

FROM DANIELLE LAPORTE

GOALS
WITH
SOUL
2017

A Desire Map Program for the New Year

WORKBOOK

WELCOME!

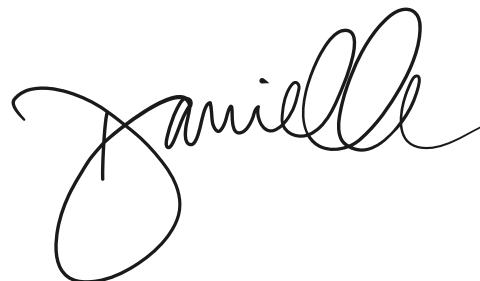
Here is your Goals with Soul 2017 workbook. This is where you'll find all the written exercises referenced in the course, along with links to additional resources mentioned in the audio.

As I discuss in the audio intro, my recommendation is to print out this workbook and hand write the exercises, or to read the prompts on screen and then hand write the exercises in a journal or notebook. It will connect you more deeply to the work and to yourself.

You'll notice that there's a gentle conversation back and forth between positive and negative: satisfaction and dissatisfaction, fear and radical trust, your emphatic "yes" and your confident "no"—even *after* you've identified your core desired feelings. There's a reason for this. As in life, there's not a single, predictable trajectory. You move forward, you pause, you hit a road block, you find a way around or you bust through...and so it goes. Ebb. Flow. The exercises reflect these ups and downs on the way to your 2017 declarations. The good news is that you can revisit any of these exercises when the need arises, and you can trust that the overall arch is towards more freedom, more power, more joy, and more peace.

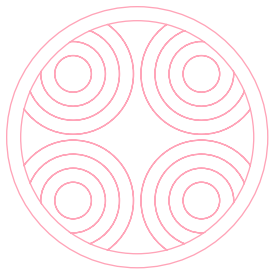
Whether you're jumping into this solo or working through it with a friend or two or more—this is a great opportunity to give it your all. Be fierce and brave with the material and gentle with yourself. Pay attention to your body, especially before and after each exercise. Just notice what's there and what it might be trying to tell you. Stay hydrated. Get up, stretch when you need to. Limit distractions. Let yourself laugh or cry or be pissed or reverent or grateful. It's all a part of who you've been, who you are, and who you want to be, and every emotion is a teacher.

I'm excited to have you here and know this is going to be an experience that will shift how you see the year to come—and all the years after that, too. Welcome to Desire Map for the New Year.

A handwritten signature in black ink, reading "Daniella". The signature is fluid and cursive, with a large, looping initial 'D'.

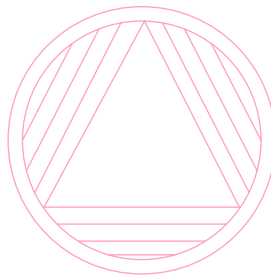
THE DESIRE MAP

LIFE AREAS



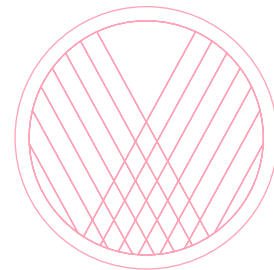
LIVELIHOOD & LIFESTYLE

career. money. work. home. space.
style. possessions. fashion. travel.
gifts. sustainability. resources.



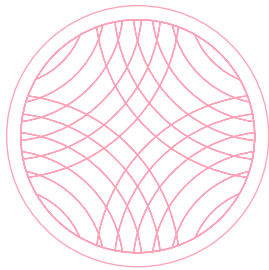
BODY & WELLNESS

healing. fitness. food. rest &
relaxation. mental health.
sensuality. movement.



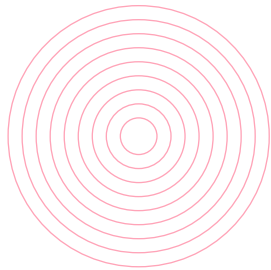
CREATIVITY & LEARNING

artistic and self-expression.
interests. education. hobbies.



RELATIONSHIP & SOCIETY

romance. friendship. family.
collaboration. community. causes.

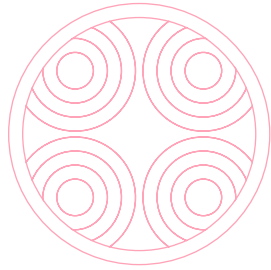


ESSENCE & SPIRITUALLY

soul. inner self. truth.
intuition. faith. practices.



GRATITUDE



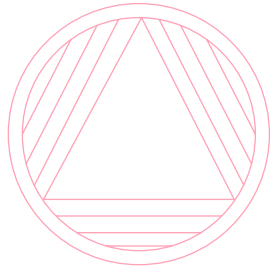
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brings me joy. delight. comfort. pleasure. thrilled.

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career. money. work. home. space. style. possessions. fashion. travel. gifts.
sustainability. resources.

