GOAL SETTING
For Women
To Achieve Success You Deserve In Life and Love

DAHMENAH MINGO
CONTACT

linkedin.com/in/dahmenahfilmdirector/
dahmenah.com
discovergrowlove.com
letters4mydaughters.com

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GOAL SETTING FOR WOMEN

INTRODUCTION

This guide will deal with the inner turmoil that may be blocking you from reaching your potential and keeping you from focusing on your goals. It may seem easier to go through life with blinders on. But ask yourself this question: Are you happy, fulfilled, living your dreams and experiencing a deep love with another human being? If the answer is “No”, then it may be easier to live in misery than to live in bliss. Blinders, insecurity, low self-esteem, closed mindedness, negativity, misery, loneliness, arrogance, self-centeredness, uncompromising, egotistical, selfishness – no matter what words you use, it all boils down to one word: FEAR.

The POWER to Change is inside of you, it requires courage and allows you to take control over your life instead of it getting out of control and letting others dictate the direction of your life. This allows you to have a clearer picture of the direction you’re headed instead of running your life into a wall. The wall is always there. It follows you every time you make a decision hoping that you’ll make the same decision that you have always made so it can continue to stand in your way. The wall only breaks down or disappears when you decide to take a new path, try new things, make new choices and look at life in a whole new way. So, what are you waiting for? Nothing changes until YOU decide to change.

Today, we live in a world that is changing rapidly before our eyes. This can be scary, however, with change comes amazing opportunities and the only way to seize them is through Realizing Your Power. Strength is external and is the ability to withstand and overcome challenges that life throws at you. Powerful is internal and is the ability to make decisions in alignment with your values and authentic self, taking action, seizing opportunities and following your own path. I know you’ve also heard words like Persistent, Open, Winner, Effortless, Regal, Fearless, Unique and Love; all of these make up the word POWERFUL.

All women are Powerful; however, most women don’t realize that their Power waits patiently inside of them. Goal setting helps you seek clarity and take control over your life and that will make you feel POWERFUL.
GETTING STARTED...

Welcome to *YOUR* Goal Setting Guide! This is the perfect time for you to recognize that you are beginning a new Journey for yourself. During this process other people will be affected by the changes you are making because when you change everything around you changes.

No Journey is started without understanding that there is some element of risk. The element of Risk refers to the fact that you WILL discover aspects of your inner self that you will not like. You WILL discover elements of your childhood that have set the tone for some (or maybe all) of the love, and career habits you have today. However, the only way you are going to find them to transmute them, to heal them, is to journey onward.

“The journey of 1,000 miles begins with a single step.” ~ Lao Tzu

**REMEMBER:** You have chosen to embark upon this goal setting journey. Please suspend any judgments you may have about your actions, past or present. You are now an observer.

**READY TO GET STARTED? LET'S GO.**

**BE INTENTIONAL**

**Set one intention for the day - Morning.** Keep your daily intentions simple, this way you’re most likely to follow-through on them. Avoid multiple “actions” when setting your intentions; otherwise you may be setting yourself up for failure. When you find yourself getting off your center during the day because of challenges, stop, breathe and remember the intention you set for yourself for the day.

**Set a Self-Care Goal for the Week: Make sure it includes the day, time, and location.** Again, keep your goal simple. If you make it too difficult, you may have trouble completing it, get discouraged and stop. At the same time, make it challenging enough so that you feel like you’re making an effort to take care of yourself. A few examples: “Hatha Yoga 2 days this week; Mon & Wed at 7pm at Open Hips Studio” or “Walk 2 miles with Deidre at the park; meet her Monday evening at 6pm. No excuses.”
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GRATITUDE
When we are angry, arrogant, impatient or resentful about our lives, we diminish our abundant flow. When you’re jealous at another’s fortunate windfall or comfortable lifestyle, you’re diminishing our abundant flow. When you refuse to acknowledge what you have and instead complain about what you don’t have, you diminish our abundant flow.

“To feel thankful daily is the road to peace especially during the toughest of times”
~Dahmenah Mingo

Gratitude is simply this: you’re saying “Thank You” to the universe, or whatever higher power you believe in, for what you have in this moment. Now, that may not be much for some, however, if you are alive then you are able to say “Thank You” for just being here today. It’s a day you can make a change, bring joy to someone else’s life and be the best you can be, where you are in the present moment.

“Be thankful for what you have; you’ll end up having more.
If you concentrate on what you don’t have, you will never, ever have enough.”
~Oprah Winfrey

On the lines below write down everything you are Grateful/Thankful for every morning when you rise. Be specific in your gratitude statement. (For example: I am grateful for my heart, which beats every day, and keeps me alive and moving.) Do this before you do get ready for the day.

1. _____________________________________________
2. _____________________________________________
3. _____________________________________________
4. _____________________________________________
5. _____________________________________________

If you want a healthy, loving and lasting relationship it should be a GOAL. It takes time energy and focus to attract/find a man and create the relationship you want.

THE LIFE YOU DESERVE
DISCOVER WORKSHEET: WHAT HAVE YOU BEEN LOOKING FOR IN A MAN?

PART 1

However, for this exercise, we want you to begin thinking about what you are really looking for in a man. Focus on NEEDS not WANTS, for example, you may need a man that is affectionate or kind.

Before you begin, find a quiet place and take several deep breaths. As much as you can, clear your mind and detach from what you “should” be looking for in a man or from what others/society says is appropriate. This is all about you and what you really want.

What kinds of qualities have you been looking for in a potential partner? A quality is something you need, that you believe is necessary, required and uncompromising. List 5 qualities you have been looking for in a man. **Only list 5.**

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________

Ask yourself why do you need the qualities you’ve listed? The more you know about yourself the better your life will be.

PART 2

**What qualities are YOU bringing to your relationships?** Tempting as it may be: **DO NOT SKIP THIS PART!** It’s very easy to say what you want someone else to be; however, where do you fit into the equation?
GOAL SETTING FOR WOMEN

1. ________________________________________________________________
2. ________________________________________________________________
3. ________________________________________________________________
4. ________________________________________________________________
5. ________________________________________________________________

Now, go back and review each quality you listed one-by-one. **Ask yourself honestly: are you really living these qualities in your relationships or do you just think you are?** If you were to look at your last relationship, were you BEING the qualities you listed? If the answer is, “NO”, why not? Acting as an observer, ask yourself what qualities did you exhibit in your last relationship?

"THE GREATEST LOVE IS TO LEARN TO LOVE ONESELF"
~Michael Masser

**BECOMING AWARE OF AND AVOIDING ADDICTIONS**

Oxytocin can cause an ADDICTION to a man, overeating, overspending, smoking and drinking are addictive behavior that can cause low self-esteem. Addictive behaviors that you believe are impossible to stop can also lead to depression. Depression is a very real and true condition, yet sometimes we can make ourselves depressed by knowingly indulging in behaviors that can lead us down that road, especially when you begin putting yourself down through negative self-talk. All addictive behaviors are counter-productive to your healing and will not help you get to a better, meet your goals, have a beautiful relationship or find peace of mind/heart.

Overeating or binge eating is a VERY REAL danger and is easy to do when you’re dealing with painful emotions and want to do something you ought to avoid. Instead of overeating or binge eating, go out with some dependable and compassionate friend; watch a comedy (laughter really is the best medicine), read a good book (try a thriller or mystery) or write/draw/paint/collage in your journal (use lots of bright colors, vibrant pictures, encouraging words).
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Stay away from alcohol especially after a breakup. Consuming high amounts of alcohol may make you do something you will seriously regret like picking up the phone, dialing his number and hanging up or even worse, leaving a pathetic message on his voice mail that he can have everyone he knows listen to (*Phone messages can be recorded, emailed around and uploaded to the Internet – think “Worldwide Humiliation”).

So, instead of drinking or doing something else significantly unbecoming, how about one of the following:

- Go to the movies (comedy or adventure)
- Window shop at the mall (don’t buy anything)
- Watch your favorite television show (avoid the news, you don’t need any more drama)
- Meditate (no mind-binging please)
- Scream (out where someone won’t hear you)
- Go to the gym and hit the punching bag about a million times
- Pray, play, walk, run
- Do yoga, belly dancing, kickboxing, roller skate; go bike riding, knit, quilt, scrapbook…

You get the point.
One other thing we need to mention: OVERSPENDING.

Overspending is not your friend and will hurt your wallet and overall financial well-being. Besides, he’s not worth it, on any level. When the credit card bills arrive, a big knot will sit and grow in your stomach.

