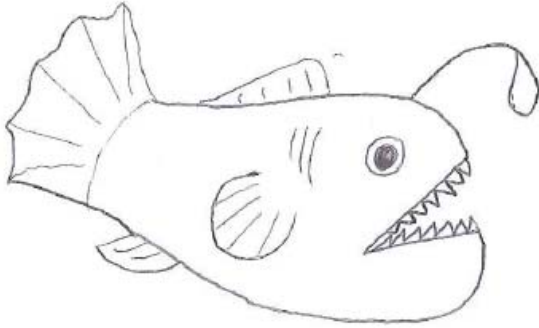


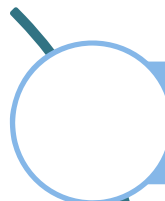


Dive Deeper A Goal Workbook



Just like deep-sea diving, diving into your goal can be treacherous. There could be monsters. The deeper you go, the greater the pressure. It takes a big commitment and a lot of preparation.

Despite the hazards, you can get great rewards if you give it a try. If you stay near the surface, sure the corals are pretty, but you'll just see what you always see. **There are treasures to find if you're willing to dive deeper.**

Here are some exercises to move closer to your goal. For each prompt, use whatever medium appeals to you; journaling, poetry, doodling, collage, etc., or any combination! (Prompts are marked with a blue arrow.)

-  Pier Pressure
-  SCUBA
-  Monster Mash

Pier Pressure

Imagine a beautiful day at the beach. You're strolling along the boardwalk and walk out on the pier. You look out over the ocean, admiring the beauty and awe of nature. Part of you longs to dive in and be a part of it, but another part of you holds back. Maybe you don't have your swimsuit or towel; the water might look cold; or you just chicken out.

Admiring the view is only a fraction of the experience you could gain in the ocean. You can see the varying blues and greens of the water. You can smell the salt in the air. You can hear the waves cresting and lapping up on shore. But you can't feel the water surrounding you; can't feel your arms and legs moving through it; can't feel your natural buoyancy as you float effortlessly on your back; can't feel the current as you swim into a wave. It's much more fun in the water.

Looking at your goals from a distance is the same; you can admire the finish line, imagine what you could have; but, until you dive in, you won't get the full experience. As you take action, you begin to merge with your goal; step by step, you become one. It's harder work than standing on the pier admiring, but it's much more fun.

Consider the gap between thinking about your goal and taking action on it. Make a list of the steps you need to take. If something is holding you back, identify what it is and what you can do about it.

Put on water-wings if you have to; just get into the water!

Prompt

What do you feel you need before you can get started on your goal?
What would happen if you started anyway? What could you do today to take a step into the water?



SCUBA

SCUBA stands for self-contained underwater breathing apparatus. For this workbook, I want it to stand for:

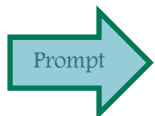
Strength Confidently Underscoring Balance and Activity

Your inner strength comes from your desire to meet a goal. The stronger your desire is, the stronger your strength is. If your desire isn't strong enough, you may lose steam on your goal. Find where your strongest desires are and look for goals attached to those.



What do you desire? How strong is this desire?

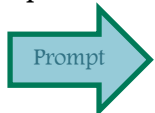
Once you identify your inner strength and desire, work on your confidence. I believe desires serve a purpose; to spur us to grow and move. Build confidence in yourself and for your desires. "Confidence" means "with trust." Trust yourself and trust your desires. Start here:



What do you already trust about yourself? (*I am 5'8" tall. I am curious. I like dogs. I...*)

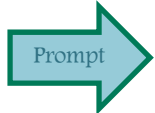
What would you like to trust about myself?
How can you make cultivate that trust?

Your strength and confidence create a foundation for meeting your goals. A foundation gives you space and intention to create something. Then you need to draw up the blueprints.



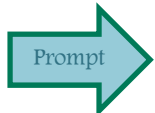
What do you want to create?
How will you know when your goal is met?

Balance is a primal force of nature. Energy and matter are always conserved in physics. The day-night cycle, the four seasons, and the color wheel are all examples of balance. Use it to your advantage and invoke balance to help you meet your goal.



Where could you use more balance? What would your life look like in balance? What new balance will this goal bring to your life?

Activity is where the rubber meets the road. Personally, I'm very good with ideas and get nervous when it's time to move into action. It's easy to stay in the safety of planning; it feels like you're doing something but without any risk. Take a risk. If your desires are strong, it makes the risk seem smaller. Connect back to your passions and then take a risk; take action.



Where could you use some action in your life?
What would taking action look like?

Strap on your new SCUBA gear and get diving!



Monster Mash

For my purposes, I want to use the old slang definition of "mash":

noun

1. a flirtation or infatuation.

2. a flirt; sweetheart; lover.

verb (used with object)

3. to flirt with; court the affections of.

Origin. 1880-85; orig. theatrical argot; of uncertain origin

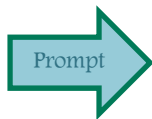
<http://dictionary.reference.com/browse/mash>

Wait, I'm asking you to flirt with monsters? Yes. Make friends with your monsters, shine light on the shadows. Monsters just want love, attention, and understanding. Like a bully in school, a monster is trying to exert control where he feels he has none. If you can nurture your monsters, they won't feel such a need to act out. Connect with your fears and move beyond them.

Maybe one of your monsters is a lack of self-confidence; this monster is trying to protect you by setting low expectations so you can't be hurt, but the limitation itself is hurting you. Try to nurture your low self-confidence; find something where you excel and do it a little every day. Maybe this is as simple as playing easy Sudoku puzzles! It doesn't matter. Pick something you do well and do it a little every day. After one week, pick something else where you excel and do it a little every day. If your low self-confidence tries to pop up, say, "That was yesterday. Today I excel at Sudoku."

Maybe one of your monsters is over-eating; this monster is trying to protect you by making sure you have plenty to eat, but the excess is hurting you. Try to nurture your sense of lack; keep a gratitude journal. Before every meal or snack, take a piece of paper and write down where you feel abundance. "I have an abundance of fresh, clean water. I have an abundance of air to breathe. I have an abundance of love to give. I have an abundance of curiosity."

Of course, these are complex issues that won't disappear with a small amount of effort; but just taking baby steps with your monsters instead of hiding from them will give you a sense of power and purpose. Acknowledging your monsters and taking action gives you your power back. Make friends with your monsters and move beyond your fears.



What are your monsters?
What is limiting you or
holding you back? How could you
nurture this monster?



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Certified ARTbundance Coach and Practitioner

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