In terms of my LIVELIHOOD & LIFESTYLE,
I'm grateful...

I'm grateful for this because... (How does this benefit
your life or increase your happiness?)



GRATITUDE

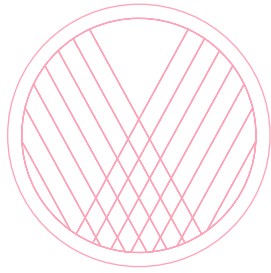
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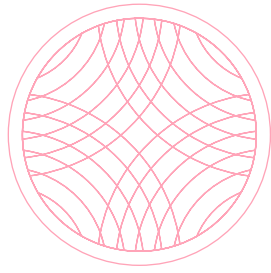
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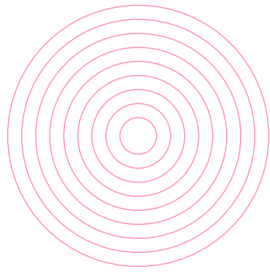
In terms of my RELATIONSHIPS & SOCIETY,
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I'm grateful for this because... (How does this benefit
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romance. lover. partner. significant other. hot stuff. spouse.

friends. neighbors. community. groups.

work. collaborators. peers. colleagues. clients. customers. mentors. teachers. students.



GRATITUDE

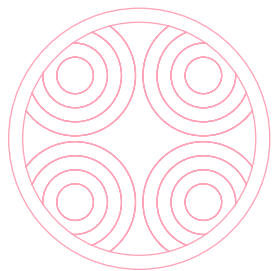
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DISSATISFACTION

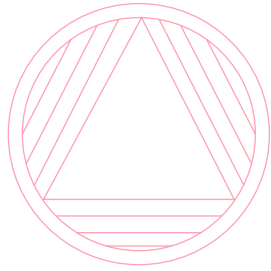
dislike. disdain. continual hassle. unhappiness. agitation. discomfort. ineffectiveness. sadness. frustration. anxiety. disillusionment. disappointment. falls short.

LIVELIHOOD & LIFESTYLE

career. money. work. home. space. style. possessions. fashion. travel. gifts. sustainability. resources.

In terms of my LIVELIHOOD & LIFESTYLE,
what's not working...

I'm dissatisfied with this because ...
(How does this have a negative effect on your life?)



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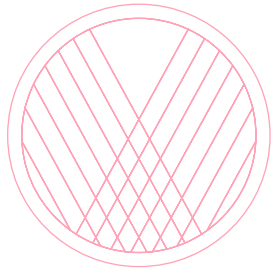
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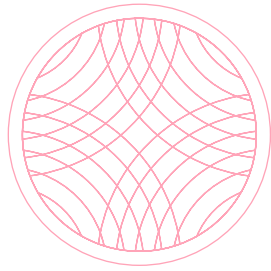
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CREATIVITY & LEARNING

artistic and self-expression. interests. education. hobbies.

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RELATIONSHIPS & SOCIETY

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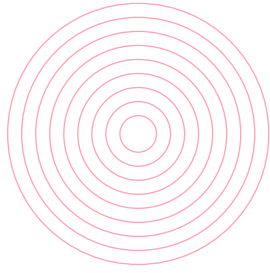
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soul. inner self. truth. intuition. faith. practices.

In terms of my ESSENCE & SPIRITUALITY,
what's not working...

I'm dissatisfied with this because ...
(How does this have a negative effect on your life?)

RESOLUTION ROOTS

There are a million ways to make and keep promises to ourselves.

Goals. Intentions. Resolutions. Five-point plans. Strategies. Incentives. Check-ins. Accountability partners. Journals. Rewards. Punishments.

And we sometimes start with fire and fizzle out. Or we doggedly keep at it, long after the spark has gone out. Or we genuinely love it, and doing the work feels like you've been set free into some new universe of possibility.

Have you ever wondered what's at the root of your resolutions? What drives your ambitions? Have you ever peeled back the layers enough to see what launched a new promise—and why you saw it through or let it go?

This Year in Review exercise is designed to get you to look closely and honestly at the goals we've set in the past past—what worked, what didn't, and what it could be like. See, the truth is, planning out your New Year can be an enticing, light, free experience. You can be *pulled* forward by the excitement you feel and the clarity you have. No striving. No drudgery. No trying to impress others or be “good enough.” No fear of failure.

If you haven't felt that freedom with the typical approach to doing New Year's resolutions, then this exercise can help you identify why that is—and can help you see a way to do resolutions that can be real, connected, joyful, and life-giving— from day one to day 365.

As a side note, you can walk through this exercise as many times as you'd like, so feel free to print off multiple copies. If your results are similar, you'll see patterns emerge, which brings clarity. And if they're different, you'll start to understand what was working and what wasn't, which brings clarity. So it's a win-win no matter what.

