INTENTIONAL GOAL-SETTING

THROUGH THE POWER OF ENERGETICS



Set strategic, actionable goals for your business through the power of Astrology, Ayurveda and Human Design.

MASTERCLASS WORKBOOK

GOAL-SETTING IN ASTROLOGY

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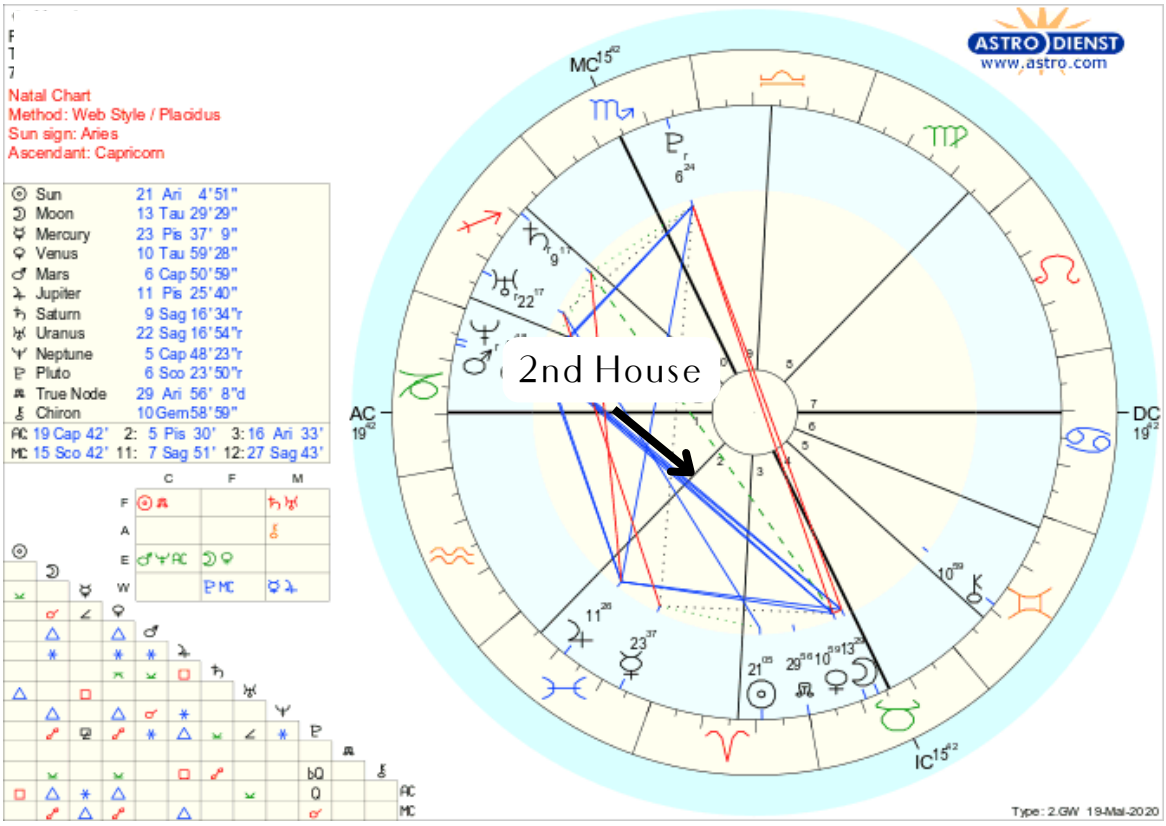
2ND HOUSE

Your 2nd house represents what you value and how you create stability in your life and business.

To find your 2nd house, look for the Number 2 on your Astrology Chart.

