

Nursing Wit and Wisdom

Inspire and Be Inspired!

EDUCATION ACTION SHEET

WHAT DO I WANT?

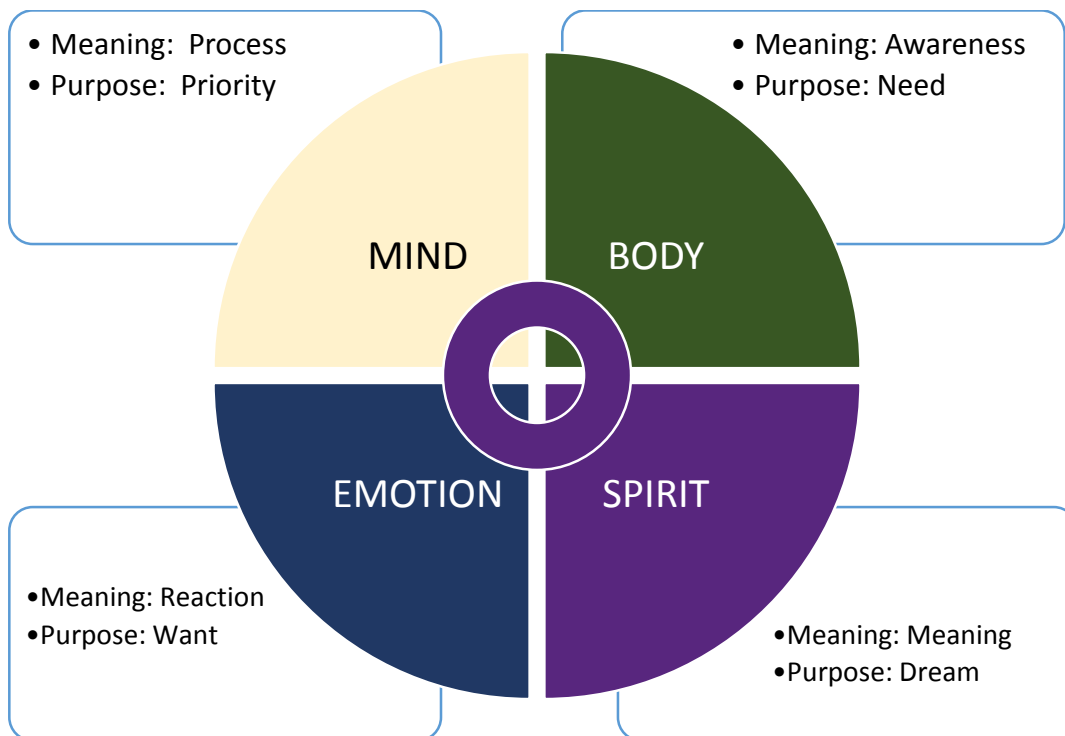
"In order to achieve a goal, you need to understand why you want it." Audrey Friedman RN, CLNC

EACH AREA OF YOUR LIFE HAS A MEANING AND A PURPOSE

Any goal or item we wish to accomplish, attain or achieve has meaning to us in one or all of four ways: Mind, Body, Emotion or Spirit. Each one of these areas serves a purpose.

When we understand how our goal fits into these four areas, we have made an interactive connection with it.

And when your soul connects to your goal, you will jump any hurdle, change the way you look at time, stay focused and understand that the time and energy you give to accomplishing your goal is worth what it can do for the rest of your life.





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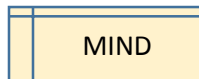
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WHAT ARE YOUR TOP GOALS FOR 2015? (List as many as you have. One is ok if that is your goal.)

1. _____
2. _____
3. _____

THE MEANING OF YOUR GOALS

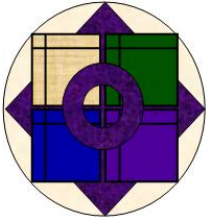
Answer the questions below, for each section, about each of your goals. You will need to make a copy of the pages if you want to process more than one goal. Don't think too hard, or try to make this too difficult. You already know the answers...



The MIND helps you PROCESS or analyze. It helps you set PRIORITIES.

1. PROCESS: How did you come up with this goal? What steps happened that brought it to your attention?

2. PRIORITY: Where is this goal in your priorities? Why is it in that position?



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EMOTION

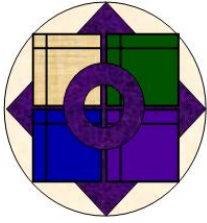
Your EMOTIONS indicate how you REACT ... to a thought, a desire, a situation or an Environment. Your EMOTIONS help you determine what you WANT in order to achieve a certain emotional feeling or a perspective of who you are.

1. REACTION: What are your reactions (physical, emotional, rational, irrational, thoughts... etc), when you think of
 - a. WHY you want to achieve this goal

 - b. What will happen when you achieve this goal?

 - c. What will happen if you choose not to pursue this goal?

2. WANT: Why do you want to achieve this goal? What feelings, perspectives or thoughts are you wanting to acquire?



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So, what did you come up with?

Did the questions make your goal more real? Give it substance?

Can you feel the commitment of your whole being to this goal?

Did you realize you weren't committed to that goal, and were more committed to something else? That is ok!!! What did you come to understand? What did you change? What is your new direction? Do the process again and see if you are aligned with it.

There are things we seek to achieve in our lives that make us who we are and who we will become. They will challenge everything we have inside us sometimes, to achieve them.

Those are the goals and dreams that will align to evolve you into the best you can be.

How you choose to:

DISCOVER what they are

NUTURE how they affect you

RESPECT the process of your own growth and evolution, and

HONOR the dreams and goals inside your head

Will determine YOUR SUCCESS!



And the achievement of each goal has a ripple effect...

Out toward your environment, your relationships, your work, your colleagues, your clients, your children, your pets... everything in your life.

Which will ripple back to you.

Are you aligned with your goals?

I applaud you! For taking this step and walking through the process to align yourself with your goals!!!

Bravo! Let's get started! What will be your first step??

Happy New Year! I wish for you a happy, healthy, fun, creative and magical New Year!