I want you to think of a major intention you've set recently. New Year's resolutions are often rich territory, but it could be from any time of the year. Is there one that stands out to you? Grabs your attention as you're scanning through memory? That time you said to yourself, *This is it. From now on, I'm going to do X.* Pay attention to the ones that snag a bit, because they often have the most to teach. Pick one.

In the following worksheet we will take that resolution, and hold it up to these questions:

What motivated you to take this on? (And if you're in a group of trusted friends, go ahead—ask them why they think you took this on. Their insight might surprise you.)

*How did you think you were going to feel when you reached your goal?
How did you feel **while** you were pursuing this goal?*

What did you tell yourself about yourself when you accomplished or didn't accomplish this goal?

Do you still think about this resolution? If so, how does it feel to think about it now?

Take some time to dig into these questions. Really sit with them. Look at them head-on and don't turn away, even if it feels uncomfortable at times. No matter what, you're totally safe here.

After you've answered the questions, just rest for a bit with what you noticed.

How does your body feel? Relaxed? Tense? Clear? Mixed up? Maybe recalling what felt like victories in years past has buoyed you. Maybe thinking about your so-called failures has discouraged you. Let yourself feel whatever is there—no judgment, just being with it all.

Remember that all of this is here to guide you, not to define you.

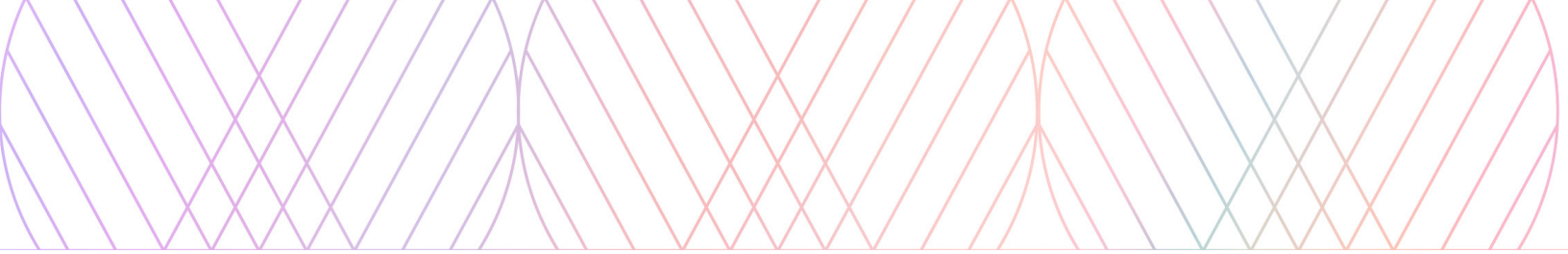


YOUR YEAR IN REVIEW

The intention/goal/resolution from the past year (or some other year) I'm choosing:

What motivated me to take this on? (And do my friends have any insight here? How do they see my motivations?)

How did I think I was going to feel when I reached this goal?



How did I feel **while** I was pursuing this goal?

What did I tell myself **about myself** when I accomplished or didn't accomplish this goal?

Do I still think about this resolution? If so, how does it feel to think about it now?

STEP 1

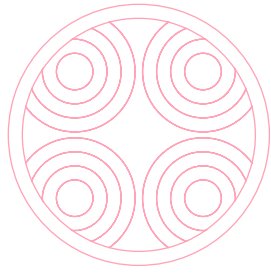
HOW DO YOU WANT TO FEEL IN EACH OF THESE AREAS OF YOUR LIFE? RIFF...

Stream of consciousness is the way to go here. Ramble, jam, repeat yourself. Don't be concerned with duplicating words in different areas.

A Desired Feeling doesn't have to be summed up in just one single word. For example, "turned on" works. So does "at one with nature," or "passionately engaged."

Anything goes. Get abstract or specific. Do you want to feel spicy or red or electric? Do you want to feel ten different ways of confident? Then just write it down. Close your eyes and tune in. Let your wanted feelings flow freely. Do not censor yourself. Go deep, yet keep it light.

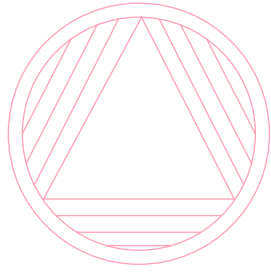
Let it flow, but you don't have to push yourself to come up with a huge number of words for the sake of variety. If you have only a few words in each section, then you might already be close to the heart of your matter.



LIVELIHOOD & LIFESTYLE

career. money. work. home. space. style. possessions.
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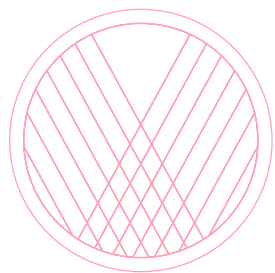
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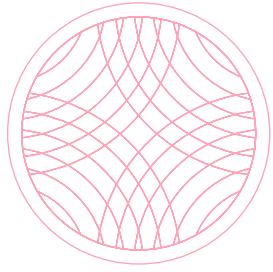
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CREATIVITY & LEARNING

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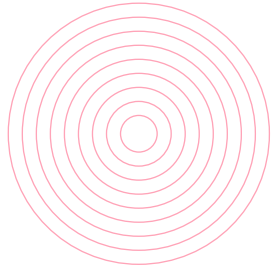
Within my CREATIVITY & LEARNING, I want to feel...



