



Jennifer **ANGEL**

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## Goal Journaling Exercise

### Instructions

This is an informal exercise to be completed in a journal or on the prepared Goal Journaling sheet. Clear the space to do this exercise and find time where you can be along with your own thoughts. Start with three deep breaths to clear and center your energy. Ask source energy (Universe or God energy) to connect with your heart, soul, and inner wisdom.

#### 1. LIFE AREAS

Work with the eight areas of life as listed on the Goal Journaling sheet.

You can also add new areas or sub areas if your Goal does not fall into any of these categories.

#### 2. DESIRED GOAL

List three to five Goals you desire to achieve, either for this year or long term.

Don't overthink this section of the exercise. Connect with your inner-wisdom, heart and soul.

#### 3. RESISTANCE FACTOR

List between 0 – 10 your resistance factor of achieving each goal – 0 being no resistance, 10 being high resistance.

Don't overthink this exercise. Quickly list any resistance, or if you have no resistance. Quickly go through all goals

#### 4. WHAT IS THE RESISTANCE ABOUT?

Now go back and focus on each resistance factor, and think through what your resistance is, what it relates to.

Does it relate to unworthiness, childhood, family, lack of confidence, not good enough, not enough money, etc.

#### 5. YOUR INTENTION TO CHANGE

What are you prepared to do to release resistance blocks and inner conflicts, so you are open to receive? List action points of what you intend to do to incorporate change in your life.

When you recognize and acknowledge where you have resistance blocks, or inner conflicts, you can release them and gain clarity of what you want for yourself and your life. Less resistance and more clarity, the more open you are to manifest and receive.

**Live Your Dream!**

Blessings from Jennifer

Life Areas	Desired Goal 1	Desired Goal 2	Desired Goal 3
<b>SPIRITUAL &amp; RELIGION</b>			
Resistance Factor 0-10			
What is the Resistance about?			
Your Intention to Change			
<b>CAREER &amp; PURPOSE</b>			
Resistance Factor 0-10			
What is the Resistance about?			
Your Intention to Change			
<b>FINANCIAL &amp; SECURITY</b>			
Resistance Factor 0-10			
What is the Resistance about?			
Your Intention to Change			
<b>LOVE &amp; ROMANCE</b>			
Resistance Factor 0-10			
What is the Resistance about?			
Your Intention to Change			

<b>HEALTH &amp; WELLBEING</b>			
Resistance Factor 0-10			
What is the Resistance about?			
Your Intention to Change			
<b>FAMILY &amp; HOME</b>			
Resistance Factor 0-10			
What is the Resistance about?			
Your Intention to Change			
<b>INTELLECTUAL &amp; EDUCATION</b>			
Resistance Factor 0-10			
What is the Resistance about?			
Your Intention to Change			
<b>SOCIAL &amp; INTERACTION</b>			
Resistance Factor 0-10			
What is the Resistance about?			
Your Intention to Change			