



## Goal Setting: Yogi Business Style

### Susi Hately

Step 1: Take some time to get really, really quiet.

Step 2: Ask yourself what you really want for your yoga practice, your business, and what you want your business to provide you.

Step 3: Take time to write down 30 things that you would love for your business to give you.

Step 4: Let yourself really dream. Be sure the responses are coming from your gut and your soul . . . . come from that aligned place.

Step 5: Notice what happens next. A part of you will likely come up with the obstacles, the reasons why this won't work.

- Write these reasons down. Give this part of yourself the space to express. Let it tell you everything and all the reasons why this won't work.
- Write them down. Don't suppress. Get real about what is there.

Step 6: When you are done, notice what you feel. Notice what arises.

- I often find that after doing Step 5, I have a more refined idea of what I would like, and my next steps for getting there.

Step 7: Write down 25 actions. Specific things you will do this month to move you toward your goals.

- This may take a bit of time, or it may know exactly what you need to do. Honour wherever you are at.

Step 8: When you are complete, notice what you feel.

Step 9: Look at the list, and choose the most important thing to work on today. The idea is to start small. Then choose the next one.

Step 10: Each day, read and write down your goals. I can't tell you how powerful this is. Especially when you do it from a very quiet place, where you can really feel as you write. Feel the result as if it has already happened. Then add any action steps.

*We can make our minds so like still water that beings gather about us,  
that they may see their own images, and so live for a moment with a clearer,  
perhaps even with a fiercer life because of our quiet. ~ William Butler Yeats*