RELATIONSHIPS & SOCIETY

romance. friendship. family. collaboration. community. causes.

Within my RELATIONSHIPS & SOCIETY, I want to feel...



ESSENCE & SPIRITUALITY

soul. inner self. truth. intuition. faith. practices.

Within my ESSENCE & SPIRITUALITY, I want to feel...

STEP 2

GET INSIDE THE WORDS. LOOK UP THE DEFINITIONS OF THE WORDS THAT YOU WROTE DOWN.

It's dictionary and thesaurus time. Every word is its own world. Dig deeper. When you read the actual definitions, do the words take on a new, or more powerful, meaning to you? Do they feel more masculine or feminine? What nuances are in the words that you relate to? Do the origins of certain words inspire or repel you? Do you have a positive or negative history with that word?

Grow. Add new words if you want to. Do you see new feelings in the thesaurus or definitions in the dictionary that you gravitate toward? Write those down as well.

Official word definitions don't always match up with contemporary understanding or our personal vibe. You may find that some words that you really love have sort of old-school moralistic definitions that turn you off to the words. Ultimately, you have to define each word for yourself; it only needs to fit into your psyche, not Webster's history. You can either let the dictionary definition play into your word choices and impressions of the words, or choose to go with your own intuitive connotations and even revise the dictionary definitions based on your own experiences.

Again, there is no right way or wrong way to approach this. If you're feeling like you're swimming in definitions, then back away from the dictionary and go back to what feels easy. If you're feeling like your words aren't spiritual enough or sophisticated enough by someone else's standards, then give yourself permission to keep it simple, because simplicity can be very freeing.

STEP 3

MAKE YOUR FIRST PICKS. GO BACK TO YOUR RAMBLE OF WORDS AND CIRCLE THE ONES THAT RESONATE WITH YOU THE MOST.

Try to select about ten words or fewer. You can always put a word back in the mix if you pass it over in this first round. Don't stress about it—this is supposed to feel fun and exciting. Trust yourself here. The truth wants to surface and you are creating space for it to rise up.

Here are some different approaches and questions to help you explore your relationship to various words:

Ask yourself which words make you feel positive, uplifted, expanded.

Which words feel like home? Which make you feel inspired, grounded, peaceful, energized, or supported? Circle them.

Approach each feeling word from every possible angle.

Ask these questions of each word:

- What does it **feel** like to be [insert word]?
- What does it **look** like to be [insert word]?
- What does it **sound** like to be [insert word]?
- If I were [insert word], **what would my life be like?**

And this abstract question might unlock some clarity for you:

What's [insert word] really about for me?

For example, maybe “confidence” is really about feeling empowered, or elegant, or it’s about respect. Maybe “success” is really about freedom, or love, or being collaborative. Maybe “beautiful” is really about connection or radiance.

Be especially vigilant in looking beneath big, sweeping concepts and words such as “successful” or “confident.” (I can tell you from having this feelings conversation with over a thousand people, just about everybody and their brother wants to feel successful or confident in some way.) These broad types of words might not give you the potency of motivation you’re looking for.

Which words have the same or very similar meanings?

To make your binary choices, it can be helpful to look up the definitions of the words—or just follow your heart. Either way, you can’t go astray.

Do you have strong emotions around some words?

Some words might make you want to laugh or cry. Pay extra close attention to the words that stir your emotions—those feelings are trying to show you something.

Do you have a sense of pressure or proving yourself around a certain word?

Let me give you an example of this kind of experience. While desire mapping, Jules kept coming up with the phrase, “fully realized.” She started wondering, what if she did indeed create the feeling of “fully realized” in her life? Might that mean that she was done with her creative growth? What’s left in your life after you’re fully realized? Not much room to grow. But she was still attracted to it and left it on her short list of word choices anyway. This is good. She hung out with the wording a little longer to see what was there for her.

Further on in the process, when she asked herself what the phrase “fully realized” *was really about*, she had a eureka moment. “I was shocked to discover that my desire to feel fully realized was basically about wanting to prove something. My anxiety around that phrase was brought to clarity and I was able to cross it off my list with confidence.”

It may be a process for you of *grapple and examine, grapple and examine*. That’s great, because that will lead to clarity. If you’re confused about a word or having a hang-up about it but still feel compelled to keep it on your list for some reason, trust that the process will take you where you need to go with that word and your relationship to it.

STEP 4

PATTERN RECOGNITION. PREPARING TO HOME IN.

