píano Lessons Garden Grow-Eat

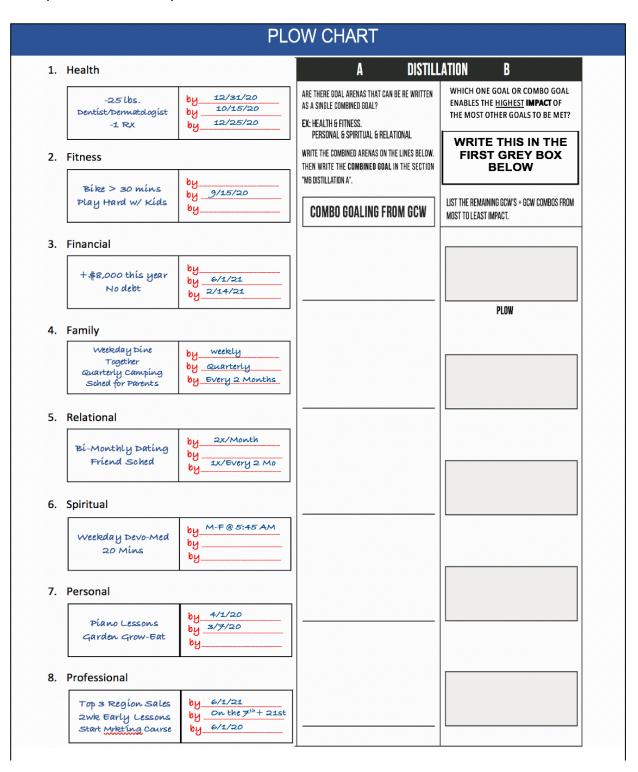
Top 3 Region Sales 2wk Early Lessons Start Mrkt'ing Course

A6-a: Transfer Stage

Simply transfer what you defined in "CW" section of the Goals from Concentrated Wants (A5-c) to fit into the left half of the "PLOW CHART" below. You may update your target deadlines for simplicity's sake (as was done with the Fitness goal's deadline for example).

Note: Additional blank Plow Charts are included so you can repeat this process in 6 months or a year or if you want to rewrite things to look really tidy.

See this example for better clarity:

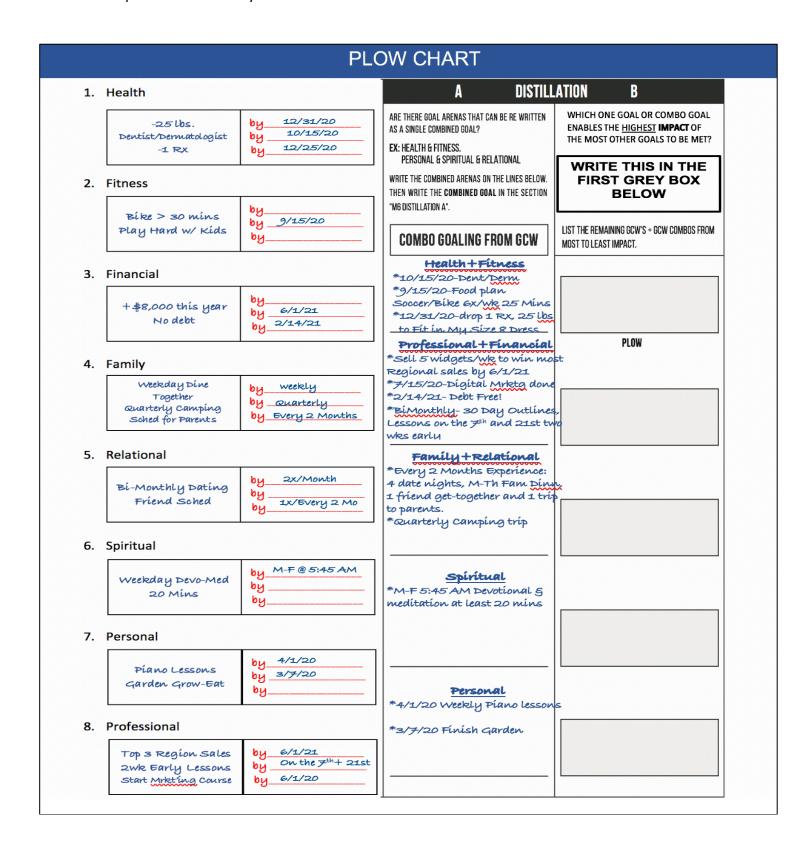


1.	Health		A DISTILL	ATION B
		pA	ARE THERE GOAL ARENAS THAT CAN BE RE WRITTEN AS A SINGLE COMBINED GOAL? EX: HEALTH & FITNESS. PERSONAL & SPIRITUAL & RELATIONAL	WHICH ONE COMBO GOAL ENABLES THE HIGHEST IMPACT OF THE MOST OTHER GOALS TO BE MET?
2.	Fitness		WRITE THE COMBINED ARENAS ON THE LINES BELOW. THEN WRITE THE Combined Goal in the section	WRITE THIS IN THE FIRST GREY BOX BELOW
		pA pA	"M6 DISTILLATION A". COMBO GOALING FROM GCW	LIST THE REMAINING GCW'S + GCW COMBOS FROM MOST TO LEAST IMPACT.
3.	Financial			
		by by		
4.	Family			PLOW
		pA		
5.	Relational			
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6.	Spiritual			
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7.	Personal			
		pA pA		
8.	Professional			
		by by		

