FREE-D.U.M.B

Goals are DUMB… That’s what I say and here is why? Usually when we make a goal it has to do with an outer material result. More $$, better career, bigger home, increased health. An outer outcome is how we measure our success. However this result that we obtain isn’t always sustainable. Most of the time we have achieved it but find ourselves soon after struggling to maintain the bigger house, the weight loss, the pressure of the new job, because nothing has changed on the inside. This way may work for some, but for most, human nature is gratified in the daily process and in the now. Ever heard the saying, “It is not so much the goal but the journey and what happens on the way”. Transformation and growth are not a future event… it happens in the NOW!! Success is an inside job.

So get out your journal/paper, get ready to take a few deep breathes and sit back and connect to that inner YOU…The Soulicious YOU, where all your TRUTH resides. Be still, and ask yourself:

**D.** **Desires**…what do I deeply desire in my life? (choose an area that you would like to change or improve) the word DESIRE simply means: De-OF and Sire- THE FATHER. Your purpose and plan for you is already imprinted within you. When you connect to the spirit within, you tap into the most potent part of you. The TRUE you! I always meditate and pray before journaling to connect to my deeper inner space where the Divine and I can CO-operate and communicate. Ask yourself… What do I really, really, really, really, REALLY want? (You have to say really at least 5 x…LOL! Seriously though, it’s like peeling away all the layers that have covered your TRUTH). What you want to tap into is not so much the tangible end result, but more importantly how this DESIRE once achieved is going to make you feel. The Bible tells us that GOD knows us better than we know ourselves and also that God’s plan for us is way better than we could ever ask for or imagine. So Be Still and listen for a small still voice.

**U.** **UPLIFTING**… When setting out to achieve a desire, you should feel uplifted… Not stressed out! God tells us that His ways are much higher than ours. Inspired, intrigued, learning and growing should be your state of being. Get comfortable being a little uncomfortable at this new higher level of living and being. Ask yourself… How will I grow and be lifted to a new level? What impact will I make? How will this uplift others?

**M. Mindset**… Your mind is the most powerful aspect of your human nature. God gave us humans FREE WILL to make choices. We can choose to think with thoughts of this world, or we can choose to think of thoughts of GOD. You have the choice …Positive or negative, Heaven or Hell, Peace or Pain, Yes or NO, I will, I won’t. You get the picture YOU are, what YOU think! So instead of writing a TO DO list, write a TO THINK list. Be mindful, take notice what thoughts you are allowing to run through your mind. All positive loving thoughts are thoughts with GOD…anything else is not! Ask yourself… What was I thinking?

**B. Behavior**…A TRUE desire that is sustainable should change or eliminate a behavior that makes you a better YOU! Perhaps you will eliminate a habit or pattern that has caused you to stay stuck or held back or is unhealthy. Or maybe this desire pushes you to learn a new skill, a more refined behavior that raises you up. Behavior patterns show up in the mental, physical and emotional forms, so notice what keeps you stuck in the same cycles. Ask yourself… How can I change this pattern? What resources can I search to help me?

When we get to the core TRUTH of Who we REALLY are, there is liberation and FREEDOM that takes place within us. That’s why the bible says, “The Truth shall make you FREE”.

I would love to hear about your Freedom destiny.

Email me @ Pamela@souliciouslifetyle.com

Schedule your free 20 min session and I can help you tap into your sacred soul self and discover your unique Divine super powers.