Instead of overspending, do one of these:

- Choose to spend time with family (as long as you don’t have to listen to them preach about your relationships).
- Spend time cleaning out your closet, storage or garage. Give the clothes you haven’t worn in the last 6 months to your local shelter and return or sell the ones you haven’t worn with the tags still on them.
- Clean out your cupboards & closets, your refrigerator, bookshelves, old boxes and chests. If you haven’t used it, seen it or worn it in the last year, let it go. *Clutter creates stagnate energy, which makes it difficult for new energy to circulate. If clutter is a new thing, you make want to evaluate what happen before this new behavior. Clarity brings about real change in all aspects of your life.

If you still have the need to spend money, then give it to charity, your church/spiritual center or other worthy organization and enhance the Law of Giving & Receiving. Giving is a better high than spending money on things you are not going to wear or use.

“You are a living magnet. What you attract into your life is in harmony with your dominant thoughts.” ~Brian Tracy

DISCOVERSHEET EXERCISE: ADDICTIONS - TIME TO FIND YOUR TRIGGERS

An addiction serves to numb us so that we are out of touch with what we know and what we feel.”

Addictions are also described in the following ways:

- Being abnormally tolerant and dependent on something that is psychologically or physically habit-forming. (www.wordnetweb.princeton.edu)

Or
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• An uncontrollable compulsion to repeat a behavior regardless of its negative consequences. (www.wordiq.com)
Or
• Being enslaved to a habit or practice or to something that is psychologically or physically habit forming. (www.dictionary.reference.com)

Almost everyone has some kind of addiction to something whether it’s chocolate, sex, sugar, overspending, drugs (illicit & over-the-counter), gambling, food, pessimistic thinking, alcohol, video/digital games, the internet, shopping… the categories are endless. Your mission is to figure out what your triggers are, how you react emotionally and what leads to addictive behavior in your relationships and in your life.

TRIGGERS can be people, places, and events, social & environmental. When many of us feel the pain and discomfort of emotional distress, we want to be numb. The problem is when we do this, we avoid addressing the issue that requires healing. Emotions require an event or memory to generate them, followed a belief in something that our mind creates out of fear, leading to an unconscious addictive behavior to numb the feelings

EVENT + DISTRESSING EMOTION + THOUGHT BELIEF = ADDICTIVE BEHAVIOR

DISCOVERWORKSHEET EXERCISE: FILL-IN-THE-BLANK

You remember this stuff from your old school test days. Avoid over-thinking this exercise. Make up a few of your own: you’ll be surprised at what you discover!

1. When ___________________ talks about __________________, I feel __________________ and it reminds me of/triggers the thought of ___________________. This makes me want to ___________________.

2. When I hear ____________________ song, I feel _________________ and it triggers the memory/thought of _________. This makes me want to _________________.

3. When I have to deal with ___________________ at work, I feel __________________ and it triggers the thought of ___________________. This makes me want to ___________________.

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GOAL SETTING FOR WOMEN

4. When I read about ___________________, I feel ___________________ and it reminds me of/triggers thoughts of ___________________. This makes me want to ___________________.

Here’s another exercise for you to do.

**Give yourself only 15 minutes to do this exercise** because the more time you have, the more you’re going to over think it. Make sure you’re in a quiet place and avoid second-guessing your answers. The first one is usually the truthful one. When you’re done, put this exercise aside and come back to it in a few days. Remember: there is no judgment.

**Directions:**

In the first column you’re going to put the event or situation that comes to mind. In the second column you’re going to place the trigger. For example, was it something someone said, something you read or something you saw? This would lead to column three, how you felt as a result: fear, anger, jealousy etc. Then in column four, you are going to write what you do to “deaden” or numb the feelings. Make as many copies as you need to get the full benefit of this exercise.

<table>
<thead>
<tr>
<th>Event/Situation</th>
<th>The Trigger</th>
<th>Emotion</th>
<th>What I do</th>
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The more you DISCOVER about yourself the better GOALS you can create that will change your life in AMAZING ways.

It is now time to RELEASE. In life, most of us hold on to stuff way too long, whether it is physical stuff, emotional stuff or mental stuff, somehow, they end up becoming like a second skin. Why do hold on to stuff that’s no good for us? Stuff can be comforting even if it’s destroying our quality of life, it’s there we need it and it’s also there as a viable excuse, so we don’t have to change. We need to move the Stuff out of the way so we can hear our Spiritual Voice, which also called our intuition or gut instinct.

1. In your write down all the STUFF you been hanging on to and why. Be sure to include information about any MAN you still have feelings for. The Stuff will include: Work Stuff, Friend Stuff, Material Stuff (clothes, shoes, supplies, business inventory, etc.)

need more space, I recommend using a journal.

MIRROR WORK

Now that your addiction/attachment to your ex-lover, boyfriend, etc., is beginning to subside, it’s time to break out your mirror. This step is not to be skipped or neglected. Louise Hay, author of the book, “You Can Heal Your Life”, made this exercise essential in any self-healing process.
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Every morning, you will need to set aside some time during your morning routine to look at yourself in the mirror. You want to really gaze into your eyes and have a genuine conversation with yourself (this will be weird at first but it is necessary). Eyes are windows to the soul, allowing you to see your spirit. These are the beginning steps you are taking to forgive yourself for past dating choices and mistakes. Some simple phrases to start with are: “I FORGIVE MYSELF” and “I LOVE MYSELF”. You may laugh, cry, frown, run from the mirror or even get angry. All these responses are normal. Keep at it and you will be amazed at the transformation.

This exercise helps you learn how to connect with yourself. If you stick to it, you’ll find yourself starting to believe what you are saying in the mirror. Be careful and aware about falling into the “poor me” victim category, no one can make you a victim; except you.

PAUSE, BREATHE & REFLECT

Take a minute to breathe, reflect and forgive yourself before moving on. Close your eyes and take several deep breaths. Releasing, evolving and growing can be painstaking yet uplifting and exciting because a NEW YOU is being born.

DECIDE TO CHANGE

This is a powerful CHOICE this section was designed to assist you with discovering what you need to change in order to improve the quality of your life. It’s impossible to change if you don’t know what needs to be changed. Some people go through their entire lives angry, tired and lifeless, wondering why life is so hard for them. Stubbornness, pride and fear can create walls that are difficult to dissolve making your journey full of stress, disappointment and pain.

Change can be so disheartening when you need to look at the darkness within you. If you choose to have the attitude that “I don’t need to change” or “this is just how I am”, that’s fine. However, remember this: the only person that will be affected and suffer due to your attitude is YOU. This journey is about creating the life YOU want, but you must be WILLING and OPEN to the process of CHANGE.

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JOURNAL EXERCISE

If you answer, “No” to any of the following questions, consider making CHANGE a priority in your life. Keep in mind that the definition of insanity is doing the same thing over and over and expecting a different result. Nothing in your life is going to change until YOU do.

1. Are you honestly happy with your life right now?
2. Are you attracting the kind of MEN you want to have in your life?
3. Are you happy with your career/freelancing opportunities?

Change starts and can continue for some time, in small, tentative steps because you have to start from where you are right now. With each successful step you take, you gain courage and a feeling of EMPOWERMENT. This then leads you to a point where you can take a Big Leap. However, there are those who want to take BIG leaps in the beginning so they can move on. It’s great to have goals during the change process but setting the bar too high and being unable to achieve it can set you up for feeling defeated before you’ve gotten started.

Change can be exciting for some and scary for others, depending on whether you’re welcoming change or fearing the changes that could come about in your life. What many of us tend to do is unconsciously SELF-SABOTAGE our efforts by falling back on old behaviors and ways of thinking just when we’re making progress. We self-sabotage because of fear. Why do we do this? We prefer familiar and easy versus challenging and unfamiliar. Changing means shifting our perceptions of who we believe we are to become more of who we really are. We may lose friends, change jobs/careers, relocate or open our hearts to a new love. The changes can be endless and so can the fears. Most fears are imaginary created out what we believe to be true.

“Taking a new step, uttering a new word is what people fear most.”
~Fyodor Dostoyevsky
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DISCOVERSHEET EXERCISE

WHAT NEEDS TO CHANGE TO IMPROVE YOUR LIFE?

1. ________________________________________________________________

2. ________________________________________________________________

3. ________________________________________________________________

4. ________________________________________________________________

5. ________________________________________________________________

If you require more space, use your journal.

FORGIVENESS

Many of you may have mixed feelings about this subject matter but we feel it’s important if you want to have a HAPPIER and HEATHIER life. The basis for forgiving someone is not about the other person it’s about you. We understand that many of you have had traumatic experiences in your childhood that has left scarred and not able to enjoy a loving partnership with another human being. Forgiveness is necessary for a well-lived life; regret, resentment, anger will strip the joy from your life.

