

Resolution Recharge

A step-by-step guide to conscious goal setting and revival. More at caneel.com/podcast

My original goal/resolution

Why I am revisiting it

Today's date:

Date goal set (approx)

Intended completion date

Reality check: My results up until now

Getting honest: Am I on track?

“ *I will only make agreements to which I have a Whole Body Yes*

- From *The 15 Commitments of Conscious Leadership* by Diana Chapman, Jim Dethmer, and Kaley Klemp

When I set this goal:			Today::		
My body/gut said	Yes	No	My body/gut says	Yes	No
My heart/emotions said	Yes	No	My heart/emotions says	Yes	No
My mind/thoughts said	Yes	No	My mind/thoughts says	Yes	No
My spirit/knowing said	Yes	No	My spirit/knowing says	Yes	No
Whole Body Yes then?	Yes	No	Whole Body Yes now?	Yes	No
<i>(every part of me said YES above)</i>			<i>(to the goal as just it is)</i>		

Yes?: Go to RECOMMIT worksheet

No? Go to RECREATE worksheet

Resolution Recharge: *Recommit*

Vision

What will it be like to achieve this goal? Describe your vision as vividly as possible.

Not lighting your fire yet? Pour your creativity into making your vision irresistible to YOU. Use extra pages; make a vision board; seek inspiration.

Discomfort

What will it be like if you do NOT achieve this goal? Vividly describe all of the discomfort you will feel or continue to feel.

Not making you squirm yet? Really look at the hard truths here. What are you avoiding feeling, seeing, knowing or dealing with? What are you tolerating?

Support

What support and resources (inner and outer) do you have to help you achieve this goal?

Not feeling a sense of ease yet? What assumptions or 'rules' could you drop to create some flow. Approach this from your zone of genius. Find champions.

What's in my direct control:

Baby steps I have a Whole Body Yes to taking, and when:

*Being the Creator
Getting curious about my
100% Responsibility and taking
baby steps to completion*

What's out of my direct control:

I will let go and stop trying to control things that are out of my control, only doing my own 100%. What that looks like:

Am I willing to let go? (If NO, you are in DRAMA. Listen to Allowed podcast episodes 6 and 7, and more.)

Resolution Recharge: *Release or Recreate*

I did not have a whole body yes to achieving this goal just as it is.
What was out of alignment about it? What was blocking my whole body yes?

Do I want to Release this goal completely?
If no, here's what I notice as I let it go, feeling any feelings, judgements or stories that come up::

Do I want to Recreate this goal?
What might it look like to remove anything about it that was out of alignment for me or blocking me?

What can I learn here?

I renegotiate any agreements where I do not have a Whole Body Yes

My new agreement with myself:

What I'm going to do about it:

Complete the RECOMMIT worksheet if I have set a new goal.