

A man and a woman are smiling and looking towards the camera. The man is on the left, wearing a dark blue button-down shirt. The woman is on the right, with blonde hair, wearing a dark top. They are positioned in front of a dark blue background with white geometric patterns, including concentric circles and a triangle with an arrow pointing right.

# CONSCIOUS GOAL SETTING WORKSHOP

**Meet Your Future Self & Achieve Your Highest Vision**

*with* Richard Taubinger & Kylie Slavik

Conscious  
MARKETER

# WHAT WE'LL BE COVERING TODAY

- Introduction
- Releasing Meditation
- 7-Step CGS Framework
- Goal Setting in the 5 Areas
- Q&A Session
- Conscious Marketing Video Series and LIVE Q&A Session

# Richard's Story...

- Founder, Conscious Marketer
- From finance to marketing...
- Inner change - one soul at a time
- Agency has managed over 300 launches, 350k programs
- Focus on therapists and teachers of consciousness
- The quest to finding 100X
- How can marketing match the teachings and teacher







## Kylie's Story

- Director of Storytelling and Brand Development, Conscious Marketer
- From poet to marketing...
- The phone call with Franchelle
- Big vision business - high level access
- Observed flow vs.push
- Transforming human consciousness

# RELEASING MEDITATION





# A 7-STEP CONSCIOUS GOAL SETTING FRAMEWORK

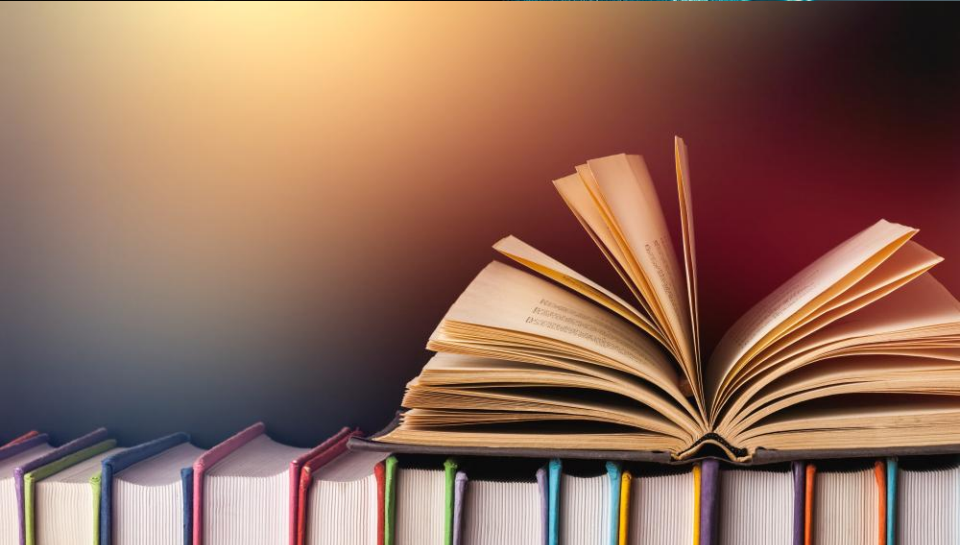
**Ideas and principles that makes the Conscious Goal Setting approach and context different...**

1. The Primary Reason
2. The Two Selves
3. The Inner Conversation
4. The Goal & Path
5. The Actions & Reactions
6. The Feeling
7. The Daily Ante