You're going to notice some of the same feelings and words repeating themselves throughout your answers. This is good because, in both theory and practice, we tend to reach for the same feeling states across all areas of our lives. If we want to feel "vital," we want it in our relationships and in our careers. We want to feel "creative" with our business and with our style. We might want "connection" as much with our Creator as we do with our own bodies.

Focusing on Core Feelings is a critical part of this practice. Core Desires equal unlimited power. If you have a lot of Desired Feelings on your list, it makes it more difficult to prioritize. Choose the words that are so precise that they feel electric.

We need to zone in on the core desired feelings that you want. Ideally, you want to choose three to five Core Desired Feelings. We're not going for a vast array of emotions, rather, we want a compact foundation of feelings. Think of it this way: we want the North, South, East, and West of your compass, not every street that you could turn down.

Now you want to find the redundancies and overlaps between various words so that you can knock some words off your list and zero in on the most empowering selections for yourself.

A gentle cautionary note:

A root theory in this whole methodology is that we're not relying on the external world to make us feel a certain way, nor are we blaming circumstances for our emotions. We're taking charge of our own fulfillment.

I certainly want you to find terms that are not just inspiring, but comforting and soothing. But let me point out something about the subtle but powerful way in which words can orient our energy. They can steer us to look outward, or they can anchor us in looking inward, so we're either consciously looking to our inner power or unconsciously looking to the outside world for what we want.

Say this phrase: "I want to feel loved."
Now say this: "I want to feel love."

Do those sentences feel different to say? They do to me. *Love* as a noun feels more centered and open, more empowering. *Loved* as a state makes me feel like I'm waiting for someone to love me. And that definitely doesn't feel as powerful.

Here's my gentle point: Be really mindful about using terms for feeling states that come from the outside world, as they can set you up to expect that Life (or your partner or your job) is going to make you feel that way.

Here are some examples of feeling states that might depend on external validation: *respected, cherished, admired, honored, seen, heard, adored, treasured, loved*. These feeling words seem to rely on outside sources to make you feel them.

On the other hand, here's another subtle distinction that I want to bring up. Some of us have a tendency to overgive. This tends to be more common for women. We're always in the mode of loving or nurturing, organizing, creating, beautifying, motivating.

If overdoing, overperforming, or overgiving is your issue, then you need to be aware of words that keep you in do-mode.

Basically, be mindful of verbs. For example:

Say this phrase: "I want to feel loving."
Now say this: "I want to feel love."

Loving as a verb is something you have to do. Yes, being loving is one of the most delicious and nutritious ambitions a human can have. And for some of us, "loving" as a Core Desired Feeling would be the perfect fit. But if you choose a doing word because you think you need to improve, or catch up, or prove yourself, then you're shortchanging yourself.

Remember: you know the answer. This is your domain, your spirit. And this is deeply personal work. As Carl Jung put it, "Only the dreamer knows the dream." The meaning of each word or phrase is for you to own and interpret. It does not have to fit a formula. It doesn't have to be workable or realistic for anyone else — not even your best friend or therapist. Dream your dream. Feel your feelings. Aim.

STEP 5

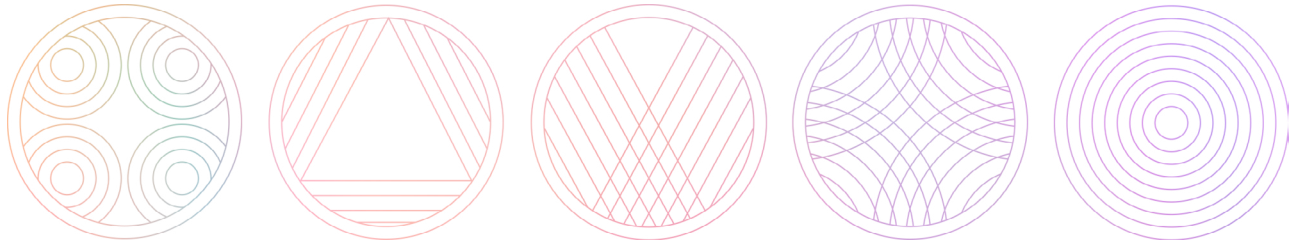
MAKE YOUR FINAL PICKS: CHOOSE YOUR THREE TO FIVE CORE DESIRED FEELINGS—AND SHINE, BABY, SHINE!

This is the moment! I'm thinking of you right now, sending light and whispering into your ear: The Core... Desired... Feelings. Oh yeah.

If you want to keep more than five feelings, go right ahead. If seven is your lucky number, then go ahead, choose seven words for luck. Focus might help you get better results, but doing it in the way that works for you is what's most important.

Write your Core Desired Feelings on the following page.

One more note about the process: I'll be asking you to write down your core desired feelings in numerous sections of the workbook—repeatedly. You'll be writing them out many times. There's a practical reason for this: to make the workbook your own reference. But there's also a psychological reason for it: the repetition of rewriting your Core Desired Feelings helps you to anchor them into your heart and mind. This is a process of rooting and integration.



