



InspiredEnoughto**CHANGE?**[™]

TRANSFORMING YOUR STRESS INTO LOVE, JOY AND SUCCESS[™]

Fun And Goals Journal of Mastery

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Inspired Enough to CHANGE?[™]

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Welcome

Welcome to the Inspired Enough To Change Fun and Goals Journal! This journal should be printed out. Feel free to add any blank pages you need. I recommend you punch holes in these pages and keep all the pages together in a 3 ring binder. Make additional copies of the main pages that you'll need to re-use over time.

This journal will be where you record and re-read your goals. Goals don't have to be a big deal. Do you brush your teeth every day? Well, unconsciously you have a goal to brush your teeth when you wake up. Miraculously you do this without even thinking about it.

The greatest thing about creating new habits is that after you do them for 21 days they go onto automatic pilot. You won't remember what it was like to not write down your goals and review them daily.

The first section, short, medium and long term goals will only be written this one time. After that feel free to update them as you please, but you only need to read them daily, not re-write them daily.

The second section, Morning Goals and Nightly Reviews, will take your most important goal in each area and focus on that one goal to move you forward.

As I mentioned in the Anger Journal, writing things down is powerful and makes an unconscious commitment to yourself. When you write it down you'll take it seriously and you'll be more likely to follow through and take action.

It won't work if it's another line on your "to do" list. You'll never get around to it if that's the case. Before you read another page of this journal, schedule your next time to journal.

It may seem silly to make a big deal out of this little thing, but this little thing is a seed. It will either be the seed of procrastination that kills your time, or a seed of determination that creates the Great Oak Tree of your fulfilling life. What seed would you like to plant in this one precious moment of your life?

I thought so. Now go take two seconds to schedule your next appointment with the Queen or King V.I.P of your life (that's you). It's time to claim responsibility for being the Chief Executive Officer for how your life is run.

Let's look at the 5 Key Areas of Your life and move you from anger to abundance in all 5 key areas.

The first thing you're going to write down in your Fun and Goals journal is one specific and measurable goal to achieve by the end of the year in each area.

This means you'll have 5 separate clear definitions of exactly what you will accomplish and an exact date by which the goal will be accomplished.

Although we've separated out the Five Key Areas of Your Life, some goals will cover more than one area. That's okay. The truth is that usually a goal attained in one area improves other areas of your life at the same time. It's one of the bonuses of being a Change Champion. 

The bigger you dream the better this is. If some of your goals don't seem impossible to you then you're not dreaming big enough. Be unreasonable. Pretend that there are no rules like gravity. Pretend that you have a magic wand and with this wand you can create absolutely anything you want. You have no limitations. None.

The only thing between you and what you want are the considerations your mind has made up. Drop the considerations and imagine that you are the genie from Aladdin's lamp and you have come to give yourself the greatest life you can envision. You can have it all!

You don't need to have any clue as to how you'll achieve these goals. Just pretend you have all the time, money and freedom in the world. You can have it any way you want it. Now, what do you really want?

Spiritual Goals

- Short, Medium and Long Term

1.a. What goals do you have in the Spiritual area of your life? This includes anything that you would like.

Here are some questions to help you get ideas:

- **Do you want more peace?**
- **Do you want more time to be with yourself?**
- **Would you like to meditate, chant, sing or dance more?**
- **Would you like to have a more steady practice with prayer?**
- **How do the people you're with and the things you spend your time on support or take away from your spirit?**

Now it's your turn. What do you want most in your Spiritual life? Remember to be as specific as possible, get into every little detail, and give a date by which this will happen. Also, write one small step you can do today to move into action to achieve this goal. Oh yeah, and remember to write these goals in the present tense as if you already have them accomplished.

Here's an example to get you going:

I am thankful for the five close friends I have gained who understand me, love me for who I am and support my spiritual growth. I am grateful that they will be in my life by January, 2004.

Today I will call Lisa and tell her how much I appreciate her friendship. I'll share with her why I care about her so much and how grateful I am for her support of who I am and what I'm up to in life.

Physical Goals

- Short, Medium and Long Term

1.b. What goals do you have in the Physical area of your life? This includes anything that you would like.

Here are some questions to help you get ideas:

- **What would you like to change about your body?**
- **What are you unhappy about with your physical presence?**
- **What frustrates you about your physical surroundings?**
- **What are you uncomfortable with in the physical world?**
- **What would an abundant physical life look like for you?**

Now it's your turn. **What do you want most in your Physical life?** Remember to be as specific as possible, get into every little detail, and give a date by which this will happen. Also, write one small step you can do today to move into action to achieve this goal. Remember to write these goals in the present tense as if you already have them accomplished.

Here's an example to get you going:

I am thankful for my lean muscular body. I weigh 190 lbs with 10% body fat. This makes me feel more alive and healthy than I've ever felt. I am grateful that I will develop this body by January, 2004.

Today I will work out for 45 minutes at 5 pm.

Financial Goals

- Short, Medium and Long Term

1.c. What goals do you have in the Financial area of your life? This includes anything that you would like relating to money including how you make it, how you spend it and how you invest it.

Here are some questions to help you get ideas:

- **What are you angry about when you think about money?**
- **Do you want a different job?**
- **Are you doing work you love to earn the money you want?**
- **Do you feel like you have enough money?**
- **Could you feel abundant with less money?**
- **What is your relationship with money like?**
- **Do you keep track of it well?**
- **Do you make a lot of spontaneous purchases you regret?**
- **Do you save as much as you'd like?**

Now it's your turn. **What would you like most in your Financial life?** Remember to be as specific as possible, get into every little detail, and give a date by which this will happen.

Also, write one small step you can do today to move into action to achieve this goal. Remember to write these goals in the present tense as if you already have them accomplished.

Here's an example to get you going:

I am thankful for being a self-made millionaire working from home, living the life of my dreams. I am thankful for the millions of people visiting my website. I love that they are purchasing and benefiting from my products and services. My work is contributing to others while making me more money than I need so I have more to contribute to others who can use the help extra money can buy. This lifestyle will be mine by January 2,005.

Today I will spend an hour with Microsoft Money inputting and reviewing my finances so I can stay conscious about how much money I have coming in and going out.

Social and Family Goals

- Short, Medium and Long Term

1.d. What goals do you have in the Social and Family area of your life? This includes anything that you would like in your Social & Family lives.

Here are some questions to help you get ideas:

- **What would you like most in your social and familial relationships?**
- **Do you have all the time you'd like to be with friends and family?**
- **Do the people you surround yourself with bring you up or down?**
- **If anyone brings you down, why are they still in your life?**
- **Would you like to volunteer more?**
- **What's your relationship with your community like?**

Now it's your turn. **What would you like most in your Social and Family life?** Remember to be as specific as possible, get into every little detail, and give a date by which this will happen. Remember to write these goals in the present tense as if you already have them accomplished.

Here's an example to get you going:

I am thankful for having at least 2 hours a day of quality time with my family between 6 and 8 pm each weeknight. During this time I am fully present with them and do not allow distractions or interruptions. This quality time together is bringing us closer and allowing us to know each other more deeply. This allows us to communicate more clearly and to support each other better. No matter what activities we participate in during these times, the focus is on loving and enjoying one another. I am thankful that we are consistently living this goal beginning today.

Today I will schedule time with my family to go to the park from 6pm to 8pm to play together.

Educational Goals

- Short, Medium and Long Term

1.e. What goals do you have in the Educational area of your life? This includes anything that you would like in your Educational life.

Here are some questions to help you get ideas:

- **What would you like to learn?**
- **What would make you feel abundant in the area of education?**
- **What frustrates you about your education?**
- **How can you make the most of the education you have?**

Now it's your turn. **What would you like most in your Educational life?** Remember to be as specific as possible, get into every little detail, and give a date by which this will happen. Remember to write these goals in the present tense as if you already have them accomplished.

Here's an example to get you going:

I am thankful for the education I am receiving each day living in the world and experiencing life. I am also thankful for having at least 1 hour a day to read. Some of this reading is recreational and some is more educational. Every day I learn something new and valuable to me. I am thankful that I am making this time to educate myself every day beginning today.

Today I will read from 9pm to 10pm.

Daily Instruction

Now you have some very concrete and specific goals to go for. If you don't know how to get there, as I mentioned before, it's okay. The next step is to simply read these pages at least once a day.

If you can read them when you wake up and before you go to sleep that's ideal. That way you're setting the tone of your day and programming your mind to dream about what you want most. This way your unconscious mind will be working on how to bring them to you.

After you write down these goals review them daily and let them go mentally. Let God, the Universe or whatever higher power you believe in help you out. You have to ask for the help, but as soon as you ask, let it go and you'll have the support of higher powers.