# #1 - THE PRIMARY PURPOSE

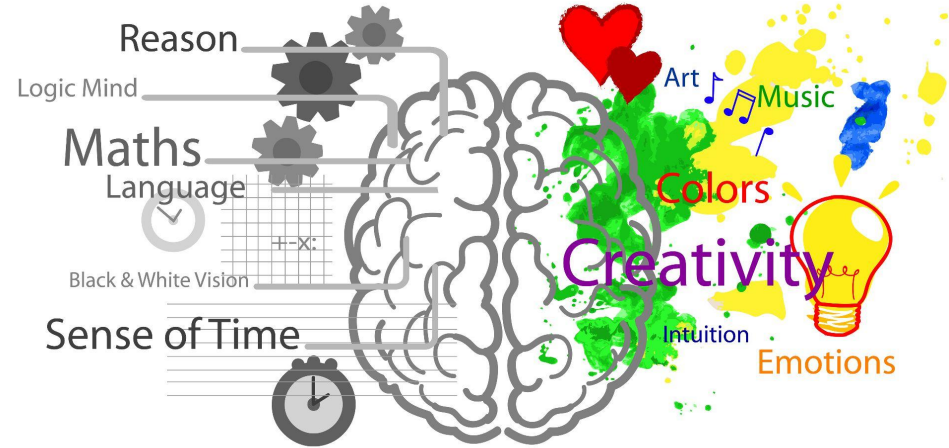


# Key Concepts:

- **Old way:** Set a goal to be able to do [X]
- **New way:** Put [X] at the heart of the path
- Put what is most important to you in the center
  - Results vs. No Results - Dealing with Fear
  - Stop wasting time via clear focus
  - Effective service vs. scattered service
- Identify and eliminate diversions
- Choose your game
- Supernatural Aid
- Difference between status and wealth
- Kuleana - What is my responsibility
  - Carry the weight of the world or just your load
  - More spiritual people doing their part



# #2 - THE TWO SELVES



**A: Your Default/  
Ordinary Self**



**B: Your Other/  
Non-Ordinary Self**

# Key Concepts:

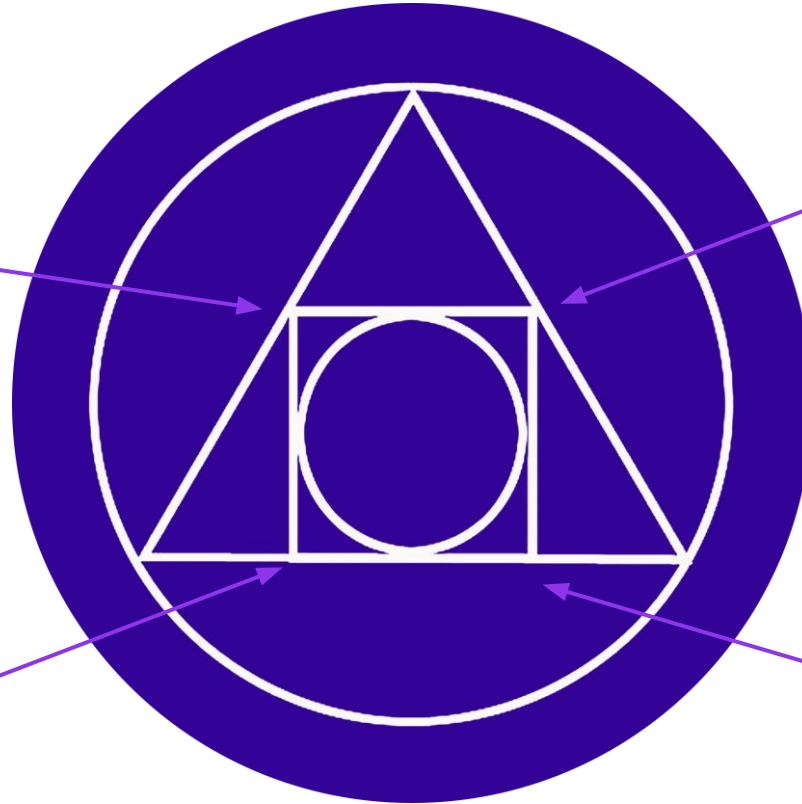
- **Old way:** Set your goals by *just* thinking
- **New way:** Go to the deeper you and set from that place
- Aumakua or Higher Self or The 'Self'
- Access points: meditation, prayer, dreams, nature, mornings, fitness activities, animals
- Qualities: Non-judgemental, loving, peaceful, higher states of being
- Exercise: Prima Materia and Squaring the Circle

The Gate of 'I  
Am' or 'I Exist'

The Gate of  
Possibility

The Gate of  
Your 'Outer Yes'  
& Synchronicity

The Gate of  
Your 'Inner Yes'





