

# SEDONA METHOD-GOAL SETTING

*Decide who will be the explorer and who will be the partner to the explorer.*

- STEP 1** Explorer: Write your goal at the top of a blank piece of paper following the goal writing guidelines.
- STEP 2** Explorer: While standing and moving, read the goal out loud and notice the first thought, feeling or body sensation that comes to mind in relationship to reading the goal.
- STEP 3** Partner: **Can you welcome whatever thoughts, feelings, sensations arise when you say the goal?** Explorer nods when ready to move on to next question.
- STEP 4** Partner: **Look below the thoughts, feelings and sensations to see if they're coming from any wanting approval, control, security, separation or oneness?**  
Explorer: Say out loud which want(s) is coming up for you (approval, control, security, separation or oneness).
- STEP 5** Partner asks: **Could you welcome the wanting of (approval, control, security, separation or oneness)?** Say whichever wants the explorer has expressed.
- STEP 6** Partner: **Can you welcome wanting to make the goal, the feelings, or the wants personal, that they are about you or who you are?**  
Remember you are not trying to get rid of making it all personal. It feels personal and you are welcoming that.
- STEP 7** Partner: **Can you rest as that which is beyond all wanting? Or Can you rest as that which needs nothing to be?**
- STEP 8** Repeat Steps 2 – 6 until you feel courageousness, acceptance or peace about your goal. Once you're feeling one of those higher emotional states, you can be confident that you've taken off a layer of limitation about that particular goal.
- STEP 9** Explorer: From this place of presence (courageousness, acceptance, peace) write down one clear next action step with a by-when.