



## DECLARATION EXAMPLES

Declaration: I am maximizing my body's optimal performance

Goals that relate to this:

- I meditate daily for 20 minutes
- I have implemented and maintained 3 of my natural paths recommendations By Jan 2009
- I have a second teacher training certification by June 2009

Declaration: I ignite greatness in others by standing for possibility

Goals that relate to this:

- I am the RT manager for the US Trainers by July 2009
- I am the manager for Training stores by 2013
- I am the trainer of original intent by 2015

Declaration: I reflect on inner mind to radiate outer strength

Goals that relate to this:

- I am Ashtanga Certified by Tim Miller in San Diego by 2009
- I belong to an Ashram and yoga community by 2013
- I practice yoga in Thailand one week per year by 2018

Declaration: I inspire quality of lives around the world!

Goals that relate to this:

- 5 of our factories have goal walls posted by Aug 2009
- We have trained 20 other retail companies on the benefits of goal setting in factories by Sept 2010
- lululemon has lead 4 trips for the quality of life dept by Aug 2015

Declaration: I am the hub of a generous community

Goals that relate to this:

- Rich and I travel to another country with Habitat for Humanity by January 1, 2019
- I have my MBA by June 1, 2018
- I am a leader/manager within the training department by June 1, 2009
- Rich and I own an organic, community restaurant by June 1, 2028
- I sew quilts like my grandma and give them to local shelters by November 1, 2009

Declaration: I have a vibrant energy

Goals that relate to this:

- I run the Vancouver Half Marathon in 2hrs. 30 minutes by May 3, 2009
- I do an ayurvedic cleanse based on my dosha by April 1, 2009
- I run the NYC marathon by 2013
- I complete a one-month yoga workshop in Hawaii or Bali by December
- Rich and I climb Macchu Piccu by December 1, 2018

Create goals. Live possibility. Be happy.