# #3 - THE INNER CONVERSATION

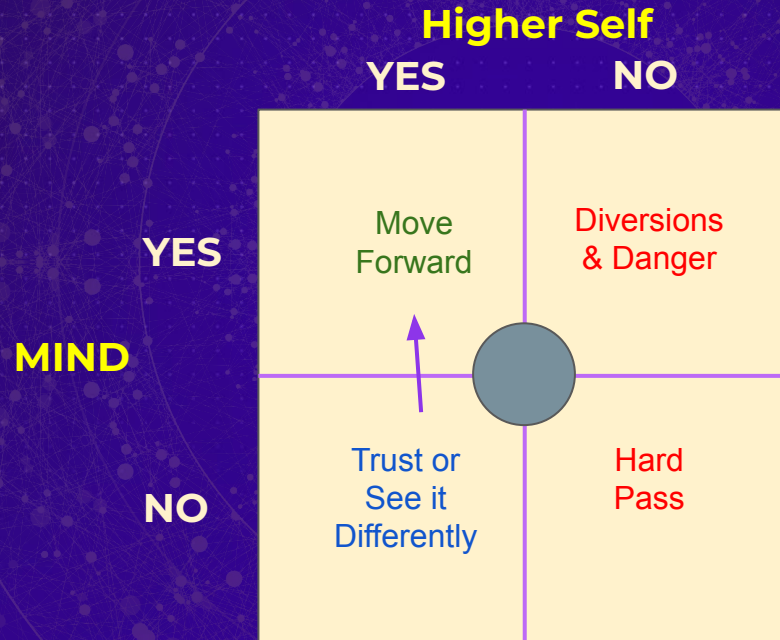


# Key Concepts:

- **Old way:** One-time access to higher state
- **New way:** Create an ongoing inner relationship
- Open the channel and call that aspect in
- Spiritual safety directive: You must ask
- The Alignment Question
- Language of the Higher Self: Subtle signs, nudges, animals, dreams, synchronicities, people
- Learn to receive rather than push/tell
  - Effects on the nervous system
  - Flow state

# The Higher Self Alignment Matrix™

Yes, it is in highest good to \_\_\_\_\_?





# How to increase incidents of synchronicity, support & guidance

- What places should you be at? - physical and virtual (events, conferences, coffee shops)
- What mentors or communities should you join? - ideas, resources, they tap into their higher self and your higher self for you
- How can I create space and time for meditation, prayer, and morning walks in nature
- What question can I ask before sleeping?

TIP: Most access somatically so generally things that get your body moving help.

# #4 - THE GOAL & PATH



# Key Concepts:

- **Old way:** The reward is the goal
- **New way:** The reward is walking the path
- Get comfortable with being uncomfortable if you want to go faster
- Beware the goal payoff
- Today is what matters
- The Hero's Inner Journey - Michael Hauge
- Work to shift your identity
- Amateur vs. Pro
- Remember the primary reason and live from that place



# #5 - THE ACTIONS & REACTIONS



# Key Concepts:

- **Old way:** Complex plans with many goals
- **New way:** Simple plans with accountability single goal
- Watch what you are actually doing - idea vs. actions
- Inversion of the goal to get to simple and see the risks
- Lean into uncomfortable - eustress
- The defining moment - decide to go pro and shift identity
- Leverage: mentors, accountability partner, elimination, substitution
- Confidence comes AFTER action not before



**“Invert, always invert.”**

**Carl Jacobi**

# #6 - THE FEELING





# Key Concepts:

- **Old way:** Visualization and affirmations
- **New way:** Feel in the present
- We confuse what we want from a goal
- Most create subtle energetic distance
- Vibrate the Dominant Energy Frequency [DRF] that you want at the end
- Dominant derives from the Latin dominus which means "lord or master"
- The feeling is what aligns the universe around non-local fields of consciousness
- We vibrate a field at all times
- This is the 100x secret of mystics and creators
- Increase the level of conviction



**“Striving to achieve a goal that is ‘out there’  
can quickly move you away from presence  
and purpose.”**

# The Dominant Energy Frequency Formula™

Step 1: Identify the feeling you want once your goal is already achieved

Step 2: See how you can feel that now, as if you already have the inner state. Don't worry about 'how' it will come about

Step 3: Consciously enter into that feeling each day through a)  
meditation/prayer b) field of plays/experience c)  
books/audio/video d) mentors e) groups/communities

Step 4: Continue to let go of any aspect that takes you out of state including your own thoughts or anything environmental

Step 5: Continue to live the feeling and trust to see your outer world start to align with your inner Dominate Energy Frequency