My 2nd House is in: _____



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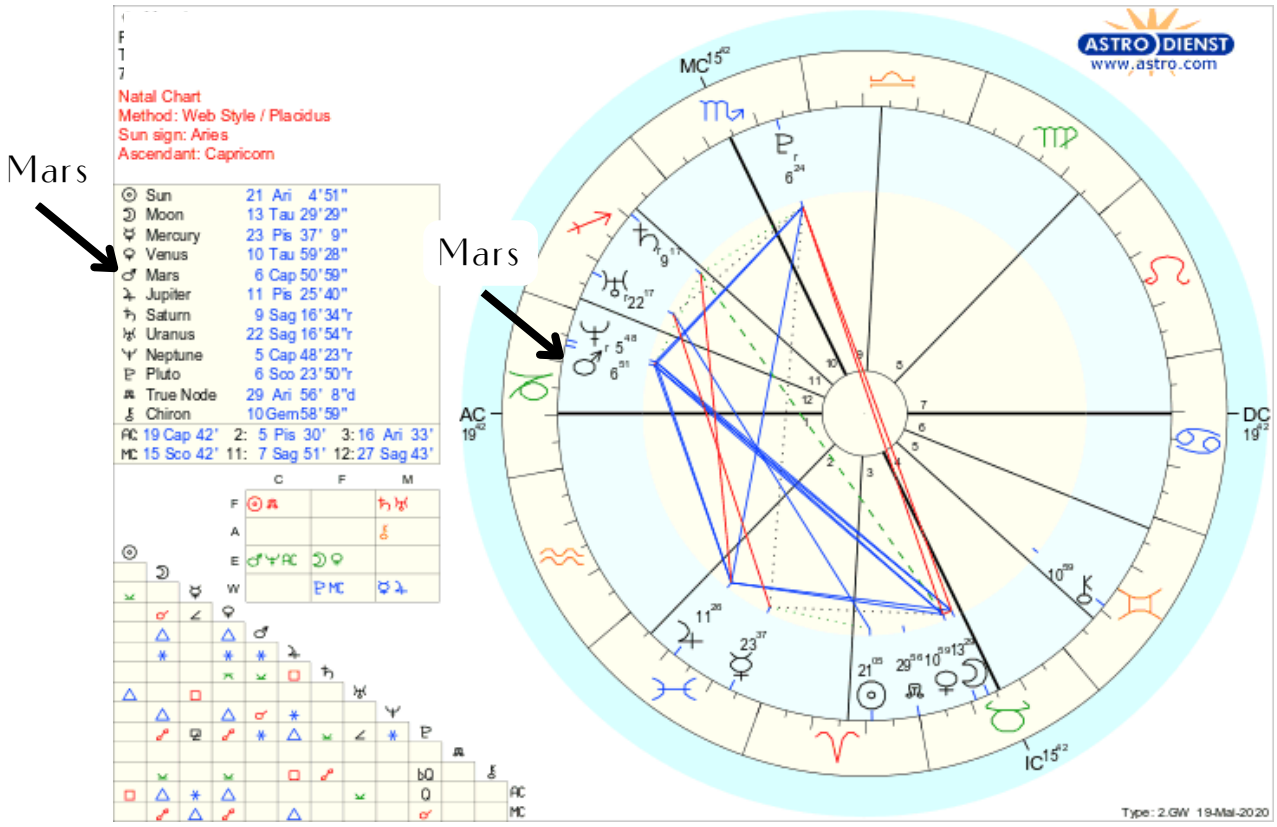
MARS

Mars represents the things that get your motivated and how you take action.
To find your Mars, look for this symbol on your Astrology Chart.