ACTS OF FORGIVENESS

“Forgive all who have offended you, not for them, but for yourself.” ~Harriet Nelson

Many women cry grudges over hurt hearts and hurt spirits. By carrying these grudges, staying angry and hurt that this is somehow hurting the other person. No. Refusing to forgive others is a behavior that is generally, socially and culturally taught when we’re young. The reality is that the TRUE act of forgiveness has nothing to do with the other person; it has everything to do with YOU.
FORGIVING YOUR FATHER

There are so many women who have been hurt by the men in their life. Many of those hurts began with their fathers. And there are those who refuse to forgive that hurt, regardless of who the man was or is. Yes, there are men who have abandoned you, cheated on you, abused you physically and verbally, treating you less than you deserved, that may include your fathers. Did we have expectations on how you thought these men, and other people in our lives, would behave towards you? Yes. And when you have expectations, people will generally disappoint you. Why? Most people, including fathers, do not know who they really are, and are bringing their wounds and beliefs from their childhood. We come from such diverse backgrounds and are raised with different beliefs and norms, socially and culturally. We think that based in the way you grew up that they should know better. Have you ever experienced not “living up” to someone else’s expectations? Have you ever had your actions judged by someone who did not come from your cultural, religious or social background? Not a very nice feeling, is it?

Expectations, like the word “should”, are assumptions based on what we believe about the world and the way we think people should act. “He should know what to do.” “He should know how to treat me.” “He should know what I want.” “He’s my father; he should have known how to raise me.” And there we are left with all our “should’s” and a deep resenting anger towards men and unforgiveness in our hearts. On the flip side, you may spend time asking yourself questions that you will never get the answers to like: “Why did my father abandon me?” “Why did he do that to my mother?” “What kind of a man does that to a child?” “Why couldn’t he have just loved me?” “Why wasn’t he like other fathers?” We forget that our fathers came with their own set of baggage from their childhood and sometimes they do not know how to love. Are these excuses? Maybe, or maybe they’re just facts. Do you feel your father intentionally sought out to hurt your? Think about it.

In general, men, including your father, have moved on in their lives while we, on the other hand, continue to wallow in unhealed anguish, allowing it to rob you of love and joy. When we shut down one avenue to love and joy, we shut them ALL down. Is it necessary for you to forgive these men,

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especially if one of them happens to be your father? **YES.** If you desire a deep connection with a man, you must forgive or you will bring your pain, anger and hatred into your new relationship. Remember stories your mother told you about your father, and if possible, ask him yourself.

**Take note:** This exercise is very difficult, and it will reveal a lot of old wounds. If the wounds are too deep and the emotional pain is too much to handle, please contact a Mental Health Professional to assist you to forgive your father so you can forgive him and **FREE YOUR SELF.**

If closure is not necessary, then skip the investigation and release yourself from the bind of anger and sadness, and make peace with that fact that your father is who he is or was who he was and forgive him for you so you can move on with your life and engage in healthy loving relationships.

Then write **I FORGIVE MY FATHER** at least 10 times. In addition, write why you forgive him.

> “The weak can never forgive. Forgiveness is the attribute of the strong.”
> ~Mahatma Gandhi

**Forgiveness is a liberating and freeing experience.** In order to obtain any kind of peace of mind or spirit and to give any future relationships a true chance in this department, as well as healing the other areas of your life, there really is no other option.

**DISCOVERSHEET EXERCISE: THE UNFORGIVEN**

This exercise is best done in the privacy of your own home, you ARE going to get pissed and you are going to break down because you’re bringing up old hurts that are still sitting somewhere within your spirit.

**Time to look at who is the “Unforgiven” in your life:**

**PART 1**

**Directions:** In the table below, write all the people you have not forgiven in your life. In the 1st column, write the person’s name. In the 2nd column, write the day, month and year the offense took place. In the 3rd column write what happened.
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<th>Date(s) of offense(s)</th>
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Pause!

If you get to this point in and are experiencing emotions such as (but not limited to) depression, anxiety/anxiety attacks, angry outbursts or extreme fear, PLEASE, PLEASE, PLEASE, either contact medical or psychological services IMMEDIATELY or contact a trusted friend or family member for HELP.

PAUSE, BREATHE & REFLECT

Before moving on to the next step, it is time to pause for a moment.

T Close your eyes and take several deep breaths. Sit or lay down comfortably. Place one hand on your forehead and one hand either over your heart or on your abdomen. Now breathe. Continue to sit or lay this way until you feel a center of calm.
FOCUSING ON SELF

Many women have a difficult time focusing on themselves, especially if they have a ton of “obligations” or commitments that they are unwilling to give up because it gives them a sense of “purpose” and keeps them busy. “The Superwoman Syndrome” is the habit of piling a lot of things on one’s plate in order to accomplish things, to look busy, to impress others with “how much I have to do”, or the inability to organize life’s pressures and tasks in a systematic way. Some women believe it’s selfish or self-centered puts attention on what you know need to change. Focusing on Self means stop being a spectator in your life and start becoming a participant. It means that you stop walking around like a ghost and stop allowing the years to just float by until one day you look in the mirror and you don’t recognize yourself. It means you choose to begin creating life you want by reviewing and examining Seven Core Areas of your life.

SEVEN CORE AREAS

There are 7 core areas with several questions for you to ponder in each one. If a quiet place or gauge your emotions before you go to a public place, just make sure you feel safe and secure wherever you decide to go to work on this section. Consider using a journal to answer these questions.

❖ Core Area #1: Health, Wellness & Fitness

This area helps you begin to observe how you are treating your body and health in general. Some women ignore health warnings. Why? It’s not what they value, also it’s a lack of self-love. In general, pain is a message that all is not well in your body. Look at your skin, your face, your eyes, your tongue and your hair. Observe your stress levels, digestion, elimination and rest/sleep patterns. If you choose not to pay attention to your body’s current health, you may eventually feel intense pain that will send you running to the emergency room. Seek help from a Naturopathic, Holistic or mainstream doctor if you feel things are “off” in your body. Oftentimes we just need:

• “More Being” and “Less Doing”,

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GOAL SETTING FOR WOMEN

- Better quality of sleep and good water,
- More rest time,
- More listening to the still, small voice within, and
- Healthier foods to eat and exercise/stretching to keep the body strong and flexible. If you don’t take care of something it will eventually fall apart, no matter what it is.

When we see older women walking with canes, bent backs, sagging skin, we say to ourselves, “Oh that’s just aging”. No, that’s just not taking care of your most precious gift, your body. Granted yes, some of those women have lived hard lives. However, today, there’s a plethora of resources available for you to take care of your body. Many women dislike their bodies and some even hate them. Some complain about their bodies but find it hard to change. Why? It requires self-esteem and strong motivation to make any major changes in one’s life. Isn’t disliking for your body enough of a reason to do something about it? One major issue is this: most of us rationalize our feelings away to make ourselves feel better temporarily. Remember: as the years pass, issues like weight add up, which can become challenging to take off and keep it off.

Review each question and answer them inside your journal.

- Do you exercise?
  - How many times a week and for how long?
  - Are your muscles tight and your body stiff making you inflexible?

- Are you struggling with being overweight?
  - Overweight being defined as being “above and beyond” what is considered “healthy” for your height and age.

- What is your “ideal” weight?
  - Do you feel that it’s realistic and achievable?
  - If “Yes”, are you willing to make the changes needed to achieve that goal?

- Do you have difficulty breathing after walking a few flights of stairs or from your car to
GOAL SETTING FOR WOMEN

the front door?

- Is your love for unhealthy food blocking you from changing your eating habits?
  - Do you love deep-fried, grease-laden, over-processed, pre-packaged, sugared up…

- Do you also eat fruits and vegetables daily?
  - Are you “picky eater” if so, why?
  - Do you love binging on carbohydrates (i.e. sweets, coffee, soda, potatoes chips, etc.)

- Do you like the way you look from behind? Don’t know? Go to the nearest full-length mirror and take a real look.

- Do you like the way you look in your clothes?
  - Do you like the way you feel in your clothes?
  - Do you buy clothes only because they’re on sale or they’re cute, not caring about how they fit?

SEXUAL HEALTH

Stop for a minute and put yourself in a place of real honesty because this is a very important topic. Self-esteem is a big part of your decision-making process when it comes to sex. We only get one body so why do we treat it the way we do? Have you heard the saying, “Your body is your Temple?” That means your body is sacred so what you put in it or do to it or who you sleep with should be decided with care. The sexual behaviors can be dangerous to your health.

Answer the following questions in your journal:

- Do you always have protected sex? If not, why not?
  - When was the last time you engaged in “risky behavior”? Risky Behavior is defined as you waking up the next day, burying your face in your hands and saying to
GOAL SETTING FOR WOMEN

yourself, “What have I done?”
- Are you afraid to ask a man to take an HIV test? Have you taken an HIV test?
- Do you avoid having honest conversation about sex because of fear that he may leave you?

