



Lesson 5 - Activating Your Goals

## Module 2: Energy Planning System

### Lesson 5 – Activating Your Goals

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#### NOTES

The lessons in this guide use a mix of American English and international rules for quote marks. This mix is a bow to both the birthplace of the system in the United States, and the people it meets in its ongoing travels around the globe



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### Overview of Module 2

In Module 2 you learn tools to define and accomplish goals, and manage both single and multiple projects. These tools start moving procrastination and overwhelm frequencies out of your vibrational output. You begin manifesting more of what you want and less of what you don't want, and start attracting solutions that feel great. As in Module 1, the tools you learn in Module 2 apply to all areas of your life – your relationships, your business or work, your play.

**NOTE:** Module 2 assumes the tools and skills you learned in Module 1 have become a natural part of your day and you thus have a sound foundation for integrating the energy planning tools.

In Lesson 4, “Shifting Beliefs”, you learned the first energy planning tool, the **Energy Blueprint (EB)**. It was presented in that lesson because it is most commonly used in concert with the **Progressive Belief (PB)** tool. This lesson introduces you to the energy planning process, and to the third tool in that process, the **Order Form to the Universe (OFTU)**.

### Creating and Realizing Goals: The Energy Planning Process

You use the Module 2 energy planning process to create and realize any goal or project, personal or professional. There are three steps in the process:

- Do an **Energy Blueprint (EB)** around the goal or project and start shifting any beliefs that are not serving you around it. Refer to Lesson 4 for help with shifting beliefs.
- Create an **Order Form to the Universe (OFTU)** to get very clear on the specifics of your goal or project, and the main actions you would take to help realize it.
- Create a **30-Day Plan (30DP)** that identifies the actions you want to take in the next 30 days on your goal or project, breaks those actions into manageable steps where necessary, and sets them into a 30 day timeframe. The 30DP also helps you dissolve any fear, avoidance or overwhelm and increase the coherence and strength



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of your vibrational output around the specific goals of your OFTU. The 30DP is presented in the next lesson.

### The Order Form to the Universe (OFTU)

The OFTU is the tool you use to get clear — on both the energetic and intellectual levels — on the specifics of your goal or project. Ask yourself: “What is it I want to accomplish and why?”

On the intellectual level, knowing exactly what you want and why makes it easy for you to identify it when it shows up. On the energetic level, it creates strong, coherent, frequencies in your vibrational output that pull your goal towards you.

The greater the clarity around your goal or project, and the more harmonious the alignment between the energetic and intellectual levels, the faster and more easily it can manifest.

#### The OFTU step-by-step

You create an OFTU as follows:

- 1) **Connect to Spirit and ask it to guide you in creating strong, clear vibrational output around your goal as you write your OFTU.**
- 2) **Activate the project or goal by defining:**
  - a set of tangible things that you want
  - a set of categories into which those tangible things fall

The simplest approach is to just imagine what you need to accomplish your goal. For example, if you were planning a child’s birthday party, you would imagine what you need to do to make that happen (get a cake, send out invitations, follow up on invitations, book a caterer, find entertainment, organize games, get gift bags, buy party hats, buy decorations, organize rides, decide what to serve parents who attend, etc.). Those naturally fall into categories (FOOD, INVITATIONS, ENTERTAINMENT, TRANSPORTATION, PARTY FAVOURS).



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If your project or goal is larger, or you are not as clear around what you want, or you have more mixed energy around it, Appendix A of this lesson provides an example of an in-depth approach for defining tangibles and categories.

**3) Create an affirmative statement for each of the categories you defined.** The affirmative statement can be a single statement, or composed of a couple of statements; it might also take the form of a bulleted list of statements around that category. For an example, refer to Appendix B of this lesson.

**4) Identify how you will feel when that affirmative statement is a reality.** This is not you standing outside of yourself feeling how cool that would be; this is you stepping into that future self and imagining the world from that perspective.

