

GET CLEAR ON YOUR GOALS



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Congratulations!

You are now a visionary and strategist. To make manifest any vision or goal you have for your life, you must see the goal and what's necessary to achieve it.



[Cogency enters the chat]



co·gen·cy

/ˈkōjənsē/

noun

 the quality of being clear, logical, and <u>convincing</u>



To gain clarity on your life's vision and to begin charting a path forward, you must first be clear about who you are.

WHO ARE YOU?

In Yoruba culture, there's something called an Oriki. It's praise poetry and is used to describe how a person shows up in the world. It's a way to hype yourself, so there's no need to be shy. In traditional formatting, it starts with your name and lineage.

Here are the template and an example written by Luvvie Ajayi-Jones during a 2021 online challenge:



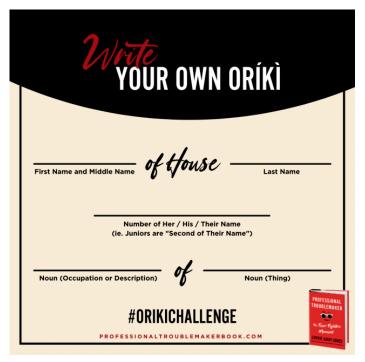


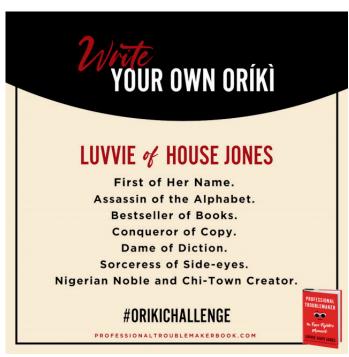
Source: https://awesomelyluvvie.com/2021/03/oriki-challenge.html



So, WHO ARE YOU?

Using the template, write your own oriki. Don't be shy.





Source: https://awesomelyluvvie.com/2021/03/oriki-challenge.html

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Now that we've talked about who you are and what's important to you, let's get into how you want to show up in the world and what you *want* in this world.

*WANT not need. **We use strategic visioning as a tool for the future** while moving from a space of understanding that **our basic needs are (and will always be) met**. Don't think small...

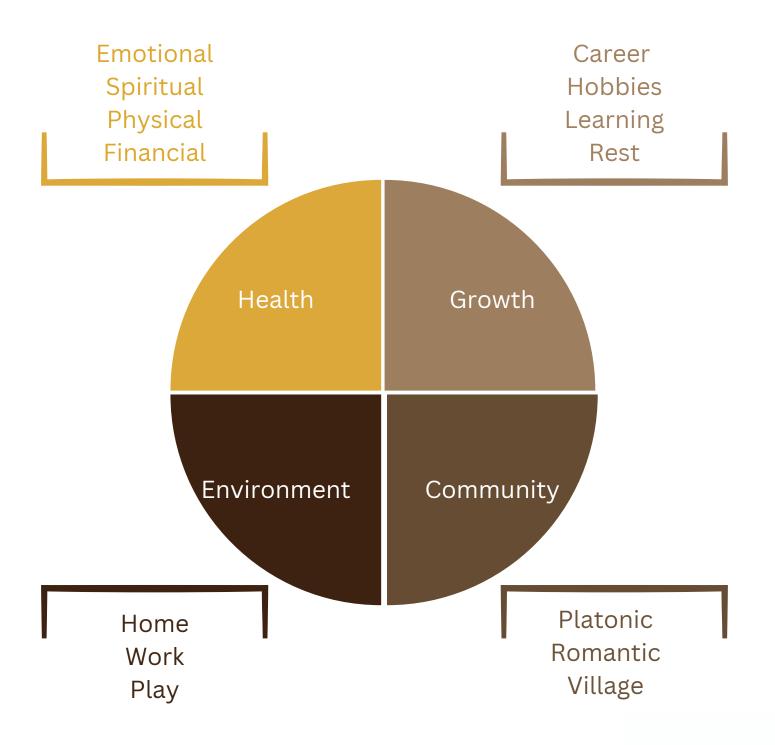


@larolyn1700/TikTok



Four Strategic Areas of Life

Most of the micro areas that we spend planning and visioning fall into four major buckets: health, growth, environment, and community.





Real quick! Before we get to the writing portion, it's important to understand the most effective process for writing the vision. The true secret sauce lies in both the emotions felt when writing and the way the statement is written.

Before you begin writing, take a moment to center yourself. As you center, call to gratitude for both what you have and for what you're calling to you. Note: you're calling it to you because it's already yours. It's just waiting for your permission to materialize.

As you begin to write, embody the emotions of how you will feel in the moments you receive whatever it is you're working to attract/attain/achieve.

Next, your statements should begin with "I am". Example when writing about physical health: "I am disease-free with a consistent and flourishing self-care regimen that supports my body's alignment and natural processes, nourishes my skin, and protects my musculoskeletal system." **Be as detailed as possible.** This is how we develop cogency!