**HIV is still on the rise in America** and it has become an epidemic among women of color. Why aren’t we talking about it more? You’ve heard the reasons: it’s an African problem, a Latin problem, an Indian problem, a Black problem or a prostitution problem. There are drugs that can a person undetectable, but you don’t want to find yourself in that situation.

**PHYSICAL HEALTH**

Furthermore, if you do not take care of your body, it cannot take care of you. Positive health is a proactive CHOICE. Our bodies are designed to protect us from harm and to be the organic vehicle by which we experience life.

However, your body only functions optimally if you CARE about how you maintain it, how you treat your body and how you treat yourself. Failure to proactively to take care of your health opens you up to illness and disease, which will leave you with the question “why did this happen to me?” If you find yourself in this predicament, review your lifestyle and how you treat your body.

Take a moment and ask yourself these questions:
- Are you being physically abuse in anyway?
  - Do I believe that men show their love through abuse?
- Do you create drama in your life?
  - Drama happens when you forget to be kind, loving and giving to yourself and others.
    Drama robs you of your health and peace of mind.
- Are you looking for peace and balance in your life? Can you eliminate at least fifty
percent of the drama in your life right now? How?

❖ Core Area #2: Your Spiritual Self

Our spiritual self is often neglected. We hear the voice of our spirit, that quiet, sometimes screaming voice that you might ignore. Some believe that their minds and egos have all the answers to their challenges. Being out of balance causes stress levels will rise, your mind may become cloudy and befuddled. Anger and frustrated can create chaos in your life and you have to slow down long enough to LISTEN for solutions.

- How do you connect with yourself on a deeper level? What techniques do you use?
  - Do you try to connect with yourself on a deeper level at all? Do you believe it a waste of time?

- Do you ever sit in silence and listen to your inner voice? Do you heed its wisdom?
  - When was the last time you connected to your inner voice?
  - Do you ignore your inner voice because it’s telling you something you don’t want to hear?

- Can you tell when you’re stressed or having health challenges or crisis due to stress? List your stress indicators in your journal.
  - What ways do you relieve your stress?
    - Do you practice them?
    - What techniques do you use? Are they effective or is it time to seek new ones?
  - Do you meditate or have a way to center and ground yourself daily?
    - Is it time to seek out another method, that is effective, useful and user friendly?
GOAL SETTING FOR WOMEN

- Do you practice yoga or any type of meditative, connecting, or grounding exercise? If “yes”, what do you do? Is it effective or do you need to find other methods?

**Stress is a silent killer.** There is a gap of time between chronic stress and when disease/illness shows up in your body. Not listening to our instincts or rationalizing them away leads to making mistakes that can cause lot of misery in the future. This is an area that tends to be really out of balance in many women’s lives. This connection is an essential building block for you to learn to LOVE YOURSELF.

❖ **Core Area #3: Finances, Abundance, Prosperity**

The Law of Giving and Receiving is always in effect in our lives, whether we are aware of it or not. When you wonder why you may be having difficulty in “getting ahead” in life financially, ask yourself where you have helped others “get ahead” financially. Most of us learned we are supposed to receive first and then when we have enough we give. Giving first is a hard concept to swallow, but it doesn’t have to be a lot of money it just has to be consistent and sincere.

Financial challenges are a vicious cycle that many people never figure out over their lifetime. Why? Habits, beliefs, fears and relationships people have with money is rarely acknowledged or changed. Many of these beliefs and fears came from our parents and their spending/saving habits. We absorbed their dialogues as children and because we had no other frame of reference, either their positive or negative habits became a part of our programming. There’s a saying “money is the root of all evil” or some believe rich people are bad. Either way if you think having money is bad or people won’t like your subconsciously wants you to be safe. Others may believe there unworthy and undeserving which is low self-esteem.

Society tells us the ways to get out of and pay off our debt and then turn around the next minute present us with temptation to get right back into debt. It’s a vicious cycle of debt slavery that is considered “the American way.” No wonder we’re so confused about money. No wonder, financially, we are where we are today.

THE LIFE YOU DESERVE
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Take time to consider the following:

- Are you saving for emergencies or the future? Do you save any money at all?
- Do you give away money to others to increase your own abundant flow or do you horde for fear of not having enough?
- Do you ever give your money, time or energy freely and unconditionally to your spiritual sources, charitable/grassroots organizations, family or even friends?
- Do you buy things to impress others even though you know you cannot afford it?
- Are you familiar with 401k, Roth IRA or any type of retirement program? Do you participate in them or do you have an alternate retirement savings program?
- Do you know the difference between assets and liabilities? Which do you have more of: assets or liabilities?
- Are you debt-free, close to being there or are you drowning in it without a lifejacket?
  - Do you know your numbers (expenses + debt - income)?
    - Are you living paycheck to paycheck?
    - If you are a freelancer what can you do to increase your income (get more clients, automate a skill online, teach others what you do)
  - Do you have any kind of system that helps you to track your expenses so that you are aware of exactly how much you’re spending each week or even every day?
- Have you been honest and upfront about your financial responsibility to others? If you owe people money and have not repaid them, why not? Holding out of fear of having enough blocks your own abundant and financial flow.

If your answers to these questions are more “No” than “Yes”, may need to change your relationship with money right now. It’s time to start healing this area of your life.

Also think about these questions:

- Do you get angry when you don’t have enough money or get anxious when you have too much?
- How did your parents/grandparents/caregivers handle money? Are you following in their
footsteps? This takes some observing of your own behavior and language.

- What are your beliefs about money?
  - Do you have children? What are you teaching your children about money?

The issue of money and financials is a distastefully heavy topic for many women because many of us don’t understand about the energy of money or how abundance flows in, out and around our lives. The responsibility, proper handling and managing money was not something that was taught to many of us. This belief has left many women out in the cold when that man decides that he wants to move on or passes away.

To be an empowered woman, you must have a stable and functioning financial base that will be able to support your life. Spend some time evaluating your finances, include all debts, expenses and assets. This is the only way for you to begin taking control of your financial future. Begin to educate yourself on money and finances.

❖ **Core Area #4: Romance**

If you are currently single but don’t want to be then you need to focus on this area of your life. Check in with your self-esteem to see if it’s holding you back from finding love.

Answer the following questions:

- Are you afraid that you will choose a bad guy, again?
- Are you too picky because you are afraid of being hurt, again?
- Are you working on losing weight, getting your career on track or relocating before you focus on a relationship?

❖ **Core Area #5: Careers & Dreams**

Most of us grew up with multiple ideas of what we wanted to be in life. Some of those ideas were slapped down by our parents. Then we were told we had to take a more “traditional” or “safe” route to make it in life. Our parents had good intentions, nature gave them one major mission, survival of next generation. However, in the process, many of us had our creativity squashed, our visions blinded, and our dreams dissolved like mist in a hot rising sun. We relegated our hearts desire to a locked chest and shut it away out of sight. Then there were those of us who were allowed to live...
freely and were even encouraged, to follow our dreams no matter the cost. Which group were you in? Where are you now?

- What did you really want to be when you grew up?
  - List 5 imaginary lives you wanted to live no matter how ridiculous they sound. This exercise was introduced by Julia Cameron in her book, “The Artist’s Way”.
  - Now, list 5 lives or dream careers you desire to live now no matter how ridiculous they sound.
- Are you living one of those dream careers/lives or have you settled for something else?
  - If you settled for something else, why did you make the choice and how does that make you feel?
  - Are you willing to take one solid step towards realizing that dream?
- Do you believe you deserve to have the life you REALLY want to live?
  - What are you really passionate about?
  - Are you so passionate about a particular thing that you would do it for free?
- Are you too comfortable at your job? Being too comfortable is the killer of dreams because it stops you from moving forward.
- Are you living your life to satisfy others instead of yourself?
  - Have you given up what you want to do because others told you it was a dumb, stupid, or unrealistic?
  - Are you doing the job you have now solely for the money to pay bills? Are you happy there or do you spend time wishing you were somewhere else?

Many people dislike or even hate their jobs and they feel stuck because of the pile of bills that are mounting at home. However, hating ones job and mounting debt does not stop most people from spending, which they need to do to change their situation. Remember to be honest with yourself because this is your life. If you don’t like the way things are going, then it’s time to make changes. You must live your life your way anything else is living a lie.

❖ Core Area #6: Relationships

This area examines relationships with people other than intimate/romantic ones. These are your family members, friends, business associates and co-workers. These relationships tend to make up a
GOAL SETTING FOR WOMEN

much larger part of your life than intimate ones will. You’re with your co-workers 8 to 10 hours a day at your job. You may live with family or see them frequently for get-togethers and outings, same for your friends.