You'll still need to take action, but take action knowing that your request is being granted. Have faith that it is done, it is merely a matter of time before you see the results.

For additional support in attaining these goals pick the most important one to you in each area and tell at least one person about your goal and the deadline you have on it. This will make it real and put internal pressure on you to take action to make it happen.

To help you attain your goals I recommend you write out your top goal in each area in this section. You'll review it each night and notice whether or not you did what you wrote down that you would do. If you didn't do it, don't beat yourself up. Simply acknowledge whether or not you'll REALLY take this action tomorrow. If so, write it again for tomorrow. If not, then come up with a different simple step you know you WILL take. Be honest with yourself, you're the only one reading this.

If daily sounds like too much for you then just start out by doing this weekly. You've definitely got time on the weekend to do this for 10 minutes, right? Being consistent is the key to attaining your goals. You don't have to do it right, just do it.

Morning Goal Setting: Spiritual Goal For Today

Action I will take today:

Nightly review: Did I do it? (If yes, find a small way to congratulate yourself)

What action will I take tomorrow to keep moving in the right direction?

Morning Goal Setting: Physical Goal For Today

Action I will take today:

Nightly review: Did I do it? (If yes, find a small way to congratulate yourself)

What action will I take tomorrow to keep moving in the right direction?

Morning Goal Setting: Financial Goal For Today

Action I will take today:

Nightly review: Did I do it? (If yes, find a small way to congratulate yourself)

What action will I take tomorrow to keep moving in the right direction?

Morning Goal Setting: Social & Family goal for today

Action I will take today:

Nightly review: Did I do it? (If yes, find a small way to congratulate yourself)

What action will I take tomorrow to keep moving in the right direction?

Morning Goal Setting: Educational goal for today

Action I will take today:

Nightly review: Did I do it? (If yes, find a small way to congratulate yourself)

What action will I take tomorrow to keep moving in the right direction?

Be Open, Have Faith, Feel It and Take Action

Great job! This last exercise done daily will bring you everything you want. It only takes a few minutes to do this, but it's unbelievably powerful! Baby steps build on one another quickly to create a mountain of achievement.

Make copies of the last five pages so that you can do them daily.

A couple of things need to be mentioned here. First, be open to receiving your goals in ways you haven't pictured yet. Often they don't come to us in the ways we expect them to.

Usually when you commit to action you begin to learn how to get what you want. Since you'll learn how to get it as you go, "how" will evolve and change as you get closer to having what you want.

So keep an open mind and be grateful for creating and receiving not only what you want most, but also the outcome which will provide the truest and highest good for all concerned. Remember that getting your goals changes the lives of those around you as well as changing your own life.

Second, you have to take some action to create and receive your goals. As you take small daily actions to focus your energy on what you want, feel like you already have it. I know I mentioned this before, but this is a key component to getting what you want. Positive thinking only works to a small degree without taking action, and doing it with a feeling of accomplishment.

So if you don't know how you're going to create, let's say, the perfect romantic relationship you want, what do you do? You do anything that comes to mind that is a step in that direction.

Listen to your intuition. Write out nine pages of what your perfect mate is made up of, cut out pictures of what you want to do with this person, journal on how this person makes you feel, pray, meditate, read the dating classifieds (and laugh). Whatever comes to mind that is a step towards getting your mate, do it and see where it leads you.

How I Used These Techniques to Move, Make More Money, Get a Master's Degree and Get Married

When I wanted to move from Santa Monica, California to Boulder, Colorado I was in this place. In my mind to be able to move I needed a lot of money and a new job. I had no idea how to get them.

Sometime around August, 1993 out of nowhere I was overwhelmed with knowing that I had to move to Boulder. I had never been to Colorado but I knew I had to move there. I began telling my friends that I was going to move to Boulder by April 1, 1994.

I was curious about this so I started to follow my intuition about it. I was working in the record industry at this time. I contacted a radio station Program Director in Boulder and started a friendship with him. I let him know that I was going to move there and would like to know if he heard of any opportunities for work to get me out there. Two of my friends had recently moved to Boulder together also and they inspired me to move.

Then I talked to friends in the industry about leaving my national position in Los Angeles to enjoy a higher quality of life by getting a regional position in the Boulder/Denver area. I began to feel like it was a fact like the fact that the sky is blue. I had no doubt that I was going to move and that my future wife was waiting for me there.