MY CORE
DESIRED
FEELINGS

2017



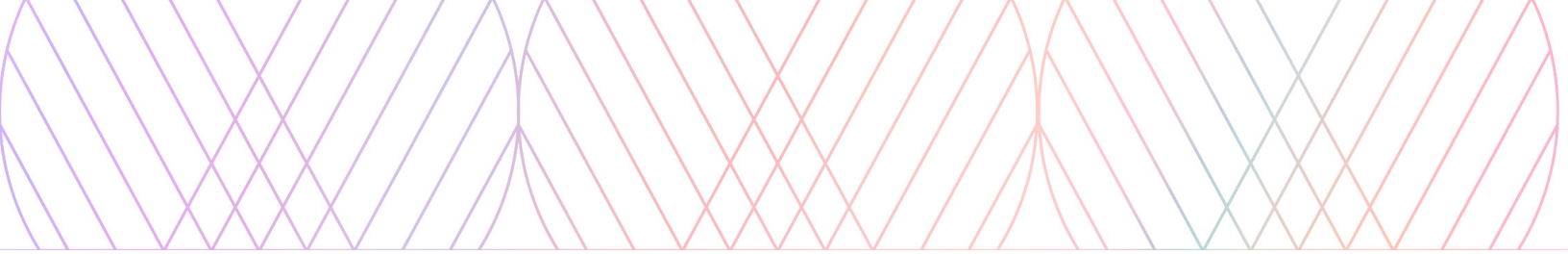
ENERGY EXFOLIATION: FEARS AND NOT GETTING WHAT YOU WANT.

My Core Desired Feelings

GO TO THE DARK SIDE FOR A MINUTE. GET IT OUT OF YOUR SYSTEM.

What past failures are plaguing you?

What mistakes are you afraid to make again?



Which wounds are still healing?

What would the naysayers or your haughty inner critic say to stop you?

What are the current tough circumstances, market conditions, or obstacles standing between you and what you want in every area of your life?



ENERGY EXFOLIATION:

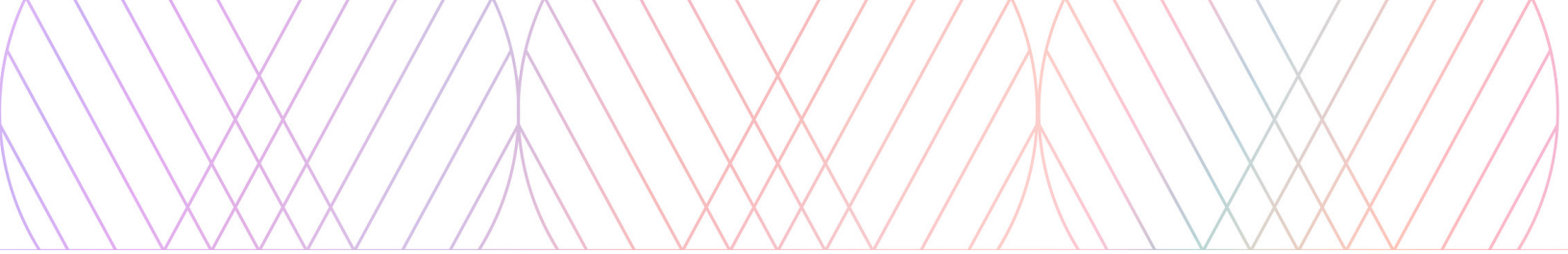
TURNING THE NEGATIVITY INTO CONSCIOUS GRATITUDE.

My Core Desired Feelings

Now's the time to record helpful thought forms that can quell all the negative stuff you wrote out on the previous pages. Choose optimism. Think thoughts that feel good. Cheerlead yourself.

What are your favorite past successes?

Who are the people who adore and support you the most?



Who are the role models and mavericks who've proven that it can be done?

When was a time when someone told you no way, and you did it, anyway?

Who do you know, right now, who would be completely jazzed to help you live out your core desired feelings?

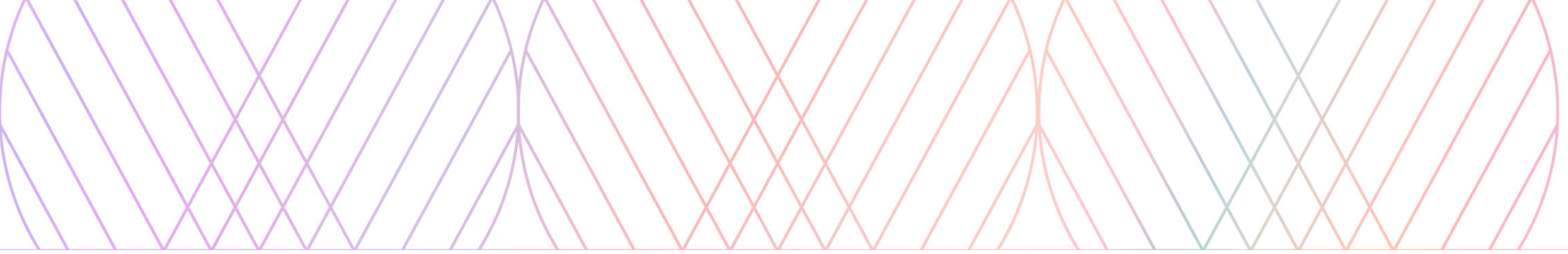


YOUR STOP DOING LIST

What decisions didn't work in 2016?