My Mars is in: _____



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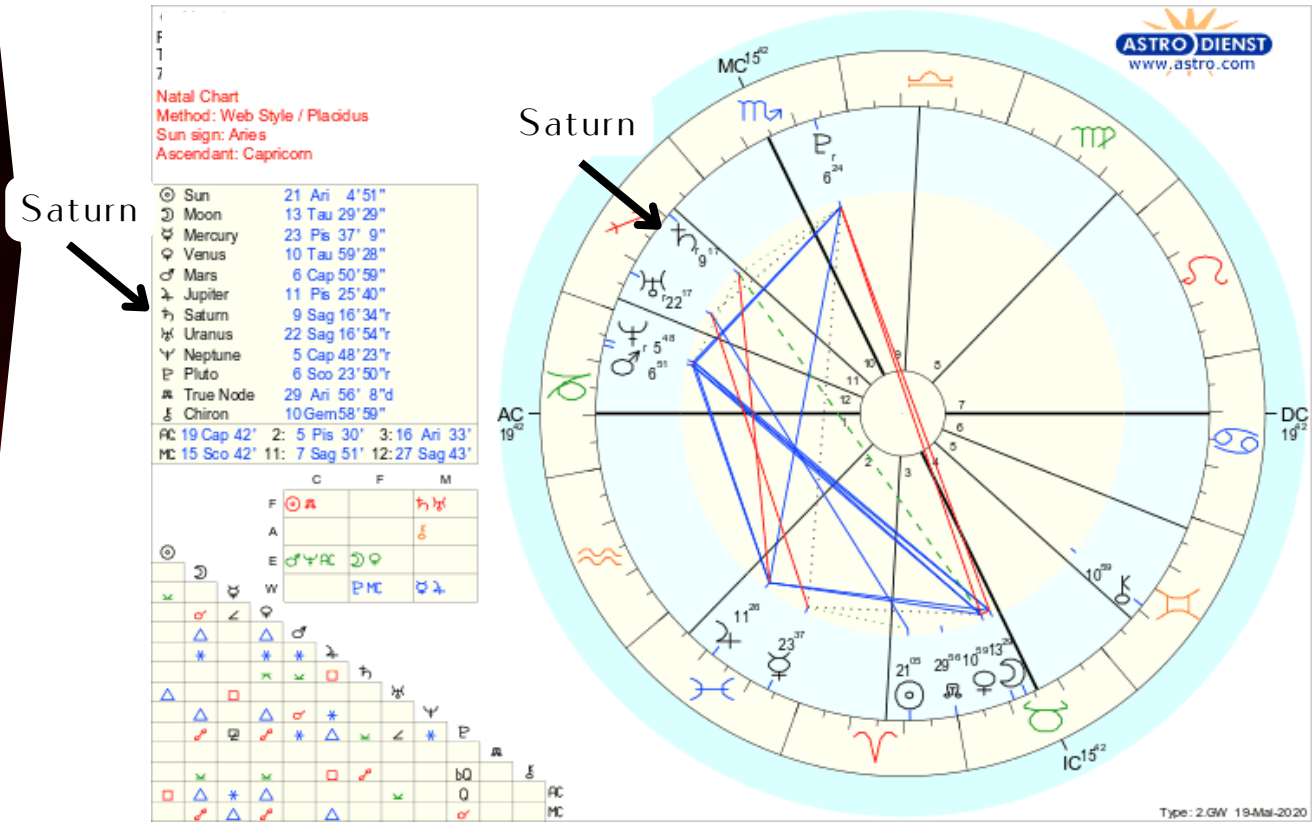
SATURN

Saturn represents your work ethic and how you set long-term goals.

To find your Saturn, look for this symbol on your Astrology Chart.

My Saturn is in: _____



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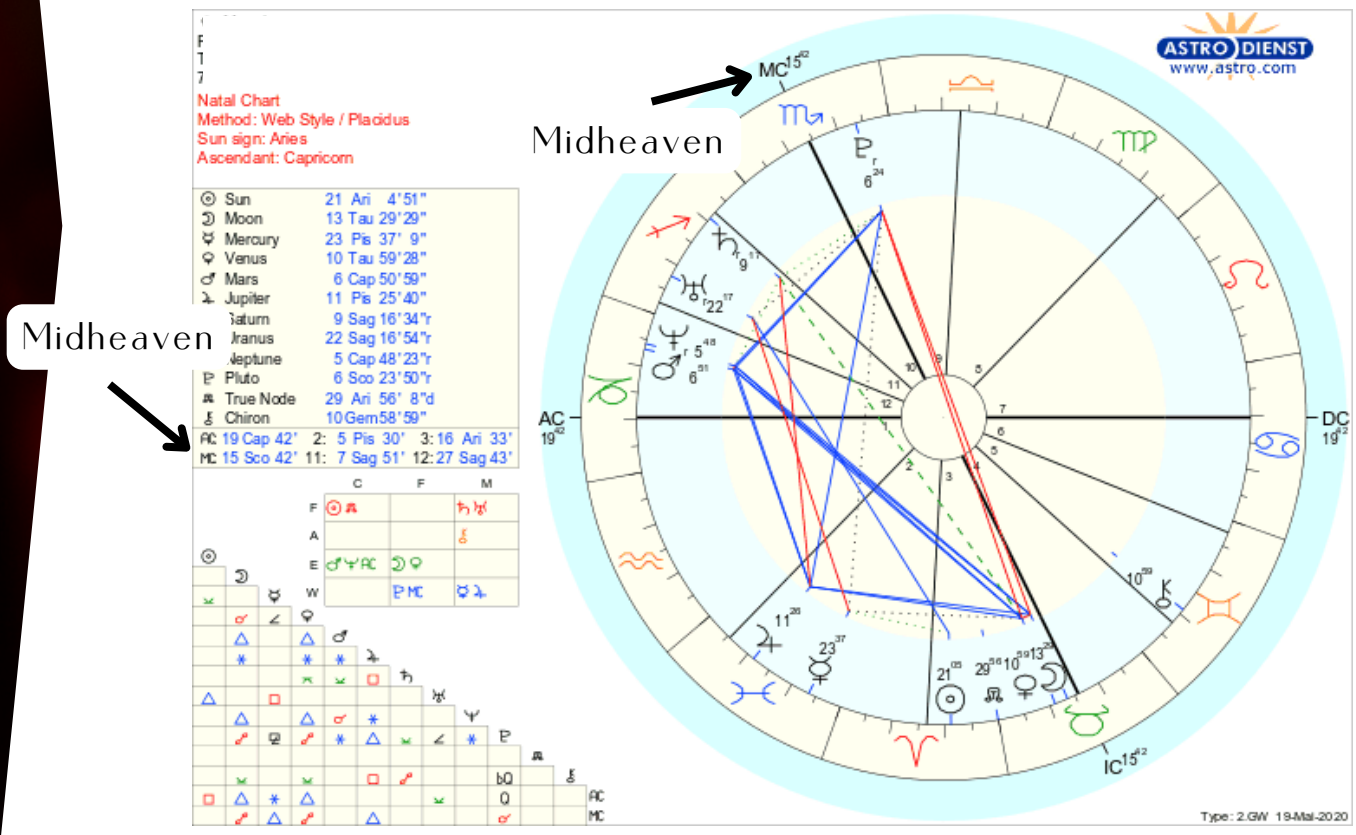
MIDHEAVEN