## #7 - THE DAILY ANTE





# Key Concepts:

- **Old way:** Focus on the future goal
- **New way:** Micro-win every day; Daily Goal
- What is the daily ante for the identity you are becoming
- Choose **ONE** primary **Daily Ante** that will influence all the other areas of your life
- Ante meridiem; Vincere Diem (Win the Day)
- Make it sacred - Is it in your schedule or not
- Track it and work for consecutive days
- Daily ante can change or stack your daily ante in any goal area

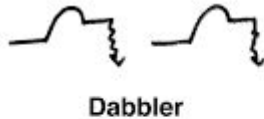
# 3 Failure Patterns:

**Watch for these three patterns that can take you OFF TRACK.**

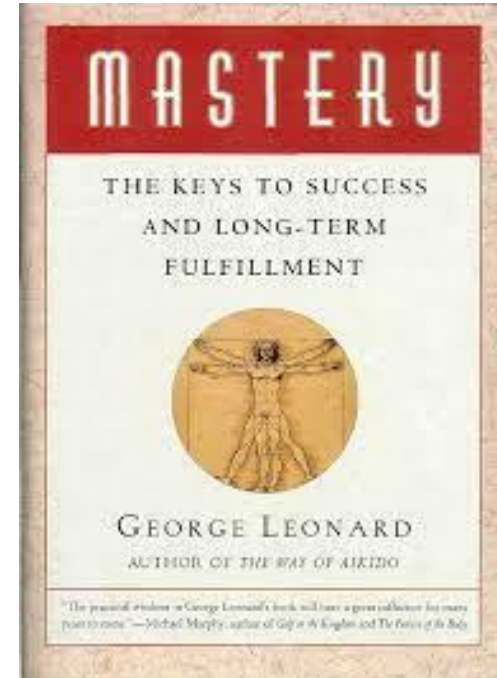
Pattern #1: The Obsessive - Too fast go to burnout



Pattern #2: The Dabbler - Amateur



Pattern #3: The Hacker - Looking for easy way



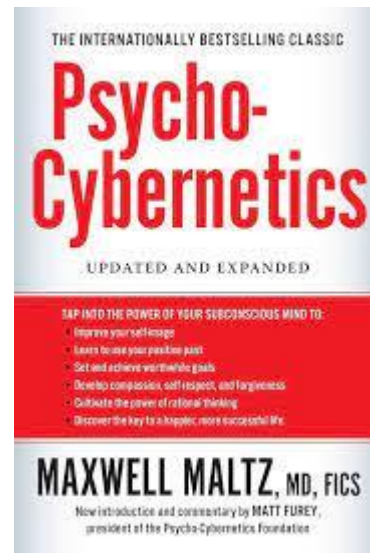
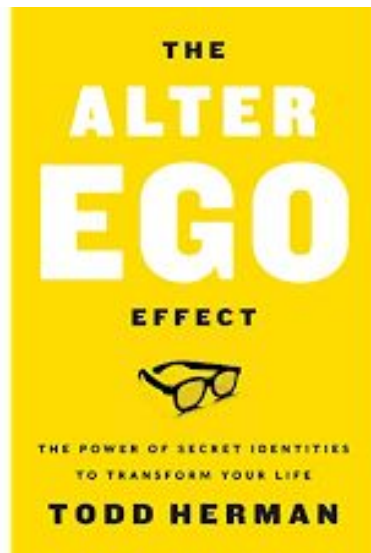
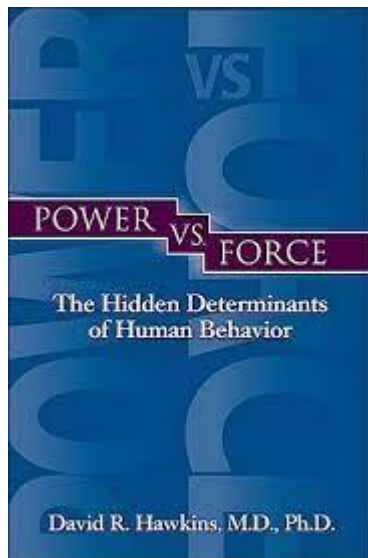
# INVERSION OF CONSCIOUS GOAL ACHIEVEMENT



1. Goal not linked to your primary purpose
2. Not in conversation with 'Higher Self'
3. Focus on the goal not process of being now
4. Too many goals at a time
5. Decision made but without action
6. No single metric, daily deposit and tracking
7. No blocks of time allocated
8. Living from old identity
9. Living in the wanting vs. the feeling now
10. No mentor or support