For example, say your statement was “I make an extra \$2,000 net a month in income”. You wouldn’t say “wow, that’s so cool I managed to do that!”. Instead you would imagine how you would be feeling about having that extra \$2,000 in hand. It might be “I’ve got play money!!! I’m gonna surprise the pants off my friends with a couple of massages they would never offer themselves! Wow! I can sponsor someone to spend time with J’s father until they can get help from the Alzheimer’s Association. Oh man! I can buy those shoes I can’t stop thinking about! I can fly down to see my new grandkid!”. If you have any mixed feelings, identify how you would **like** to feel.

**5) Identify the positive feelings others will feel when that affirmative statement is a reality.** The same applies here as for the previous step. Imagine how others will feel when they see you in your new reality (one thing they may feel is that you have activated the same possibility in them!). If you sense people may have mixed feelings, identify how you would **like** them to feel.

**6) Identify the key actions you would take to manifest the affirmative statement for that category.** You don’t have to get every action down, just start with what comes to mind.

**7) Repeat steps 3–6 for each of the categories of your OFTU.**



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### Important points on OFTUs

- You can use the OFTU for any aspect of your life (for example, to attract a housecleaner, a nanny, a great camp for your children to attend, the most compassionate nurses and technicians for medical procedures, an assistant, an ideal client, a great office, wonderful colleagues, etc.).
- Categories help you group common aspects into a single affirmative statement, and create a simpler and more clearly defined set of subgoals for the OFTU. You can have as many or as few categories as you feel led to create.
- Sometimes just thinking in terms of categories simplifies what a goal means or entails and helps dissipate any tangled energy around it.
- As you work with the OFTU you may find certain categories recur. For example, Sharon has found TIME, MONEY, ABILITIES, and TECHNOLOGY recur as categories in her OFTUs.
- When you define a goal or write an affirmative statement be sure it is a tangible one you can clearly identify as “accomplished” when it manifests. Be especially wary around goal or affirmative statements that reference a feeling state that is not tied to a specific outer reality. For example, a goal like “feel better about my relationship with my in-laws” is much less tangible than “feel peaceful when I’m visiting with them for the day”. The latter provides a concrete reference to an outer event, and consequently a way to evaluate whether you in fact accomplished your goal. An even better goal would be “ I am comfortable when during my visit with my in-laws, they ask me to participate in activities I don’t cherish, and I am able to gently decline”.
- If you create your OFTU online, you can play with emailing it to the universe. Create an email containing your OFTU, address it to yourself, and email it (off to the universe!). When you receive the email back, connect to Spirit, then read and respond to it as the universe telling you it has received your OFTU and is on the case. Be playful! Imagine the universe has a universe-size heart, loves you dearly, and is like a kid who just got word they got invited to the coolest party in town! Write what comes spontaneously! See what it feels like to receive that response from the universe! You have just amped up the energy around your goal!



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### Common contrasts with OFTUs

#### **This takes too much time!**

The time you take creating an OFTU shrinks the time required to manifest that goal. You are refining the clarity around your goal and activating that clarity at a cellular level.

As you gain skill creating OFTUs, the time you spend creating them also diminishes. It becomes easier to identify categories and you begin to know what you want more readily in categories that recur. As with all of the tools, the more you practice using OFTU, the more you train your brain to automatically follow the pattern of the tool.

If you are having this contrast, you may find it helpful to:

- Explore your relationship with time and the stories you are telling yourself around time (you might do a PSP.)
- Keep the OFTUs “light”; just start with a few key categories and revise as you go along.
- Make it yours and have fun with it.
- Create an EB around creating OFTUs quickly.

### Getting and Staying Organized

There are no specific suggestions for organizing your OFTUs other than that you may want to keep them with any other material related to the goal or project for which you created the OFTU.



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### Suggested Process for Integrating the Tools

As mentioned in the previous lesson, at this point in the program it is assumed you have created a process that works for you in integrating the Module 1 tools. If this is not the case, refer to this section in previous lessons for suggestions.

