

The Barbie Experience



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Goal setting guide

Creating Your Annual Ideals' List for the New Year: A Soulful Approach

Every year, since 2018, I've embarked on a ritual of introspection and intention-setting. Instead of resolutions, I craft a list of ideals and desires for the upcoming year. These ideals encompass everything from personal growth to professional aspirations, from spiritual practices to lifestyle changes. And as the year unfolds, I revisit this list, reflecting on my progress and celebrating the manifestations of my intentions.

Over the past 5 years, I've observed a beautiful pattern emerge. By consistently aligning my actions with my ideals, I've witnessed profound transformations in my life. It's a voyage of self-discovery and empowerment, guided by the compass of my intentions.

Inspired by my own odyssey, I've invited others to join me in this practice. This expedition of growth and accountability is rooted in the belief that we have the power to shape our destinies.

I've distilled my insights into a set of guidelines, designed to inspire and empower you on your voyage of self-discovery and transformation.

I hope you take these ideas, add your own uniqueness to them, and create a magical manifestation list for this year and many more to come.

With Love and Gratitude,

Barbie Moreno

Here are some suggestions to guide you:

Be specific: Clarity is key. Define your ideals with precision and intention.

For instance, instead of vaguely stating "I want to improve my health," a more specific and intentional ideal would be "I commit to exercising for at least 30 minutes five days a week and incorporating more fruits and vegetables into my daily meals." This specificity provides a clear direction and actionable steps toward achieving your ideal of improved health.

Embrace holistic reflection: Explore all facets of your life, from relationships to health to personal development.

For example, instead of solely focusing on career goals, holistic reflection encourages individuals to consider various aspects of their lives, including relationships, health, and personal development. This broader perspective allows for a more comprehensive understanding of one's desires and aspirations, leading to a more balanced and fulfilling approach to goal-setting and self-improvement.

Dare to dream: Allow yourself to dream big, knowing that even unrealized ideals offer valuable lessons.

Consider this scenario: Rather than limiting yourself to what seems immediately achievable, dare to dream big. For instance, envisioning a career change or starting your own business, even if it feels daunting, can lead to valuable insights and growth. Embracing these grand aspirations opens up new possibilities and allows you to tap into your full potential, regardless of whether every dream becomes a reality.

Ground your aspirations in reality: Strike a balance between ambition and feasibility.

Let's say you aspire to learn a new language. While it's essential to dream big, grounding your aspiration in reality means setting achievable goals. For example, committing to studying for 30 minutes each day is more feasible than aiming to become fluent overnight. By striking a balance between ambition and feasibility, you set yourself up for success while still pushing the boundaries of what you thought possible.

Activate your intentions: Start each statement with an active verb, infusing your ideals with energy and momentum.

For instance, instead of saying "I wish to travel more," activating your intention might look like "Explore three new countries this year" or "Plan monthly weekend getaways." By starting each statement with an active verb, such as "explore" or "plan," you infuse your ideals with energy and momentum, making them more actionable and likely to manifest.

Exploring the Components of Your Ideals List

Projects: Break down your aspirations into actionable projects, each comprising multiple tasks. Approach each project with patience and perseverance, knowing that meaningful change takes time.

Changes: Identify areas of growth and transformation, whether it's shifting your mindset or adopting new habits. Embrace change as a catalyst for personal evolution.

Goals: Set clear, achievable goals that resonate with your heart's desires. Celebrate your victories, no matter how small, and embrace the journey of growth.

Desires: Honor your innermost longings and aspirations, acknowledging both your needs and your aspirations. Let your desires guide you toward a life of fulfillment and joy.

As you embark on this journey of self-discovery and transformation, remember: Vision is the essence of prudence, guiding us toward a future filled with purpose and possibility. Embrace the power of foresight, trusting in your ability to shape your destiny.

May your Ideals List serve as a beacon of light, illuminating your path toward a life of intention, fulfillment, and joy.

Happy Manifesting!

Worksheets for Intentions 2024

Self-Growth & Spiritual Ideals:

- 1.
- 2.
- 3.
- 4.

Career Ideals:

- 1.
- 2.
- 3.
- 4.

Projects: Require more than one step to complete.

- 1.
- 2.
- 3.
- 4.

Changes: List of changes in behavior, attitude, body, mind, spirit I want to be working towards.

- 1.
- 2.
- 3.
- 4.

Goals: Help me become the person I have always wanted to be.

- 1.
- 2.
- 3.
- 4.

Desires: A mix of what I want and what I know I should want. List changes I know I should make but have been resistant to make.

- 1.
- 2.
- 3.
- 4.

Wish/Want:

I wish I could:

I wish I had:

I wish I could:

I want to have:

I want to be:

I want to do: