GOALS

Brainstorm warning! You are now entering creative space. Potential crackles like restless lightning in this mental realm. All you need to do is find a place you can dig deep and explore what is real to you at this moment in your life. This tool is geared to help you activate and put to use your total being in this process.

BODY

If you are a student, chances are yo've been thinking with your head for extended periods of time. Take a moment now to settle into the body you mind inhabits. Think about the head holding your wonderful brain, which is currently resting on a neck that somehow holds all of this inherent thought potential aloft, despite the best efforts of gravity.

Review your Self, take stock of anything you'd like to address in regards to this amazing vehicle your mind works with. Is there a meal you'd like to eat this week? Something sweet maybe? Don't worry, this is your space… if you happen to be on a diet of some kind it's still alright to admit to yourself that you'd like some kind of treat. Imagine that urge is satisfied. What would the next healthy thing you would eat be? What about relief? This is a wish list - by addressing the wishes of your body, you are opening a dialogue with more of your Self, which is capable of a lot more than sitting in front of a luminous screen, like you are probably doing right now.

This project was made possible by The Evergreen State College Foundation for the Noosphere Award. © 2014 Mary K Johnson

EMOTIONS

What is your favorite emotion?
Joy, Jubilance, Peace, Satisfaction?
In which emotional state are you right now?
What would you like to be feeling on the 15th day of the coming month of June?
Tune into your goal--or a project--or a wish. How does it feel to you?
How will it feel when you successfully complete it?
If that is too difficult to conjure try to imagine milestones of success. What will it feel like to achieve the first part of your task?
Feel free to explore this more here, mapping out states of emotion as you imagine successfully pursuing your wish.

SPIRITUAL

However you interpret this, try to focus on that general feeling you have as you ponder the universe.
What are you aiming for at the moment?
What do you want to believe?
About yourself?
About the world?
About your neighbor?
About your city or town?
About your family?
About the _____ of everything else?

MENTAL

Now that you have taken the time to engage these essential components of your total being, I'd like you to list a few projects, goals and wishes as you perceive them at the moment.

The mind doesn't run on brain power alone--after taking these other aspects of your total being into account, you are now able to make an informed map for yourself as you embark on the adventure of this time in your life.