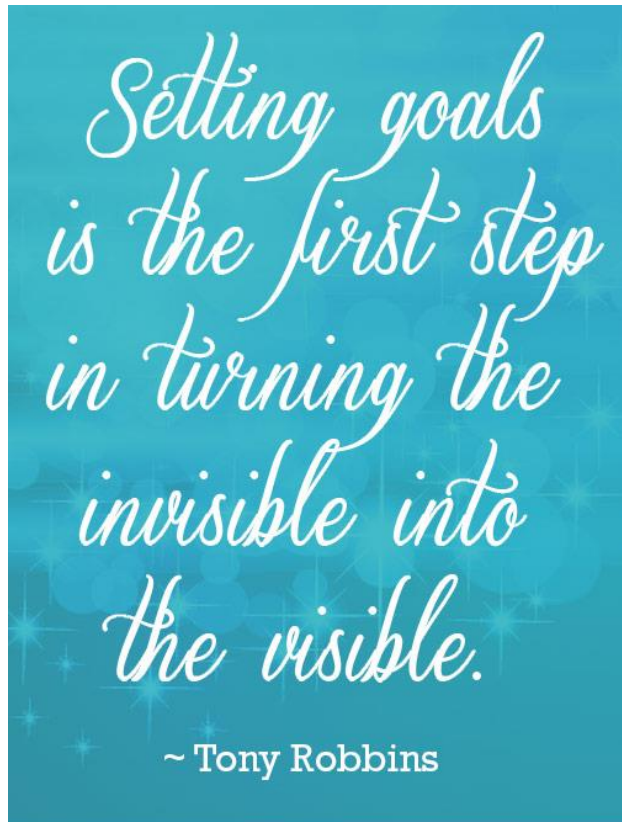


# Women of Enlightenment Support Group

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## January: Goal-Setting

Facilitator:  
Bridget Morris  
Minister:  
Rev. Carol Willis



 Living Locurto.com

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# The Language of Letting Go

January 1

## The New Year

Make New Year's goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you're interested in fully living life in the year to come.

Goals give us direction. They put a powerful force into play on a universal, conscious, and subconscious level.

Goals give our life direction.

What would you like to have happen in your life this year? What would you like to do, to accomplish? What good would you like to attract into your life? What particular areas of growth would you like to have happen to you? What blocks, or character defects, would you like to have removed?

What would you like to attain? Little things and big things? Where would you like to go? What would you like to have happen in friendship and love? What would you like to have happen in your family life?

Remember, we aren't controlling others with our goals—we are trying to give direction to *our* life.

What problems would you like to see solved? What decisions would you like to make? What would you like to happen in your career?

What would you like to see happen inside and around you?

Write it down. Take a piece of paper, a few hours of your time, and write it all down—as an affirmation of you, your life, and your ability to choose. Then let it go.

Certainly, things happen that are out of our control. Sometimes, these events are pleasant surprises; sometimes, they are of another nature. But they are all part of the chapter that will be this year in our life and will lead us forward in the story.

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.

*Today, I will remember that there is a powerful force motivated by writing down goals. I will do that now, for the year to come, and regularly as needed. I will do it not to control but to do my part in living my life.*

# SUPER SOUL.TV

EVERYBODY HAS A SOUL STORY



Tony Robbins and Oprah Winfrey

# Acknowledgements

Super Soul Sunday on OWN

<http://www.supersoul.tv/supersoul-sunday/tony-robbins-10-minute-morning-ritual>

The Language of Letting Go: Hazelden Meditation Series by Melody Beattie

Moms to Joy Worksheets

[https://convertkit.s3.amazonaws.com/assets/documents/9083/295936/2017\\_Personal\\_Growth\\_Plan\\_FINAL.pdf](https://convertkit.s3.amazonaws.com/assets/documents/9083/295936/2017_Personal_Growth_Plan_FINAL.pdf)

Graphic from <http://www.quotemaster.org/Setting+Goals#&gid=1&pid=42>