A6-b: Distillation A- Combo Goaling from GCW

On this step you will see which goal arenas could be combined synergistically. Blend these goals together under a common umbrella. Keep in mind, you may modify the goals and dates as part of combining them. Also, you will not likely have 5 Combined Goals even though the space is provided.

See the example for better clarity.



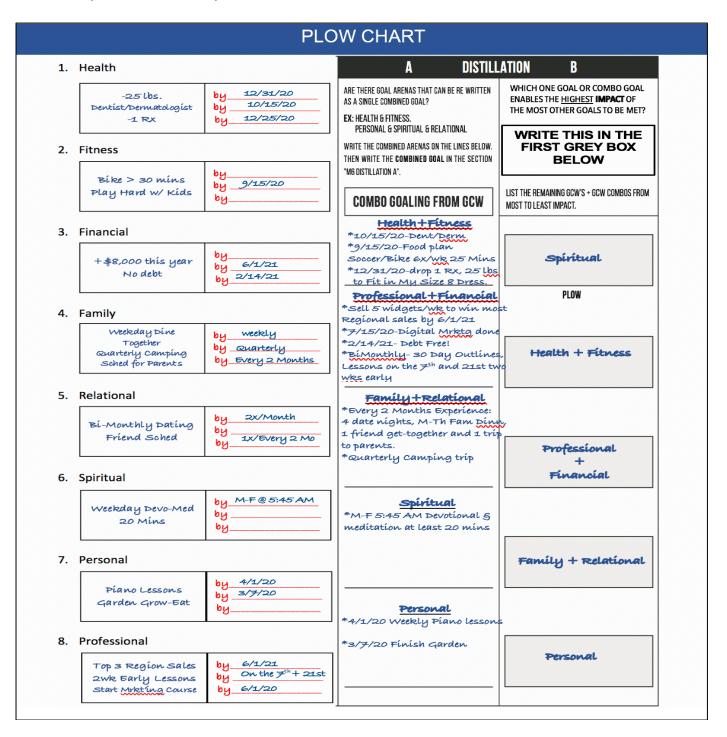
Question:

Are these goals and combo goals congruent with your Compass & Clock? If not, tweak them until they are.

A6-c: Distillation B- Impact and Order

- 1. Review Distillation A, which one GCW or Combo GCW enables the highest IMPACT of the most other goals to be met?
- 2. Write this in the Distillation B section in the box labeled, "PLOW".
- 3. List the remaining GCW's and GCW Combos in order from most to lease impact.

See this example for better clarity:



Crystallization

1. Get comfortable, clear your mind and take three full breaths in and out.

Imagine you are taking action for these goals and as you do, they are coming to fruition with surprising speed. It's as if you're Plowing and Seeding and the crop grows up almost as fast as you can plow.

Close your eyes and don't move on until you see how your life looks as these goals become reality.

- 2. What do you see are the fruits of your work? Who are the people and what are the things and experiences now in your life? Write your answers.
- 3. What exciting unintended benefits are also opening up in your life that you didn't even think might happen? Write these new benefits.
 - A. Take 5-15 minutes total to clearly see these results for each goal area.
 - B. In the space below, write these results down in fine detail.
 - C. How do you feel as you see yourself accomplishing these goals in your life?
 - D. Write the descriptions of how you feel about yourself (ex your: commitment, courage, capabilities, confidence, peace, happiness, love, vigor, vitality, grace, strength, creativity)
 - E. As you soak into this exciting fruitful life, list what you are grateful for. Be thorough.

Quick Tip:

When asked about her "process", Grammy winning songwriter Patty Griffin said that the key to writing great songs for her is when a song came to her she chose to respect that moment with reverence. She said something like, "Don't stop writing and think you can come back to that gift of a moment. Stay with it until what was being revealed to you is fully received."

If your hit song is coming to you during this section, or at any time, stay with it to the end. If it's not coming to you, don't sweat it. You can always return to this process. The more you do this exercise the more clarity shows up.