Unfortunately, many of us take the people in our lives for granted so we don’t spend enough time nurturing our relationships. We forget that nothing lasts forever. However, we sometimes treat the people that we love like they will live forever. Why? Maybe some of us feel that work is more important than family and friends, or maybe there is a grudge that is left unsettled and it’s the reason not to call, write or visit. Perhaps this is one of the causes for why people in romantic relationships struggle with making it last. All relationships require effort to maintain and to become deeper, if you are unwilling to put in the work, your partner won’t either. Someone has to take the first step in mending or maintaining any relationship. If someone has the courage to step up, the other person (s) will usually follow. There may be some forgiving to do in this area if you have not already done it in the forgiveness exercise. Don’t let the years or people pass by without remember that they were here. Ask yourself the following:

- Do you have respectful and generally peaceful relationships with your friends, family members and co-workers or are you constantly at odds with them?
- How do you treat your co-workers and how do they treat you?
- Do you have supportive friends or friends who support you when it’s convenient for them?
- How do you make others feel when they are around you? Do people disappear when you show up or are they visibly glad to see you? Are you easy to speak with or are you a nagger or know-it-all?
- Do you speak respectfully of others or do you gossip and rip them down with your words?

❖ Core Area#7: Personal Development

Personal development is a lifelong adventure. When we stop evolving, we stop living. Learning new skills keeps your brain flexible and creates new neuron pathways. It keeps our minds young and our spirits lively. Consider and answer the following:
GOAL SETTING FOR WOMEN

- Is there a special skill or skills you would like to learn? What’s stopping you? Money? Time? Other excuses? Get out your journal and list them so you can see them on paper.

- Take one skill you want to learn and research it.
  - Where is it taught? Anywhere local?
  - How much does it cost? Do they offer payment plans? Try emailing a few friends with your interest; you may be surprised at who and what people know, including the friends you thought you knew!
  - You are not afraid, are you? Where there’s a will, there’s a way…

- Are there things you would like to improve about yourself that may help you get to the Next Level at work, at play or to catch the man of your dreams?

- Do you need to improve your level of confidence, self-esteem, self-worth and deservedness in order to obtain your goals?

- Do you need to learn better communication & listening skills?

To improve you takes constant care, work and focusing on self and on your life goals. Loving yourself is at the heart of Personal Development. It’s the willingness to be open, to learn and to evolve. It’s sad to hear women giving up because they lack the courage to try something new, even something that they said they want to do, learn or experience.

These 7 core areas are just a few sections of your life that will need review, examine and probably improve for you to have a more fulfilled life. These are self-reflection questions rather than “who to blame” questions. The examples are universal and most of us are deficient in one or more areas. More often than not, women neglect to address and heal areas of our life that need working on. We’re more into fixing others problems than our own.

For many women, being a giver usually means taking from one’s self to give to others. Nature and the universe so abundantly give to us; we must take the time to do the same for ourselves. Often, we don’t give ourselves time and space to just BE.
DISCOVER SHEET EXERCISE

THE 30-DAY REVIEW

PART 1.

We’re going to do a bit more digging in the 7 core areas, except we’re going to add another area: Creativity & Play. So, in the following table you see 8 areas in total. Give yourself 20 minutes to do this exercise so you don’t over think it. You are going to do a 30-day Review. Often times we are completely unconscious and oblivious to our behaviors and habits. So in the table below you’re going to write, just the facts, what you did in each area during the last 30 days.

For example, if you walked twice in 30 days, under “Health & Fitness” you’re going to write, “Walked twice, 30 minutes, 2 miles”. Another example, if you paid off a debt, you’re going to write that under the “Finances” heading. Another example, if you had unprotected sex during this time, you’re going to put that under “Health, Wellness & Fitness”. Starting to make sense? Some of your facts will fit under more than one category. Go ahead and write them down. **Remember: Only put the facts.** The purpose of this exercise is so you can begin to see, on paper:

- What’s been happening in your life,
GOAL SETTING FOR WOMEN

- Some of the choices you have been making and whether or not you like them,
- Some of the behaviors you have been engaging in and whether or not they serve you, and
- If you are treating yourself lovingly and compassionately.

Once you begin seeing your life in front of you, on paper, it may give you pause as to how consciously or unconsciously you may be going through your days (and nights). Once you see this data in front of you, it can assist you in opting to make much needed changes in your behavior, mindset and belief systems to begin shifting your outer world circumstances, moving you in a healthier, more balanced direction.

OPTIONS: Make copies of the sheet on page 74 before doing this exercise. You will be using it for more than one Step. You can also get a large piece of paper so that you have more room to record your information.

“<add quote here>”

“To keep the body in good health is a duty... Otherwise we shall not be able to keep our mind strong and clear.”

~ Buddha
<table>
<thead>
<tr>
<th>1. Health, Wellness &amp; Fitness</th>
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<tbody>
<tr>
<td>2. Spiritual Self</td>
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<tr>
<td>3. Abundance/Prosperity</td>
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<tr>
<td>4. Romance &amp; Intimacy</td>
</tr>
<tr>
<td>5. Career &amp; Dreams</td>
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<tr>
<td>6. Relationships</td>
</tr>
<tr>
<td>7. Personal Development</td>
</tr>
<tr>
<td>8. Creativity &amp; Play</td>
</tr>
</tbody>
</table>
PART 2

The second half of this exercise revolves around you creating one solid, achievable goal in each of the 8 areas and then writing and taking one step to move you towards that goal. You must put a due date for accomplishing your goal and find someone to hold you accountable.

An example for Core Area #1: your one solid, achievable goal may be to walk for 30 minutes twice a week for the next 2 weeks. It’s not overwhelming and it’s a good start. So, in the first column, write your solid, achievable goal for each of the core areas. In the second column, write the one step you will take to accomplish your achievable goal.

Remember to achieve anything you only need to do two things:
1). Start from where you are. (Let’s keep it simple)
2). Move one step at a time in the direction you wish to go.

<table>
<thead>
<tr>
<th>Achievable Goal</th>
<th>One Step to Achieve the Achievable Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1. Health, Wellness &amp; Fitness</td>
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<td></td>
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<tr>
<td>#2. Spiritual Self</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>#3. Finances, Abundance &amp; Prosperity</td>
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<tr>
<td>#4. Romance &amp; Intimacy</td>
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<tr>
<td>#5. Career &amp; Dreams</td>
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<td>#6. Relationships</td>
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<td>#7. Personal Development</td>
<td></td>
</tr>
<tr>
<td>#8. Creativity &amp; Play</td>
<td></td>
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</tbody>
</table>
If we don’t change, we don’t grow.
If we don’t grow, we are not really living.
Growth demands a temporary surrender of security.
~ Gail Sheehy

CORE VALUES

Goals you desire to accomplish elude your grasp because you are lacking guiding values for what you want to achieve. When you pinpoint your values, you have an identifiable internal compass that literally influences your decisions, responses and reactions. Your core values define who you are and how you show up in the world. They are the actions by which others will measure your integrity, your wholeness; it is the golden standard to which you hold yourself. When you begin to identify and align yourself with your core values, your life can shift in dramatic ways.

There are 5 main purposes for knowing your Core/Personal Values:

1. To create guidelines for your choices and actions.
2. To make conscious, purposeful everyday decisions in alignment with your values.
3. To determine if you are living your life in line with your values.
4. To maintain your Integrity and be a whole person in every area of your life.
5. Stress management, the more you’re aligned with your values, the less stress you’ll have.

DISCOVERSHEET EXERCISE: YOU AND YOUR VALUES

In this discover sheet exercise, you’re going to start looking at what you value, select the ones that define you. Daily interactions and activities will demonstrate your alignment with your values.