In Module 2, you use the energy planning process whenever you have a goal or project you want to realize.

### Mastering the Material

1. Continue actively developing and refining your skill with the Module 1 tools.
2. Pay attention to any PEs of your OFTU starting to manifest and express gratitude for each PE, no matter how small it may appear at this point in time. Amp up the energy around it! Continue rewiring your brain to expect wonderful things!
3. Continue moving energy through the grid by sharing experiences.

### Reminders

- Make peace with where you are right now; you are always right where you need to be.
- Play! keep the energy light!
- The energetic transformation is deeper and often newer than the conceptual transformation and takes time to integrate.
- You can always review material by listening to the recording of classes.
- You are part of a powerful energy grid that is holding the highest vision of yourself.



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## APPENDIX A: Processes for Activating a Goal or Project

This appendix presents an approach to activating what you want in the various aspects of your goal or project. You start by listing the things you do and don't want, or do and don't want to feel, and then grouping those things into categories. Then take these categories (for example time, money, results) and ask yourself questions about what you want in each of those categories.

Don't worry if you can't define every aspect of your goal or project right now. Just start where you are and allow it to organically unfold, making adjustments and tweaks as you go. Trust your partnership with Spirit and ask for clarity as you need it.

As you define what you want, think of what you would really love, not whether you currently believe it is possible. You already have tools to shift energy and change beliefs! Have fun! Play! Keep the energy light and fun.

Appendix B provides an example.

### Step 1: Connect With Spirit & Ask For Guidance & Clarity

### Step 2: Explore what you Do and Don't Want

In the first table you define what you do and don't **want**, and in the second you define what you do and don't want to **feel**. You can work through each table separately or use both simultaneously as ideas pop up.

Think of the things you want in your ideal situation. Don't go into beliefs around whether they are or are not possible. For now, just list them.

**NOTE:** Some people have concerns around defining what they don't want or don't want to **feel** in their life. This program teaches the importance of making peace with what we feel. The intention is to simply identify what is there so we can use that information to take us where we want to go on the vibrational scale. Oftentimes we're never clearer about what we do want than when we're living something we don't want — think of





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your most embarrassing moment and how easily you could articulate what you wanted in that situation!

Use The template below:

What I don't want	What I do want	Category
• A messy house	• Nicely decorated area of my house	Venue Staging

What I don't want to feel	What I do want to feel	Category
• Overwhelmed	• Excited and relaxed	



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**Step 3: Create an affirmative statement for each of the categories you defined.** The affirmative statement can be a single statement, or composed of a couple of statements.

**Example:** “I joyfully and easily set up my house for the party tonight”

<b>CATEGORY</b>	Venue Staging
<b>AFFIRMATIVE STATEMENT(S)</b>	I joyfully and easily set up my house for the party tonight
<b>HOW I WILL FEEL</b>	
<b>HOW OTHERS WILL FEEL</b>	
<b>ACTIONS</b>	



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**Step 4: Identify How You Will Feel When The Statement Is A Reality.**

Really project yourself in the future.

<b>CATEGORY</b>	Venue Staging
<b>AFFIRMATIVE STATEMENT(S)</b>	I joyfully and easily set up my house for the party tonight
<b>HOW I WILL FEEL</b>	I am relaxed and smiling, greeting my guests with pride and joy. I am having great conversations and bask in the compliments that I am receiving about the house, the set-up and all the refreshments.
<b>HOW OTHERS WILL FEEL</b>	
<b>ACTIONS</b>	

**Step 5: Identify How Others Will Feel When The Statement Is A Reality.** Truly tune in to their feelings.

<b>CATEGORY</b>	Venue Staging
<b>AFFIRMATIVE STATEMENT(S)</b>	I joyfully and easily set up my house for the party tonight
<b>HOW I WILL FEEL</b>	I am relaxed and smiling, greeting my guests with pride and joy. I am having great conversations and bask in the compliments that I am receiving about the house, the set-up and all the refreshments.
<b>HOW OTHERS WILL FEEL</b>	“Wow, how do you do it?” “You always amaze us with your ease and grace in setting up these get togethers!” .“We feel so welcome and joyful!”
<b>ACTIONS</b>	



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**Step 6: Identify the key actions you would take to manifest the affirmative statement for that category.** Be ok if you can't think of any yet.