Right now, we focus on our state of being. Later, we'll focus on how we get there.





Now it's time to begin writing your vision! Using the next few pages, write your "I am" statements centered on your health. You should have at least one statement for each of the following:

emotional, physical, spiritual, and financial.















Our vulnerabilities allow us to



Using the next few pages, write your "I am" statements centered on your growth. You should have at least one statement for each of the following: career/professional, hobbies, topics of interest to learn more about, and a vision for incorporating creativity and rest in your life.



Our vu	lnerabilities	allow	us to
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Sometimes the necessary change is in	Health	Growth
our mind, other times, it's in our Million	Environment	Community

Using the next few pages, write your "I am" statements centered on your environment. You should have at least one statement for each of the following: where you live, the type of place you work, and where you play/travel. This is the space to really **get into your luxury**lifestyle bag!



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Sometimes the necessary change is in our mind, other times, it's in our the last of the la	Environment Community



We are the sum of the people with whom we spend the most time,

a direct reflection

of our C



Using the next few pages, write your "I am" statements centered on your environment. You should have at least one statement for each of the following: platonic relationships, romantic relationships, and your support village (which can include familial relationships).



We are the sum of the people with whom

we spend the most time,

a direct reflection

of our Commu



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We are the sum of the people with whom we spend the most time,

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Now that you've started writing the vision, let's focus on the often-overlooked next step:

A Plan of Execution

...using a seasonal alignment strategy to meet your goals!

Using the goals that you wrote based on your "I am" statements, move forward in the workbook.







Using this page, write your goals for your **Wealth**.

Category	Goal







Using this page, write your goals for your **Wealth**.

Category	Goal



Our vulnerabilities allow us to



Using this page, write your goals for your **Growth**.

Category	Goal



Our vulnerabilities allow us to



Using this page, write your goals for your **Growth**.

Category	Goal



Sometimes the necessary change is in our mind, other times, it's in our change is in our



Category	Goal



Sometimes the necessary change is in our mind, other times, it's in our **Mills**



Category	Goal



We are the sum of the people with whom

we spend the most time,

a direct reflection

of our CO



Category	Goal



We are the sum of the people with whom

we spend the most time,

a direct reflection

of our Comm



Category	Goal



Let's break those goals down into a seasonal roadmap to accomplishing your goals!

Alignment is imperative when we're looking to co-create our lives.

Instead of thinking of goals and timelines based on twelve months, we'll approach the year in smaller "years" with each season having its own theme. Each season then becomes its own chapter in the year. You'll plan for, then reflect on each season once it ends with each season serving as our guide and telling us where we should focus and how to tailor our goals.

Despite the Gregorian calendar starting in January, the nature-based calendar starts in Spring.

March - May



Season of magic:

rebirth/transformational renewal planting seeds

June - August



Season of growth:

executing play connection travel

September - November



Season of flow/abundance:

harvesting volunteering

December - February



Season of rest/dreaming:

releasing preparing resting planning







Season of magic:

rebirth/transformational renewal planting seeds

Of the goals you've listed, what are 1-2 goals that you can accomplish in **Spring** related to wealth, growth, environment, and community?

Category	Goal





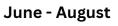


Which of your **Spring** goals did you accomplish?

Category	Goal









Season of growth: executing play

connection travel

Of the goals you've listed, what are 1-2 goals that you can accomplish in Summer related to wealth, growth, environment, and community?

Category	Goal







Which of your **Summer** goals did you accomplish?

Category	Goal



fall

September - November



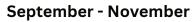
Season of flow/abundance:

harvesting volunteering

Of the goals you've listed, what are 1-2 goals that you can accomplish in **Fall** related to wealth, growth, environment, and community?

Category	Goal







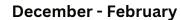


Which of your Fall goals did you accomplish?

Category	Goal









Season of rest/dreaming:

releasing preparing resting planning

Of the goals you've listed, what are 1-2 goals that you can accomplish in **Winter** related to wealth, growth, environment, and community?

Category	Goal







Which of your **Winter** goals did you accomplish?

Category	Goal



...and now you should have tangible, digestible goals for this year and can use this formula for years to come! The entire key to this is giving you a sense of accomplishment throughout the year, in alignment with the seasons, instead of waiting until the end of the year to assess accomplishments.

Be sure to refer back to these pages and check off each goal you've met during each season of the year.

If you have any questions or would like more guidance, feel free to email me at quniversalhealing@gmail.com.

About the Author

Quani Lu of The Quniverse Haus of Healing is an all-around agent of change who serves as a guide, career coach, and life coach.

She believes that we all have a divine purpose. It is up to us to rediscover that purpose, then work towards fulfilling it. Part of my purpose is using my light to help others shine.

Life mantra: The only things set in stone are the day we're born and the day we die, everything else is negotiable. We are the co-creators of our lives and have the power to shift our circumstances through intention and practice.

@quanilu on all social platforms