PART 1: VALUES LIST

In this first section, you’re going to read over 88 value words listed on this and the next page. Once you’ve read through all the words, circle all the values that you feel you have to have in your life because they are so important. Once that is done, you’re going to move on to Part 2, where you will narrow down all the values you circled down to just 10 values that, for today, represent elements of life that are necessary to you.
<table>
<thead>
<tr>
<th>Abundance</th>
<th>Uniqueness</th>
<th>Laughter</th>
<th>Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boldness</td>
<td>Comfort</td>
<td>Community</td>
<td>Courage</td>
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<tr>
<td>Kindness</td>
<td>Security</td>
<td>Safety</td>
<td>Thankfulness</td>
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<tr>
<td>Fearlessness</td>
<td>Generosity</td>
<td>Surrender</td>
<td>Justice</td>
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<tr>
<td>Imagination</td>
<td>Honesty</td>
<td>Simplicity</td>
<td>Space</td>
</tr>
<tr>
<td>Adventure</td>
<td>Dreams</td>
<td>Awareness</td>
<td>Clarity</td>
</tr>
<tr>
<td>Practical</td>
<td>Creativity</td>
<td>Listening</td>
<td>Wealth</td>
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<tr>
<td>Well-being</td>
<td>Health</td>
<td>Vision</td>
<td>Optimism</td>
</tr>
<tr>
<td>Self-Nourishment</td>
<td>Authentic</td>
<td>Family</td>
<td>Flow</td>
</tr>
<tr>
<td>Grounded</td>
<td>Learning</td>
<td>Discovery</td>
<td>Love</td>
</tr>
<tr>
<td>Gratitude</td>
<td>Fun</td>
<td>Freedom</td>
<td>Passion</td>
</tr>
<tr>
<td>Youthfulness</td>
<td>Grace</td>
<td>Acceptance</td>
<td>Support</td>
</tr>
<tr>
<td>Strength</td>
<td>Thoughtfulness</td>
<td>Success</td>
<td>Privacy</td>
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<tr>
<td>Intimacy</td>
<td>Rest</td>
<td>Independence</td>
<td>Partnership</td>
</tr>
<tr>
<td>Duty</td>
<td>Beauty</td>
<td>Prosperity</td>
<td>Joy</td>
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<tr>
<td>Communication</td>
<td>Dependable</td>
<td>Heart-centered</td>
<td>Belonging</td>
</tr>
<tr>
<td>Trust</td>
<td>Approval</td>
<td>Looking good</td>
<td>Maturity</td>
</tr>
<tr>
<td>Knowledge</td>
<td>Femininity</td>
<td>Control</td>
<td>Feeling good</td>
</tr>
<tr>
<td>Right living</td>
<td>Education</td>
<td>Relaxation</td>
<td>Discipline</td>
</tr>
<tr>
<td>Respect</td>
<td>Intuition</td>
<td>Power</td>
<td>Nature</td>
</tr>
<tr>
<td>Self-esteem</td>
<td>Connecting</td>
<td>Flexibility</td>
<td>Boundaries</td>
</tr>
<tr>
<td>Equality</td>
<td>Determined</td>
<td>Intuition</td>
<td>Financial well-being</td>
</tr>
</tbody>
</table>
PART 2: SELECT 10 VALUES

Select 7 values from the words you have circled and write them on the lines below.

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________
6. ____________________________________________
7. ____________________________________________

PART 3: SELECT 3 VALUES – FOUNDATION VALUES

In this part, you are going to narrow your 7 values down to just 3. 3 values makes it simpler to see if your decisions, responses and actions are in alignment with your foundation values.

1. ____________________________
2. ____________________________
3. ____________________________

PART 4: DEFINE YOUR THREE VALUES

For each one of the values you selected, you now need to define them for yourself. What do each of the words you selected mean to YOU?

For example, say you selected “Community” as one of your values. How would you explain that to someone else? What is your sense of “Community”? Why is this word so meaningful and powerful for you?
GOAL SETTING FOR WOMEN

1. Value #1

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

2. Value #2

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

3. Value #3

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
THE PLEDGES

Below are some pledges you can use to say every day. You can do these in your mirror exercises. Pick a pledge you like, use them all or better yet, make up one of your own! If you really want to make this powerful, pick a girlfriend that you truly trust and ask her to say the pledges with you. Be sure to fill in your name in all the blank spaces.

“I, __________________, pledge to love myself first before I can love anyone else. I promise to treat myself well by taking good care of my body, mind and spirit. I promise to protect my body from harm by refusing to have sex without commitment and practicing safe sex by consistently and carefully, using protection.”

I, __________________, pledge to love myself first before I can love anyone else. I choose to honor and respect myself by refusing to let men treat me in ways that are demeaning and disrespectful to women.

I, ________________, pledge to love and nurture myself through compassionate self-care. I will teach others how to treat me by treating them the way I wish to be treated. I KNOW I deserve the best and refuse to settle for anything less.

I_________________, pledge to honor and respect my most precious commodity by refraining from giving it to a Man that has not committed to me in a monogamous relationship. I choose to abstain from having unprotected sex with a Man who fails or refuses to treat me with the respect I deserve. Abstain from having unprotected SEX with a Man until both of us have been tested for all STD’s, including HIV.

I, __________________, pledge to love myself and give to myself first. Once my needs are met, I am able to give of myself to others. I refuse to let people take advantage of me or use me in anyway no matter who they are. This includes family and close friends.

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KEEPING PROMISES TO YOURSELF

These pledges or promises are important because you are connecting with yourself in ways that you may not have done before. You are making a commitment to yourself and that is not something to be taken likely. Breaking promises to yourself will have long-reaching consequences, which will include the weight of the inner knowledge that you cannot trust yourself to keep your own word.

When saying the pledges, you will probably be uncomfortable at first however, over time you will hopefully find yourself starting to actually believe what you are saying, in the mirror. Carry a pocket mirror in your purse, because when you feel yourself slipping in ways that you will ultimately regret, you can pull out your mirror and say your pledge.

The pledges will remind you of your self-worth and what you deserve as a beautiful, powerful, self-assured woman. Part of believing what you say in the mirror will be more powerful now that you have evaluated the CHOICES you’ve made in your previous relationships or encounters with MEN that lead you to being a DESPERATE DATER. Remember: how can a man keep a commitment to you if you cannot keep a commitment you make to yourself?

ULTIMATELY, NO MATTER HOW BEAUTIFUL OTHERS MAY PERCEIVE YOU TO BE, WHAT IS MOST IMPORTANT IS WHAT YOU SEE IN THE MIRROR WHEN YOU LOOK AT YOURSELF!

"Your mind will believe what you tell it to believe so tell it to believe in you.“
~ Dahmenah Mingo

THE POWER OF “NO”

For centuries, women have lived their lives as second-class citizens in a world where they were not valued, loved or appreciated. Subsequently, we don’t see themselves as valued, loved or appreciated. Some women still live in fear of losing their life; and are treated like property because of the continued male-dominated social structure of
this world. Women have been last in education, health, income earnings and social standing, just to name a few.

However, our foremothers fought for women’s right to be seen, heard and recognized and that all must be equal under the law. But because of our humble and second-class existence for so many years, women have unconsciously passed down to new generations. In the past where having our own opinions and saying “NO” could cost us our lives and even the lives of our children. So today even though the conditions of many women’s existence have changed, in many countries, for the better, there are plenty of women who still have difficulty with using the word “NO.” Still for some women may have been or still may be in dangerous situations where using this word can lead to physical harm so we are not talking to those women. Prayers and love are with you in your time of struggle.

**Realizing Your Power**, the power within that comes from your spirit and you knowing that you have self-worth. If you cannot use the word “NO” then you may need to work more on your self-worth; if you don’t matter to yourself, then to whom will you matter? Feeling love, feeling powerful, feeling worthy, and feeling valued begins with you first, then others can feel that POWERFUL energy and follow suit. Why do you think some celebrities make thousands and others make millions? It’s the power of **Self Worth** and energy follows thought. If you believe you’re worth millions, others will believe it too. But if you’re not sold on yourself, neither will anyone else. The bottom line is this: if you perceive yourself as having value others will perceive you the same way. A person that perceives themselves highly will say “NO” to anything that is harmful, degrading, doesn’t serve their best interest, wastes their precious time and doesn’t pay them what they are worth. If you say “yes” to something you don’t want to do, what are you compromising? Is it worth it and for how long can you keep it up? Eventually, compromising your values and your soul by refusing to say “NO” may lead to stress, health problems and mental/emotional instability.

**First**, you need pay attention to your life. Carefully analyze and weigh situations and consequences for how they will affect your life positively or negatively. For example: you’ve been at a job that has paid you minimum wage for more than a year, you were denied a raise, but you haven’t thought about leaving. Why? Do you think you are only worth getting paid minimum wage? Even in today’s
GOAL SETTING FOR WOMEN

economic climate, the eventual disintegration of your life because you’re unable to live better than you deserve will take a toll on your entire well-being and quality of life.

Saying, “NO” is also about refusing to accept situations and conditions in life that are at odds with what you believe you deserve. Yes, this is going to mean some people will not be happy with you; yes, this means you will probably have to walk away from temptation in order to keep yourself in alignment with your spirit and yes, it may also mean that you will have to step out on faith in order to prove to yourself that you are worthy.

DISCOVERSHEET EXERCISE: A QUICK SNAPSHOT OF YOUR LIFE

Ponder and answer the following questions in your journal:

1. How much do you currently get paid?
   a. Are you hourly or salary? Which do you prefer?
   b. Do you own a business? Is it going in the direction you envisioned?
2. Where do you live right now? Describe it in detail, including if you live in the city, country or some other area.
   a. Are you happy at your living situation or would you prefer something else?
   b. Are you happy with the area you live in or would you prefer something else?
3. Where do you eat?
   a. Do you eat out all the time or do you cook at home, if you are able?
   b. Are you eating healthy meals or whatever you can get on a budget?
4. Are your shoes and clothes worn from daily wear and tear?
   a. Have you had to put off buying new shoes and clothes because of finances?
   b. If yes, what do you believe this is doing to your self-esteem?
5. How would you describe your general appearance?
   a. Do you take care of your skin? If no, why? List the reasons.
   b. Do take care of your hair? If no, why? List the reasons.
   c. Do you take care of your teeth? Have you slacked off over time? If yes, why?
6. Do you go to the doctor when you know something is wrong? If no, why?
   a. Are you without medical insurance?
   b. Have you researched ways to get medical care when you need it?
7. Do you feel confident when you are out in the world? If no, why? List the reasons.
   a. What do you believe would help you feel more confident about yourself out in the world?
   b. Is this in alignment with your values?

Second, once you are aware of how you’ve been valuing yourself, you can then begin taking actions to change. The reasons these questions are important is that it gives you a brief snapshot of how much you cherish yourself, and you cannot use the word “no” unless you have perceived value in yourself. Would a woman who feels empowered and is expressing her Essential Feminine Essences wear shoes with holes in them? For most women it’s not a money issue; there are plenty of discount shoe stores around. It’s more of whether or not they deserve it. Your first action could be to buy some new shoes or make over your hairstyle. Maybe change your makeup to colors that actually match your skin tone and bring out your beauty. Once you start making some minor changes, you will start to feel better which will give strength to tackle the big ones, like getting a new job or acquiring skills that can bring up your pay grade.

Most women can say “NO” once we’ve reached the level of anger, however the hope is that you can say it before it gets to that stage when necessary. This is YOUR life and create it the way you want it to be.

GETTING OUT OF YOUR COMFORT ZONE

No, it’s not easy getting out of your comfort zone because it is uncomfortable and we’re generally afraid of being judged or getting embarrassed because we don’t know what to expect. Remember you have a choice: to make your decisions from a Place of Power or to make your decisions from a Place of Fear. Begin today, making your decisions from a Place of Power, from a place of you beginning to truly know who you are and what you want. If you don’t yet know who you are, then you’re going to need to back up a few sections and stay there for a bit. This is to ensure that you
have truly done the work of discovering your true self rather just rushing through the questions to get them over with. Making power-centered decisions when you don’t understand your values, needs, desires and motivations will create misery in your life.

Here’s a simple process to help you find the direction you want to go in your life. It can be used for either personal or business goals. This should be a simple process, if you find yourself getting bogged down in confusion, frustration and anger, you’re making this more than it needs to be. Set it down and come back to it later. If you get really overwhelmed, this is another indicator you probably need to go back a few steps and do some additional clearing and healing.

**EASY PEASY GOAL-SETTING**

Goal setting is something everyone needs to know how to do. In order to initiate change in your life, having a simple goal-setting process is invaluable. This is just one example. You can easily use this for changing your look, finding a new place to live, starting a creative project or whatever you want. Please feel free to find one that works best for you.

A simple goal-setting plan consists of:

- A Mission Statement
- Objectives
- Strategies (to accomplish your objectives)
- Implementations (you want these to be small incremental steps)
- Timeline (this must be sensible and achievable)

Here’s a simple sample plan:

- **Mission:** To travel the world in order to learn more about people, culture and living conditions in other countries.
- **Objective:** To write a non-fiction book about other women’s’ culture, health, living and community conditions in various parts of the world.
GOAL SETTING FOR WOMEN

• Strategies:
  o Make a list of countries I would like to visit.
  o Research the most inexpensive way to travel.
  o Research the most inexpensive hotels, hostels or B&B’s for lodging.
  o Check out the high and low seasons in South America.
  o To save money to pay for the trip, to find someone to journey with me (to cut down expenses) or to find someone who is willing to invest in my research.

• Implementation:
  o Get a passport and travel to the closest countries first, such as South America.
  o Learn about the transportation systems in South America in order to travel between countries.
  o Obtain an English-Spanish dictionary and learn basic words and phrases.
  o Get required shots needed to visit selected South American countries.
  o Book hotel reservations and buy plane tickets.

• Timeline:
  o Buy round trip plane ticket to South America in the next 6 weeks.
  o Make hotel reservations within the next 60 days.
  o Get passport ordered by Friday of next week. Make sure I have all appropriate documents.
  o Make an appointment with my doctor to get required shots within the next week.
  o Meet with applicant as a travel companion before next Friday.

We also want to show that if you write things down instead of just talking about them, you’re giving your unconscious mind a chance to help you achieve them. When you write things down and begin to put energy into them, you are more likely to get them accomplished. It also gives you an opportunity to see if you really want to put forth the time, energy and money to see it through.
THE PERFECT MAN

Too many women have a laundry list of their “perfect” man and are angry and disappointed when the men they are interested in fail to live up to their unreachable qualities. However, are you the “perfect” woman?

Relationships are about giving and the standards you are seeking in a man cannot be higher than the standards you have for yourself. For example, you’re seeking a man who is healthy and has a fit body, but you haven’t seen the inside of a gym in 3 years. Check your values and your standards and see where you are out of alignment. You should focus on what you NEED in a man. Needs will create a lasting relationship versus wants or standards. Remember, you must consider your own lifestyle and if what you’re looking for in a man does not match up, you may have some challenges.

Let’s look at some of the qualities/needs you’re probably seeking:

- Honesty (You need an honest man because you’re honest, and you value it.)
- Open-mindedness (You need a man that’s open-minded because you value it.)
- Adventurous (You need a man that likes to try new things, and likes to travel.)
- Fun (If you need fun then you should be having some right now by yourself.)
- Let’s you be you (If you want to be yourself, pick a man that you like who he is.)
- Health Conscious (You need to feel secure that he’ll stay healthy for a long time or you value your health.)
- Intelligent (You need a man that can have long meaningful conversations.)
- Ambitious (You need a man that has goals because you just create some and are committed to achieving them.)
- Has a career/business, not just a job (Is this a Need or a Want? A need is a man who’s financial stable unless your lifestyle clashes with his.) For example, if you travel all the time and he has a “regular” job then you might not be able to spend a lot of time together. But this may not be a problem, it depends on what the two of you NEED.
Some women often create fantasies about who we want MEN to be and then feel disappointed when our expectations are not met. This is the reason why NEEDS are important to know about yourself. If you’re having trouble figuring out your needs, review your past failed relationship for the answers. Why didn’t you receive that you really needed?

"If tomorrow were today, would your decision still be the same? If not, rethink your decision"
~ Dahmenah

THE END OF THE ROAD

The end is near, however your journey continues on a slightly different road. It’s time to take a look at the current design of your life and then design the life you really desire. If you don’t know what you want, it’s going to be very difficult for the universe to help you achieve your goals.

It’s time to write to Dream, Create & Design Your Life. In this section, you are going to begin thinking about what kind of life you desire and start filling in the details. It’s time to be specific. If this scares you a bit, you’re not alone. Finding out that you have permission to dream is blessing. If still need permission to dream, we’ll give it to you. DREAM BIG; you never know what you’re going to get. Make sure that what you are asking for is in alignment with your values, otherwise you will create an imbalanced life.

DREAM, CREATE & DESIGN YOUR LIFE

This may be a new concept for most of you because rarely are we taught about the necessity of life planning/designing in school or at home. Many of our parents & grandparents, if they had plans, kept them to themselves, rarely writing down their plan for a better life. Others got by on their wits, going where the wind blew and wherever chance landed them.
Most, if not all, successful people have either a life design or a life plan that they utilized to achieve their goals.

The term “Design”, as a word, it has more of a creative energy and therefore gives you more Freedom when creating your life. When dreaming, remember: THERE ARE NO LIMITS. The only limits you have are the ones you place on yourself.

The reason a life design is so important is this: if you do not know where you are going any road will take you there. Creating your life design may take several weeks or months depending on you knowing who you are and what you want. It is a Conscious process, where you sit down and dedicate time and energy to believing in yourself and your dreams. You will also have to decide what type a man best fits your personality, your career goals, your hobbies, your current/future living situation and your lifestyle.

Shhh…CAN YOU KEEP A SECRET?

While designing your life, be careful when discussing your life design with unsupportive people. Why, you ask? Because they may discourage you by using words and phrases such as, “that’s stupid”, “that’s Unrealistic”, “you can’t afford to do that”, or even “in your dreams”. The word UNREALISTIC is a fear-based word be careful not to get hung up on ideas that don’t seem achievable, but most are. If it has been done, you can do it again and if it hasn’t been done yet, then perhaps you can be the first to do it. Let your imagination be your guide and let’s get started.