<b>CATEGORY</b>	Venue Staging
<b>AFFIRMATIVE STATEMENT(S)</b>	I joyfully and easily set up my house for the party tonight
<b>HOW I WILL FEEL</b>	I am relaxed and smiling, greeting my guests with pride and joy. I am having great conversations and bask in the compliments that I am receiving about the house, the set-up and all the refreshments.
<b>HOW OTHERS WILL FEEL</b>	"Wow, how do you do it?" "You always amaze us with your ease and grace in setting up these get togethers!" "We feel so welcome and joyful!"
<b>ACTIONS</b>	Call Debby to help with flower arrangement and activities set-up.



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## APPENDIX B: Example of an OFTU for a New Car

In this example we combined the two tables presented in the previous appendix into a single three-column table.

**Don't Forget Step 1: Connect with Spirit before starting an activity.** Remember we are always in partnership with Spirit.

### Step 2: Explore what you Do and Don't Want

What I don't want, don't want to feel	What I do want, want to feel	Category
<ul style="list-style-type: none"> <li>• A red, black or gray car</li> </ul>	<ul style="list-style-type: none"> <li>• A brand new blue car</li> </ul>	COLOR
<ul style="list-style-type: none"> <li>• To feel like I can't afford it</li> <li>• Don't want a used car</li> <li>• To have to fix or solve anything</li> </ul>	<ul style="list-style-type: none"> <li>• A great deal with a discounted price</li> <li>• Zero to very low cost financing</li> <li>• To feel like I got a good deal</li> </ul>	COST & FINANCING
<ul style="list-style-type: none"> <li>• To deal with a pushy salesman</li> <li>• To feel pressured to buy</li> <li>• To feel taken advantage of</li> </ul>	<ul style="list-style-type: none"> <li>• To feel like the sales experience was easy and fun</li> <li>• Caring heart-centered salesman that will meet my needs</li> </ul>	SALES PEOPLE
<ul style="list-style-type: none"> <li>• To take a lot of time</li> <li>• To feel like this is hard to do</li> </ul>	<ul style="list-style-type: none"> <li>• To feel peaceful about this experience</li> </ul>	TIME & EFFORT
<ul style="list-style-type: none"> <li>• To feel unsafe driving the car</li> </ul>	<ul style="list-style-type: none"> <li>• To feel safe about the driving condition of my car</li> </ul>	SAFETY



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**Step 3–6: Create Your Order Form For Each Category You Have Identified**

<b>CATEGORY</b>	<b>COLOR, MAKE &amp; MODEL</b>
<b>AFFIRMATIVE STATEMENT(S)</b>	<ul style="list-style-type: none"> <li>• I own a beautiful, new, elegant, blue car!</li> </ul>
<b>HOW I WILL FEEL</b>	<ul style="list-style-type: none"> <li>• Thrilled! I can plan the long–distance trips with confidence. I can give my old car to my son. I love the newness of it!</li> </ul>
<b>HOW OTHERS WILL FEEL</b>	<ul style="list-style-type: none"> <li>• Thrilled! My son is especially thrilled to have a car. He can spend an hour less time commuting every day and can now get to that out–of–town college so he can enroll in that course he’s had his eye on.</li> </ul>
<b>ACTIONS</b>	<ul style="list-style-type: none"> <li>• Decide on makes &amp; models to look at</li> <li>• Get brochures on those</li> <li>• Decide which features I need, which are luxuries</li> </ul>