Every day I did one little thing to move forward, all the while having no idea how I was going to do this. One day I called the guy in Boulder, another day I called and ordered a relocation guide, another day I subscribed to the Sunday edition of the local paper, another day I wrote something in my journal about it, another day I made a collage of everything I wanted in my life including living in Boulder, another day I set it up in my living room, the next day I started reading the collage every day when I got home from work.

Every little step, plus faith, made it happen. I was also led into unexpected directions. Around November my Mom called and told me her friend's daughter had just checked out a school in Boulder called the Naropa Institute (now Naropa University) that I might like. So I called them and got a catalog of courses.

The catalog read to me like it was home. The course offerings reminded me of the church camps I loved to go to as a teenager. I had left college to work in the record industry so I thought this would be a great way to finish up the psychology degree I never finished. I applied to Naropa with no plan as to how I would be able to move there if I was accepted.

By December I decided that I was going to move no matter what. I just had faith that God would support me and help it all come together. I was 25 years old and my mother back in Las Vegas was still worried that I was going to move without having a job or money or any clue as to how difficult moving would be.

Though I understood her worry, I lived in faith.

On Monday, January 15, 1994 I woke up at 4:55 a.m. to a shaking room. I lived on the beach and my nine story building was over 70 years old. A massive earthquake was in progress. My shelves were falling, the ground was moving in waves and I high-tailed it from my bed to the nearest doorjamb. It lasted over a minute which is a really long time when you're in a heavy quake.

At about 5:01 a.m. my phone rang. It was a friend from Boston asking if I was okay because he heard about it on the news. I said "No, but I have to go." In a traumatic daze and hung up the phone.

After I loaded up one suitcase and grabbed my cat, in about 3 minutes, I headed for a friends house. Aftershocks can be worse than the first quake and I didn't want to still be on the sixth floor when they came.

The earthquake made my building uninhabitable. A few different friends offered to let me stay with them so I decided to put my stuff in storage. I didn't want to live in L.A. so I refused to look for another apartment. My friends let my cat and me couch surf to support me in being able to move to Boulder.

I looked at this experience as a test to see if I would give up and I didn't. I stayed focused and looked at how I could use this new situation to help me attain my goal.

Here's how the glass was half full: It was very uncomfortable for me to live off of my friends (though they didn't mind), but by not paying rent I was able to save more money. By not having a home, my inner fire grew into a blazing inferno to have the home I really wanted and to not just move into another situation I didn't love. My mind was consumed by thoughts of living in Boulder. All day long I was expending energy to draw this move into my reality.

In February I had two interviews with two different record labels for regional positions in Denver. The first one I didn't come close to getting. The second one I had to interview for four times. They wanted to create a position in either Seattle or Denver and they really wanted Seattle.

Not only did I get the job, but I convinced them to put the position in Denver. I also got a higher salary than I was currently receiving and they paid for my move! I was thrilled.

When I lived in Santa Monica I went to a husband and wife team of acupuncturists in Englewood from 1991 up until I left California. They are still great friends of mine. Anyway, at my last appointment one of them was working on me and said, “See, your guides always take care of you. You said you’d move by April first.”

Until he said that, I was so focused on July first that I forgot that my original deadline was April 1, 1994. Guess what? I started working for the new label in late March and my first day of work from my new apartment in Boulder was on March 31, 1994.

I was accepted to Naropa and began finishing up my undergraduate psychology degree part-time in June. After the Fall semester I realized that I could go to school full time if I took some night courses so I did.

I worked a full time job from home which included travel to 14 states while finishing up my Bachelor’s degree in Contemplative Counseling Psychology. After this I continued on to complete my Master’s degree in Transpersonal Counseling Psychology. I didn’t love my job, but it was better than before and allowed me to go to school. This fed my soul on many levels.

One of my new bosses, I reported to several National Promotion Directors who handled different genres of music, became a great friend. She was the only one in the company that knew about my true passions. One of these passions was to meet my future wife.

This particular boss would say over and over to me, “She’ll be comin’ around the mountain when she comes.” Well, I didn’t get married until 7 years later, but I was first entranced by my wife in the second class I took at Naropa. I had a crush on her from the start, but we didn’t become friends until I had another class with her a year later. We dated for 6 years and finally got married in 2001.

