

External and Internal Goals



1. Start with a daily planner, calendar or to-do list to record your *external goals* for each day, week, month, year, etc. Whatever system you already use to keep track of tasks you need to complete works fine for this exercise.
2. Next, in your journal or on a piece of paper make a list of *internal goals* that you feel would support your journey, such as starting a new daily practice, meditating more frequently, reading inspirational literature, walking in nature, listening to music, etc. Keep these goals simple and make sure you can accomplish them in 15 minutes or less. List anything that you think will help you focus *internally* on the lessons of the Soul we are studying in this book.
3. Now return to your to-do list or calendar and add one *internal goal* for each day. You might specify a time for the goal on some days—like meditate for 15 minutes first thing in the morning. Or you can trust yourself to find time during the day between other activities.
4. Over time you will find it easier to incorporate *internal goals* into your life and will achieve a more natural balance between your inner and outer life. But in the beginning it helps to set aside time specifically for this important internal work.