# Three Resource Books:





# **CONSCIOUS GOAL SETTING MAPPING SESSION**

# Conscious Goal Setting

Area:

The Goal:

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THE INVERSION:

Failure

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Success

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Daily Ante:

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Key Metric:

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The Feeling:

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IDENTITY SHIFT:

Amateur

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Pro

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Mentors/Community:

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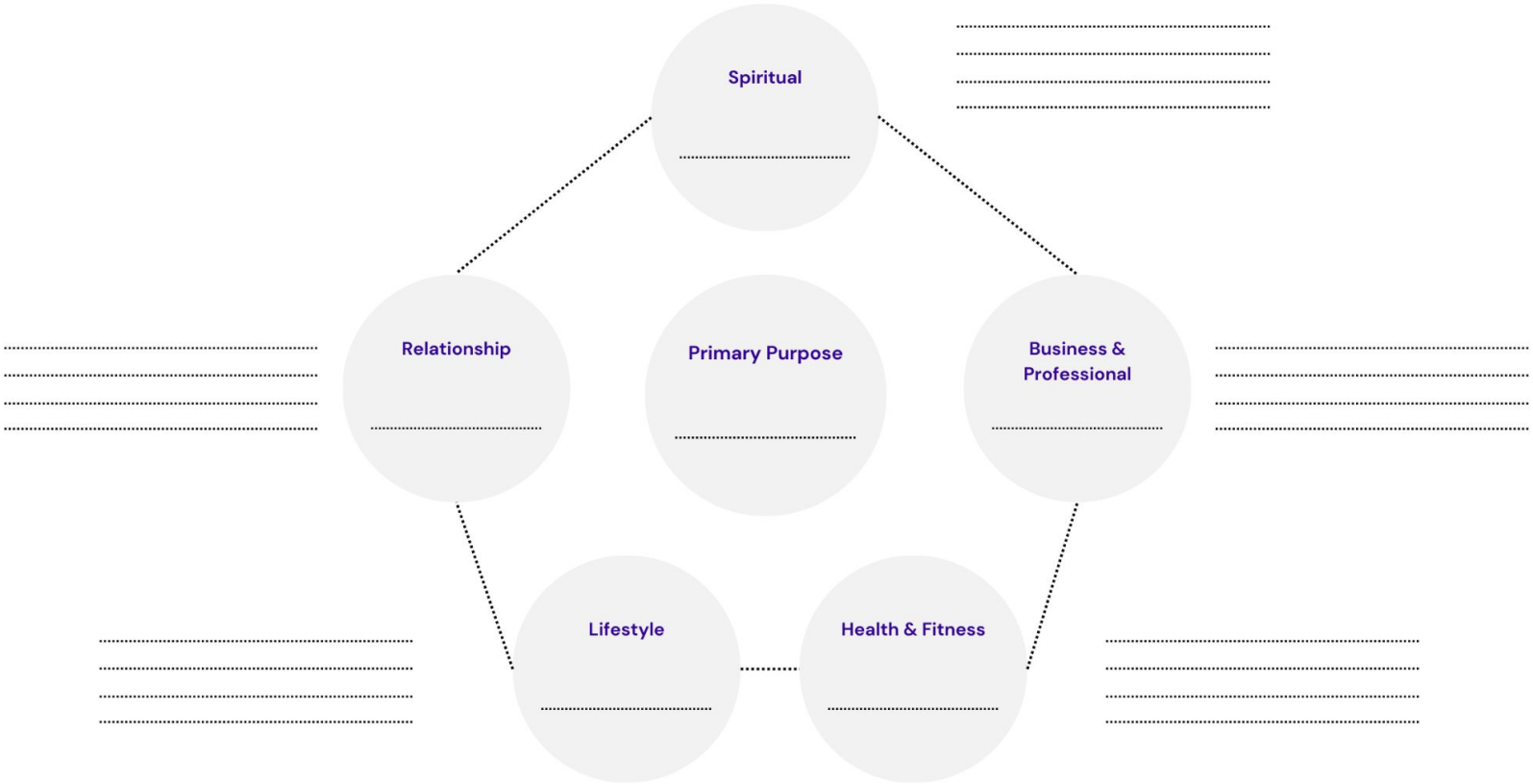
Resources

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# Conscious Goal Setting





# Q&A Session