<b>CATEGORY</b>	<b>COST &amp; FINANCING</b>
<b>AFFIRMATIVE STATEMENT(S)</b>	<ul style="list-style-type: none"> <li>• I have an incredible deal on financing this new car.</li> <li>• There are no repairs to make; everything is in perfect working order.</li> </ul>
<b>HOW I WILL FEEL</b>	<ul style="list-style-type: none"> <li>• Wonderful that my nest egg is completely intact and I now have this wonderful car!</li> </ul>
<b>HOW OTHERS WILL FEEL</b>	<ul style="list-style-type: none"> <li>• Excited! Happy that I have found a car like this at this price, and help them activate the possibility of finding a car they want for themselves.</li> </ul>
<b>ACTIONS</b>	<ul style="list-style-type: none"> <li>• Decide the maximum amount I’m willing to spend and the amount I *want* to spend</li> <li>• Research financing options with dealers</li> </ul>



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<b>CATEGORY</b>	<b>SALES PEOPLE</b>
<b>AFFIRMATIVE STATEMENT(S)</b>	<ul style="list-style-type: none"> <li>• I have the most amazing sales people</li> <li>• They are knowledgeable, helpful, respectful, and know exactly what I want and need.</li> <li>• They make the whole experience fun!</li> <li>• I trust them.</li> </ul>
<b>HOW I WILL FEEL</b>	<ul style="list-style-type: none"> <li>• It's such a pleasure dealing with them. Like I can recommend them to friends.</li> </ul>
<b>HOW OTHERS WILL FEEL</b>	<ul style="list-style-type: none"> <li>• The sales people feel so appreciated and jazzed about the sale.</li> <li>• Friends are jazzed by my sales experience and thrilled to think they can use those sales people when they're looking for a car.</li> </ul>
<b>ACTIONS</b>	<ul style="list-style-type: none"> <li>• Find dealerships for my make and model</li> <li>• See if I can get any testimonials or firsthand experiences, references</li> </ul>

<b>CATEGORY</b>	<b>TIME &amp; EFFORT</b>
<b>AFFIRMATIVE STATEMENT(S)</b>	<ul style="list-style-type: none"> <li>• I spend almost no time making this happen; everything went so easily and effortlessly</li> </ul>
<b>HOW I WILL FEEL</b>	<ul style="list-style-type: none"> <li>• I'm so relaxed and confident. I feel like everything always comes together, I always attract the perfect people and everything I need.</li> </ul>
<b>HOW OTHERS WILL FEEL</b>	<ul style="list-style-type: none"> <li>• Amazed and amused at how it's all coming together so easily!</li> </ul>
<b>ACTIONS</b>	<ul style="list-style-type: none"> <li>• Figure out how much time I'm willing to spend</li> <li>• Set a date by which I want to have this car</li> </ul>



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<b>CATEGORY</b>	<b>SAFETY</b>
<b>AFFIRMATIVE STATEMENT(S)</b>	<ul style="list-style-type: none"> <li>• I have a car that is in perfect condition and has all the safety features I need to feel confident driving in any weather conditions.</li> </ul>
<b>HOW I WILL FEEL</b>	<ul style="list-style-type: none"> <li>• Relaxed around the road trips, confident about being on the road even in difficult weather conditions.</li> </ul>
<b>HOW OTHERS WILL FEEL</b>	<ul style="list-style-type: none"> <li>• Confident I am safe when I'm travelling.</li> </ul>
<b>ACTIONS</b>	<ul style="list-style-type: none"> <li>• Define the safety features I want</li> <li>• Research any problem years for the makes and models that interest me</li> </ul>





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## APPENDIX C: Template for an OFTU

Blank Template for Creating An OFTU

What I don't want, don't want to feel	What I do want, want to feel	Category

<b>CATEGORY</b>	
<b>AFFIRMATIVE STATEMENT(S)</b>	
<b>HOW I WILL FEEL</b>	
<b>HOW OTHERS WILL FEEL</b>	
<b>ACTIONS</b>	