Once I moved my life was totally different in a matter of months. In August, 1993 I was working at a company where I was unhappy and underpaid in a city I didn’t want to live in. In April, 1994 I was living in a city I loved, working from home doing work for a company I liked, getting paid better and finishing my education at a school that I loved.

This change looked impossible to me nine months before it happened. And the schooling wasn’t even planned by me, it showed up as a possibility after I told my family and friends of my intentions to move.

The point of this story is that I could never have planned exactly how this would happen, but it worked out divinely. Don’t get hung up on how you’ll achieve your goals. Just take a little action each day and know it will happen. Faith can not be underestimated and neither can taking small consistent action toward achieving your goals each and every day.

How You're Going to Create Inspired Life

I had the help of my friends when I most needed it. They helped me to find out about job interviews, they helped me empty my sixth floor earthquake hit apartment with no working elevator, and they even let me live with them for free. I didn't do it alone and I couldn't have done it alone. They were committed to helping me because my faith was so strong.

You can have everything you want. Just be clear on what it is, when you want it by, and stay persistent in your faith that it will happen for you.

It's best to set small goals to make sure that you will accomplish them. Small goals add up to big results over time. If you set your goals too high you'll feel very discouraged if you don't get the results you plan for.

So give yourself goals you know that you can achieve easily. Maybe you'll want to have small weekly or monthly goals that will add up to achieving your goals for the year. Once you experience the feeling of accomplishment you can create a goal a little bigger than the first.

As I mentioned before, you need to schedule a SPECIFIC time you will do this on a regular basis. Right now schedule 10 minutes tomorrow to do this again. Schedule it for every day of the next week. Don't think about it. Go write it down. If you don't write it down it won't get done.

Earlier, I mentioned picking a time each day where you'll sit down and review your goals. During this time write out your answers to the three questions that will transform your life. Ask these questions about each of the Five Key Areas of Your Life.

Your Three Transformational Daily Questions

- Is this the most important goal for me right now in this area of life?

- On a scale of 1 to 10, how angry am I about this area of my life right now?

- What else can I do to move closer to abundance in this area of my life?

Use these questions to decide, without shame or blame, if you're moving closer to the goals you've set. Goals are not set in stone. If you discover that altering your goals will be more in alignment with the results you want then alter them.

Contact Information For More Support

If you find you need more direction or support you can always e-mail me at: sopan@inspiredenough.com or call me at 877-CHANGEX. I will personally answer any questions you have and support you in bringing who you are to how you live.

As you move forward in getting  Angry Enough To Change, I'd love to hear about your progress and experiences. If you feel like sharing your story please do so at: www.InspiredEnough.com/share.php

Congratulations on taking another step towards getting Inspired Enough To Change!
Let me know how I can be of help in any way.

In Spirit and Support,

Sopan



About The Author

Sopan Greene, M.A.
Author, Speaker, Change Champion™ and Coach

Sopan Greene has more than twenty years experience in contemplative psychology (honors the inner self), transpersonal psychology (honors the mind/body/spirit connection), metaphysics, personal growth, meditation, marketing and communications. These experiences have contributed to his deep listening skills, honest helpful feedback and wisdom.

His wide and varied career path began as an on-air personality and program director in the radio industry, followed by holding a number of key promotion and marketing positions for subsidiaries of major record labels including Universal Records and Warner Bros. Records. He has consulted small business owners with internet marketing, and most recently is assisting people to discover and express their authentic selves while moving from immobility into effective action. He's lived a life of many changes.

Sopan has a Bachelor's degree in Contemplative Counseling Psychology and a Masters degree in Transpersonal Counseling Psychology from Naropa University. His volunteer work with Boulder County Mental Health Services in Boulder, Colorado and as a volunteer chaplain at Boulder Community Hospital further solidified this training.

From the onset, Sopan's approach has been to thoroughly understand the pressing psychological and spiritual issues concerning people. His reputation is growing as a teacher who is well loved and respected. Personal, compassionate, unpretentious, humorous, and inspiring; skilled at working with people ready for change.

These talents are reflected in the [Champion Coaching™](#) program and the Angry Enough to CHANGE?™ [Introductory Home Study Course](#). These programs are based on a simple yet effective system that transforms anger, frustration and stress into productivity and effective change. These programs are being established as leading edge programs that deliver results that are wanted and needed in today's challenging, frustrating and stressful times. You can learn more about these programs at www.AngryEnoughToChange.com.

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