Goals are incremental steps toward your life design.

THE FOUR QUADRANTS

There are Four Quadrants for you to consider:
Okay, let’s look at these one at a time.

1. **Lifelong Dreams** – This is something you wanted to be when you grew up. It may have been more than one. At this point some of you may need to rework your original dream especially if youth was a necessary ingredient for the dream. If being young was a definite factor, then it is probably time for you to release that dream and create a new one or rework it.

   In this quadrant of Lifelong Dreams, you will need to write down the dream and three possible ways for you to make that dream happen. For example:

   **DREAM- A Travel Show Host**

   - Start a blog that will features stories about my travels.
   - Travel with a video recorder and tape myself while I talk about the city highlights.
   - Submit the video to the travel network. I could also add video “shorts” to my blog and You Tube.

   There was an “Easy Peasy” goal-setting exercise you can use that goal or career/dream here if it’s your lifelong dream. Time to make decisive choices about your life so you can move
forward into the life you deserve.

You may change or add to your dream objective at any time.

2. **Life Partnership** - You were asked to compile a list of describing what you need in a life partner. After doing this exercise your list may change because you now you have permission to be in control of your life, so you may choose differently.

   - Keep in mind, this area is not just about the type of man, rather the kind of relationship you want with your partner. If know what kind of relationship you want, then it much easier to narrow down your prospective partners. If you want a Mr. Mom type, it’s better to know that now so if a man wants you stay home you know that doesn’t work for you.

For this quadrant, you’re going to write four needs you can’t live without. For example:

   - Honest
   - Ambitious
   - Fun
   - Kind

Now, write down two physical characteristics you think you can’t live without. For example:

   - Tall
   - Muscular

**What type of job would you like your life partner to have?** The reason for this question is because men generally pick jobs based on their passions, ambitions, financial stability and power. Ideally, his job will complement your lifelong dream.

   - TV Producer
   - International Chef
   - Cameraman
What are your hobbies? What hobbies would you like him to have?

Your Hobbies:

- Reading
- Writing
- Traveling
- Hiking

His hobbies:

- Physically active
- Traveling
- Reading

What type of a relationship do you want? Some examples are:

- I want us to cook together whenever we can.
- I want to avoid being apart for more than a week at a time.
- I want to have a housekeeper because I don’t like to clean.
- I want to have a date night once a week and take turns surprising one another.
- I want to have two kids.
- I want to have a nanny.
- I want my partner to be affectionate and that laughs a lot.
- I want my partner to be in a motorcycle club so we go riding together.
- I want to hold hands while we walk in public.

3. Achieving Your Financial Dreams – Money is a challenge for most people, because we’re raised with fear or disgust for money. Parents unconsciously pass their money issues down to their children and if you have some (or all) of those same issues, you will do the same to your children. There is nothing wrong with being wealthy; it’s what you do with the money that may not always be wise. If you want to have more money and you subconsciously believe that money is evil, you will have a difficult time achieving your financial goals.

Ask yourself the following:
GOAL SETTING FOR WOMEN

- **How much money do you want to **earn** over the next 5 years?**
  - $500,000
  - $1 million dollars
  - $5 million dollars

- **What assets do you want to **own** over the next five years?**
  - Two cars
  - 5 homes/property
  - An Island

- **How much money will you **give away** over the next five years?**
  - $10,000
  - $15,000
  - $25,000

- **What is your dream **Humanitarian** mission? For example:**
  - “I want make sure all children in America can read.”
  - “I want to bring the Arts back to schools.”
  - “I want to start more community-based gardens to feed good food to local communities.”

- **How much money will you **save** over the next five years?**
  - $100,000
  - $500,000
  - $1 million

- **How much money will you **invest** over the next five years?**
  - $300,000
  - $500,000
  - $750,000

Also think about investments such as IRA, stocks, bonds, intellectual property, etc.

- **Where do you want your primary residence?**
GOAL SETTING FOR WOMEN

- New York
- Los Angeles
- Chicago

4. Lifetime Adventure – this is the fun stuff that you want to alone and with your partner.

- Take one year and travel the world.
- Swim with the dolphins.
- Ride a bike across the U.S.
- Go on an African Safari.

Now, your foundation is all set, it’s time to start building it. YOU GOT THIS!!

In Closing…

I tragically lost my youngest sibling few years ago, and it reminded me of how precious life, body and spirit really are; and that most of the things we spend time focusing on is a waste of our precious time. We as humans make our lives unnecessarily complicated; life is so much simpler than we think. We really only need basic things: food, clothing, shelter, family, happiness and love; everything else is icing on the cake. My hope is that during this Journey you’ve just completed, you gave yourself permission to connect with your life, body, spirit and your feminine POWER.

We all aspire to be happy, however most of think it’s some obscure fantasy that is unachievable. What most of us have difficulty realizing is that happiness comes from being honest about who you are, what you want and being comfortable with the person you are no matter what others think or feel about you. THIS IS YOUR LIFE. And in order to claim it and own it, you must be accountable and responsible for everything that happens within it. Another key ingredient to happiness is loving you regardless of your skin color, height, weight, looks, etc. Love starts and ends with you and within you because most of us came into this world alone and we will leave the same way. First there is YOU; then everyone else follows.

Becoming a successful filmmaker is a huge goal for me, it almost feels bigger than life, but I know it’s possible because others have accomplished before me. If you want follow my journey go to
https://www.letters4mydaughters.com this is my latest project, there you can sign up to get emails about my new projects, my journey and other fun things. Get your FEMININE, FEARLESS, FABULOUS T-Shirt on Amazon https://www.amazon.com/dp/B07SY4LRPB

Look for the LIGHT stay out of the DARKNESS. The light is within YOU!

Peace and love always,

Dahmenah

“The world we have created is a product of our thinking. It cannot be changed without changing our thinking.” ~ Albert Einstein

Certificate of Oath

Before you sign:

If you believe you are unable to take and sincerely uphold this Certificate of Oath, then you are not ready to take this journey at this time.

An “OATH” is defined as: a solemn formal calling upon to witness to the truth of what one says or to witness that one sincerely intends to do what one says.

A “VOW” is defined as: a solemn promise; specifically, one by which a person is bound to an act, service, or condition.

(as a verb): to bind or consecrate a vow

~Merriam-Webster Online Dictionary

“SELF-LOVE” is unconditional and non-judgmental; kindness, compassion, gentleness, cherishing, well-treated. You must BE & GIVE these for yourself FIRST.

Your mission: Find someone, a witness, that you know, trust, is dependable and honest. This person must be someone who will truly hold you to your vow. Write your name in the space provided on all 3 vow statements. You will read each statement aloud to the person you select as your witness. Having someone bear witness to your oath ensures that you are more likely to honor and keep it. You are doing this for

THE LIFE YOU DESERVE
you yourself. Can you keep a promise to yourself?
CERTIFICATE OF OATH

I, ________________________, vow to take a solemn oath, promising to refrain from dating and having sex with any Engaged & Married Men.

I, ________________________, vow to refuse to engage in a relationship with a man who is unable to commit fully to me while he is promised/committed to another.

I, ________________________, vow to love myself more than I love a man.

I, ________________________, vow, above all else, to honor and keep this oath as witnessed.

Print your name ________________________

Witness name here ________________________

Sign here ________________________

Sign here ________________________

Date ________________________

Date ________________________
THE PLEDGES

“I, _____________________, pledge to love myself first before I can love anyone else. I promise to treat myself well by taking good care of my body, mind and spirit. I promise to protect my body from harm by refusing to have sex without commitment and practicing safe sex. I will abstain from having unprotected sex until my partner and I have had HIV/AIDS/STD testing first.”

I, _____________________, pledge to love myself first before I can love anyone else. I choose to honor and respect myself by refusing to let men treat me in ways that are demeaning and disrespectful to women.

I _____________________, pledge to love and nurture myself through compassionate self-care and love. I will teach others how to treat me by treating them the way I wish to be treated. I KNOW I deserve the best and refuse to settle for anything less.

I _____________________, pledge to honor and respect my most precious commodity by refraining from giving it to a Man that has not committed to me in a monogamous relationship. I choose to abstain from having unprotected sex with a Man who fails or refuses to treat me with the respect I deserve and demand.

I _____________________, pledge to abstain from having unprotected SEX with a Man until both of us have been tested for all STD’s, including HIV. I will abstain from having unprotected SEX until I see the results of those tests.

I _____________________, pledge to love myself and care for myself first. Once my needs are met, I am able to give of myself to others. I refuse to let people take advantage of me or use me in anyway no matter who they may be, including family and close friends.