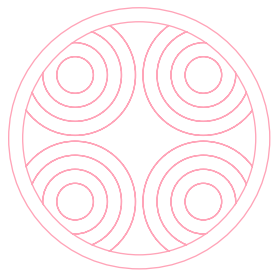
What did you do that you resented doing?

What felt heavy?



What weighed you down in 2016?

What do you want to STOP doing in 2017?



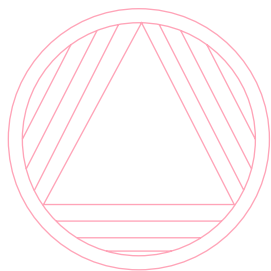
WHAT WILL I DO TO FEEL THE WAY I WANT TO FEEL?

LIVELIHOOD & LIFESTYLE

career. money. work. home. space. style. possessions. fashion. travel. gifts. sustainability. resources.

If I want to feel this way [write your Core Desired Feelings here]

within the realm of LIVELIHOOD & LIFESTYLE, then I want to do, have, and experience the following:



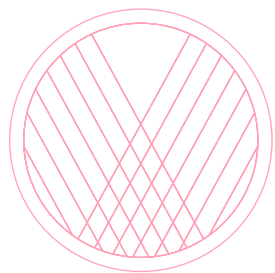
WHAT WILL I DO TO FEEL THE WAY I WANT TO FEEL?

BODY & WELLNESS

healing. fitness. food. rest & relaxation. mental health. sensuality. movement.

If I want to feel this way [write your Core Desired Feelings here]

within the realm of BODY & WELLNESS, then I want to do, have, and experience the following:



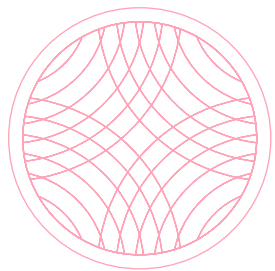
WHAT WILL I DO TO FEEL THE WAY I WANT TO FEEL?

CREATIVITY & LEARNING

artistic and self-expression. interests. education. hobbies.

If I want to feel this way [write your Core Desired Feelings here]

within the realm of CREATIVITY & LEARNING, then I want to do, have, and experience the following:



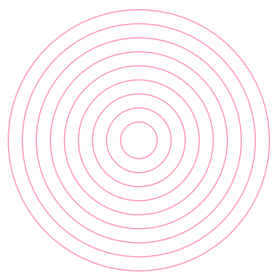
WHAT WILL I DO TO FEEL THE WAY I WANT TO FEEL?

RELATIONSHIP & SOCIETY

romance. friendship. family. collaboration. community. causes.

If I want to feel this way [write your Core Desired Feelings here]

within the realm of RELATIONSHIP & SOCIETY, then I want to do, have, and experience the following:



WHAT WILL I DO TO FEEL THE WAY I WANT TO FEEL?

ESSENCE & SPIRITUALITY

soul. inner self. truth. intuition. faith. practices.

If I want to feel this way [write your Core Desired Feelings here]

within the realm of ESSENCE & SPIRITUALITY, then I want to do, have, and experience the following:

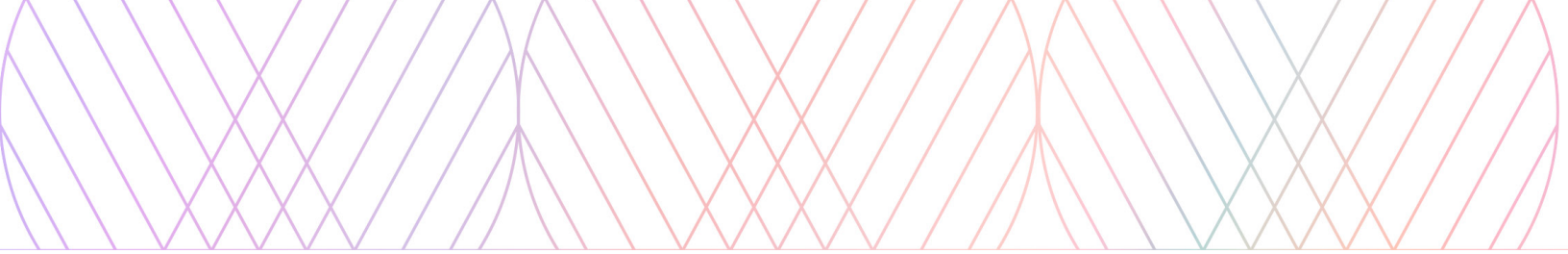


DREAM ANALYSIS

Dream #1

Dream #2

Dream #3



Dream #4

Dream #5

GOALS WITH SOUL

This is where you sift through everything that you said you want to **do, experience, and have** in your life—and you choose **the most important of those intentions and goals** to go after.

