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**Soul Goals**

**By Julie Jordan Scott**

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Last night I was talking with some of my dearest friends about Manifesting our Dreams through the Power of Goalsetting.

As we were sharing, I explained the way I manifested my current radio show. It all started when more than 5 years ago I wrote my 100 lifetime goals. Included on the list was my own radio show. This year, that came to fruition.

I also mentioned adding some distinctly "unbusinessy" goals on my list. These goals ironically have the power to significantly impact the bottom line of all my entrepreneurial and personal growth efforts.

These Goals are what I call my "Soul Goals".

As I write, I am looking at a simple glass vase on my desk. In it are three roses and an iris. Just the act of looking at them makes me smile. In another favorite workspace of mine, the kitchen table, there is a bouquet of gloriously fragrant huge deep red roses. Last night I opened the door on my corner cabinet and the scent of these magnificent flowers hypnotized me, filling me with wonder.

On the same 100 Lifetime Goals list, I wrote "have fresh flowers in my office and home at all times". These delectable floral arrangements from my own garden are a fulfillment of that goal. It is an ongoing goal, a soul goal that in turn makes me more productive in my adventures in business and life.

This weekend I saw many friends I had not seen in a long time.

## Soul Goals

In many conversations, I included, "Are you able to get away from your office for lunch during the week? I would love to invite you to lunch so we can catch up and simply spend time together."

Another goal on my list is "Have lunch with one friend weekly". This is a bare minimum goal. It is also one I have overlooked as I busily careened down the mompreneur path. Seeing all my beloved (and neglected) friends this week end reminded me how important it is to have these regularly scheduled heart connection times.

Without scheduling, they simply won't happen!

None of these folks knew about all the current excitement in my life, nor did I know the excitement in their lives. One of my friend is having significant challenges with her teen aged son, another friend is still in the same job she wanted to quit when we met six years ago.

I look so forward to the get togethers I have scheduled so we can continue to grow together, much more intentionally than we have in the recent past.

I won't be preparing an elegant meal: it will be simple. What I will prepare is the space in my heart for some special conversation and laser focus on the people I care about it. The ones who I have not demonstrated this focus upon lately.

My soul has missed it. And now I am responding at the absolutely perfect time.

As you look over your goals and intentions, which goals speak to your soul? Which goals can you look towards which are there simply to remind you of the connections you have with fellow travelers on life's path? Which ones remind you of the beauty that surrounds you?

If these are absent from your list, what would be the best solution?

Modify your list and add some Soul Goals.

What will amaze you each time is not only the powerful impact upon your Soul, you will notice the powerful impact on your work as well.

Passion Activator: You may be leery of this whole concept of "Soul Goals".

## Soul Goals

There is nothing inherently wrong with your query.

What I would request you do is this: take out your list of goals or begin creating a list of goals. For each 5 "hard" or business, career, personal achievement goals, include one "Soul Goal".

This way if it is your first attempt at Goal Setting, you will have a place to start.

Secondly, if you work with a daily "To Do" list (my personal preference and tool to use is a "Possibility List") be sure to use the same ratio. For each 5 "hard" items on the list, include 1 "Soul Item" on your list.

Finally, be lovingly patient and compassionate with yourself. Change does not occur overnight. It occurs with consistent, passionate action towards positive change.

Julie Jordan Scott is a Success Coach, Writer, Speaker, Radio Host and Mom Extraordinaire who inspires people worldwide to live more passionate lives through her personal and group coaching, teleclasses, seminars and free ezines. Subscribe to Daily Passion Activator now via email: <mailto:DailyPassionActivator-subscribe@Yahoo.com> or via web <http://www.5passions.com/subpage.html>

### **Reach Your Soul Goals Now**

#### **By Julie Jordan Scott**

Reach Your Soul Goals Now © 2005 Julie Jordan Scott Here is a concept which might surprise and delight you, like it did for me. First, I am a big believer in Goals: Setting them, expanding them and allowing them to manifest magically in ways I never imagined taking form as I reach them. The Goals which empower me the most are something I call "Soul Goals." Look at that word, "Soul." Here comes the concept which might surprise and delight you. When you consider a Goal that is filled with Your Soul, look at the letters that stand in the middle of the word, Soul. The letter "O" and the letter, "U". Now put those letters into words. "Oh – You!" Can you remember a time when you bumped into someone you weren't expecting to see and you were so thrilled to bump into them that your heart leapt with joyful celebration? I have done that several times – and each time I do it, my heart says those two words, sometimes paired with other words as well. "Oh, it is you! WOW! Is it? Yes, it really IS you!!" Julia Cameron wrote in *Letters to a Young Artist*, "There is one trick to setting goals, I think. And that is to always leave enough room for the divine to enter." When you connect Your Soul to the Divine, this is where miracles are birthed through whatever you create – from there? Celebration, delight and incredible rewards are yours. Your Soul celebrates when we settle into goals which nurture and celebrate your being, that call your destiny into fruition. Your soul celebrates when your goals are coated with authenticity and are a reflection of the gifts you have been given by a divine source. Your

## Soul Goals

soul delights when you choose to focus on what is right, what aligns with you – your soul lights the way when you agree to take inspired, heartfelt action. Today, choose your soul and honor its goals.

Award–Winning–Life Coach, Writer, Speaker, Actor and Director Julie Jordan Scott has created several unique programs for you to discover how to Passionately Say Yes – and reach your Goals, live your dreams now. Check out the Fr\*e\*e Writing Group



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