Crystallization: Notes of Clarity



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		by by	ARE THERE GOAL ARENAS THAT CAN BE RE WRITTEN AS A SINGLE COMBINED GOAL? EX: HEALTH & FITNESS. PERSONAL & SPIRITUAL & RELATIONAL	WHICH ONE COMBO GOAL ENABLES THE <u>HIGHEST</u> IMPACT OF THE MOST OTHER GOALS TO BE MET?
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2.	Fitness		WRITE THE COMBINED ARENAS ON THE LINES BELOW. THEN WRITE THE COMBINED GOAL IN THE SECTION	WRITE THIS ON TOP OF THE FIRST GREY BOX BELOW.
		ხყ ხყ	"M6 DISTILLATION A". COMBO GOALING FROM GCW	LIST THE REMAINING GCW'S + GCW COMBOS FROM MOST TO LEAST IMPACT.
3.	Financial			
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4.	Family			PLOW
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A7: Compass-Course-Can

A. Revisit "The Compass and The Clock" now that you've clarified what you really want and made them

A7-a:

into goals. Re-examine what you wrote for your responses regarding what is your Compass. Determine if this still fits well or if you would like to refine it for a precise Compass Heading. Complete this step, then write it below in the Compass box
Compass This answers the question, "Why am I pointed in this direction?"
Ex:
Lead my family and others in the ways I've co-created with God to coach them into their greatness so that they experience freedom and joy in the pursuit of their daily lives' callings.
Course This answers the question, "What I need to do to go where do I want to go?" Write a phrase or sentence that moves you toward living out your Compass. This is an aspirational specific outcome that is a stretch to achieve but is possible.

Ex:

Revisit my Compass each day and keep its outcomes so clear I can feel them so nothing prevents me from making daily progress on one or multiple of my goals.

*I recognize that not choosing this action, is choosing my life with stress and frustration.

Can This answers the question, "How can I get there?"

These are the actions that you have in your direct control. It's about what you can do.

Give 2-4 metrics toward attaining your Course. They must be:

- 1. Specific and timebound
- 2. Aggressive yet realistic
- 3. Measurable and verifiable

Ex:

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•	Do all 5 elements of the B.R.A.V.E. Health Method for 120 days straight.
•	Write in a gratitude journal daily.

- Buy and begin udemy book writing class and have my book's outline done by 6/21/20xx.
- Maintain my dietary & sleep metrics 6 days/week.
- Do Vitality Moves 25 mins daily and choose my Grand Canyon guide by 1/31/20XX.
- Earn \$2000/quarterly bonus and apply half of that to eliminate my debt by 4/25/20XX

I Can and will...

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- B. Looking at your Distillation section of your PLOW CHART...
 - 1. Is it clear what the core essence for each of your PLOW, GCW Combos and GCWs are?
 - 2. Write these in a short phrase or sentence (must be measurable, verifiable and timebound).
 - a. These are your checkpoints for what you're *doing* that move you toward your result.
 - b. Checkpoints are to inform you that you're tracking right or if you need to redirect.

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•	PLOW: Monday - Friday 1 study, meditate and Journal with Jesus from 5:45-6:15 AM .
	Combo GCW #1: Begin my Food Plan and 6 days/wk fitness on 9/15/20XX, Go to the
	COMBO GEW #1. Begin my + bou + three week & mays, we teness on 1/15/20xx, 40 to the
	Dermatologist & Dentists by 10/15/20XX, Drop 1 RX and 25 lbs to a Size 8 by New Year's 20XX
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- 3. Underline 1 3 of the key words from each Goal you just wrote. Underline the **Plow**'s key words in **RED** and the **others'** in **BLACK**.
- 4. Make a 1-3 letter goal abbreviation for the answers from #3.
 - a. Ex: Plow Goal: M-F 5:45 AM Devotional, Meditation & Journal Time
 - i. Plow Abbreviation:
 - ii. 5xDMJ
 - b. Ex: Combo GCW #1 of Health & Fitness:
 - i. <u>Food & 6 Days/wk Fitness</u> Started, <u>Dentist & Dermatologist</u> Visits Done, <u>- 1 Rx & 25</u>
 lbs
 - ii. FF6. -Rx25
 - 1. *Note: The Dentist & Dermatologist are missing from the abbreviation. These were such a burden to keep hanging around that these appointments were booked just to move them to the DONE list. (it's part of the magic of writing things down.)
 - c. Ex: Combo GCW Family & Relational
 - i. Every 2 Months= 4 dates, M-Th Family Dinners (32), 1x See parents & Host Friends
 - ii. 4D.32D.F&P/2m shortened to → 4.32D.FP/2m

The abbreviations just need to be clear to you. You want to be able to understand your abbreviations and know exactly what it means at a quick glance. Think of it like the symbol that represents what must be done to reach that goal.