We're going to keep this really simple.

ONLY CHOOSE THREE OR FOUR MAJOR INTENTIONS OR GOALS FOR THE YEAR

Here's my theory—feel free to burn it down or to make it your new religion: Significant intentions and goals take time to achieve, and a year flies by, so you have to FOCUS. It might ache a bit to put some intentions on the back burner. Naturally. But those wants can circle back for attention. And the momentum and satisfaction you'll gain from pulling off just a few amazing endeavors will far outweigh anything you could gain from doing a bunch of things halfway.

Set out to do three or four things this year with gusto and excellence, rather than doing a dozen things just sufficiently. Trust me on this.

CHOOSE LESS IF YOU NEED TO

And hey, if you're aiming to do something Herculean and stupendous this year, then by all means, make that your singular focus. This could be The Year of the Concert Tour; The Year We Built the House; The Year I Got a Promotion; The Year of Healing; The Year I Finished My Book.

TRUST YOUR HEART

And as I suggested when we started this journey, you can let the goal selecting be easier if you allow yourself to **trust your inner guidance and don't worry so much about getting it "right."** Yes, there could be some deliberation over choosing the best goals, and you might let out a heavy sigh when you decide to put one of your wishes on hold in favor of being able to focus on another. (Focus. It hurts so good.) But don't back down from the process at this stage. This is the crest of your creativity. Ride it.

CHOOSING

The most powerful question to ask yourself when you consider which intentions or goals to focus on:

WHAT AM I MOST EXCITED ABOUT?

That's the key. This is about what lights you up the most. It's about what thrills you the most. Never mind that it may also be daunting and unreasonable. Out of your various intentions or goals, what are you the most enthusiastic about? Enthusiasm is a special emotion. It tends to stir up and carbonate all other positive feelings.

Other questions to vet your intentions by.

Your selections should not hinge solely on the following questions, but these questions will help you get clearer on what excites you the most.

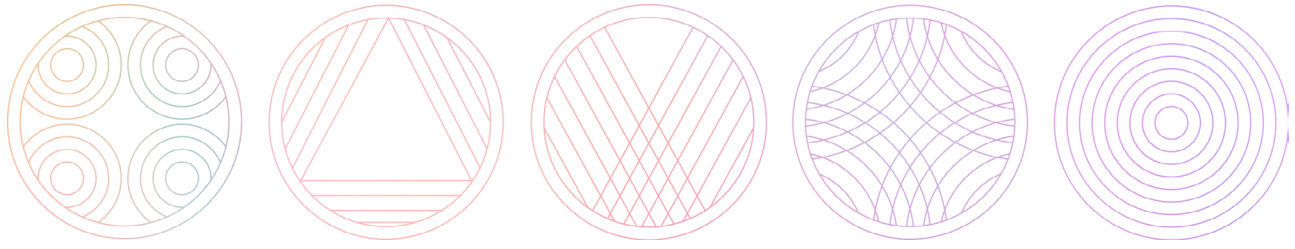
- How will this affect other people?
- How can I work with people I like to get this done?
- Does this help me generate more than one of my core desired feelings?
- How would I feel if I died without doing this?
- What will take the least amount of effort to pull off?
- What has the highest earning potential?
- What will require the largest amount of money?
- How could this affect the next five to ten years of my life?
- What is the scariest thing to do?
- Do I feel I was born to do this?

CHOOSE THREE OR FOUR MAJOR INTENTIONS AND GOALS FOR THE YEAR

Now you're going to take aim and devote yourself to actualizing what you want the most.

Go through each of the life areas (LIVELIHOOD, SPIRITUALITY, and so on) and REVIEW what you said you want to do, experience, and have in that area in order to feel your core desired feelings.

Out of all these things, which are the most exciting to you? which of them makes you feel the way you want to feel? Now home in on three or four of the most potent feel-good opportunities that you would like to actualize this year.



MY GOALS & INTENTIONS

2017

you are more than your name
your frame
your DNA
more plenty than all that you have
given birth
to
big big wishes!
you are even bigger
imagine that
(imagine anything)
and you are more
you are gone gone gone beyond
the beyond of what
started This All
I pray you
desire temples of peace
and benevolent tsunamis of love
and that you realize your size in relation to this universal
declaration:
I desire...
you are the that
and the and
the core
and the more
ever expanding
desire...