Your Midheaven is the highest point on your chart. It represents the most visible part of your chart and is what you're known for (work), but also what lights you up.

To find your Midheaven, look for the letters MC on your Astrology Chart.

My Midheaven is in: _____



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ARCHETYPES

Cheat Sheet

The Zodiac Signs are: Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, Pisces.

Each of these signs has an archetype that can give you a better idea of how your planets will manifest.

The Moon - The Nurturer
The Sun - The Leader
Mercury - The Messenger
Venus - The Lover
Mars - The Warrior
Jupiter - The Guru
Saturn - The Achiever
Uranus - The Revolutionary
Neptune - The Dreamer
Pluto - The Alchemist

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REFLECTION

Each of the planets has specific qualities and characteristics that describe how they display their energy to the world. Based on these energies (you can find them in our Masterclass recording), what comes up for you when you think about your placements?

I resonate with: _____

_____

_____

_____

_____

I don't resonate with: _____

_____

_____

_____

_____

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RESOURCES TO LEARN MORE ABOUT ASTROLOGY

Courses

Become Your Own Astrologer with Andrea Dupuis

Applied Astrology with Debra Silverman

Podcasts

The Weekly Transit with Scott Tejerian and Ingrid Iversen

The Cosmic Calling by Soulshine Astrology

Books

Astrology 101 by Kathleen Sears

The Basics of Astrology by Scott Tejerian

Astrology by Moonlight by Aswin Subramanyan and Tara Aa

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GOAL-SETTING IN AYURVEDA

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YOUR AYURVEDIC DOSHA

Every person is born with a specific combination of elements inside of them. This combination creates your Ayurvedic constitution, or dosha.

The easiest way to gain a basic understanding of your Ayurvedic dosha is to take a quiz from a reputable source. I enjoy the Dosha Quiz from Deepak Chopra, but there are others that I would recommend if you're interested!

You can take Dr. Chopra's quiz here and write down your results on this page:

My primary Ayurvedic constitution (dosha) is:

_____

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AYURVEDIC TIME-BLOCKING

In Ayurveda, Pitta dosha is the initiatory and fast-moving energy that we can leverage to help us set and move toward goals.

Pitta represents the elements of Fire and Water and is outward moving energy.

How much Pitta do you have in your constitution?

_____

How could you leverage Pitta time or season to help you set goals or decide which goals to set?

_____

_____

_____

_____

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RESOURCES TO LEARN MORE ABOUT AYURVEDA

Courses, Training and Education

The Ayurvedic Institute - Dr. Vasant Lad (now in Asheville!)

Ayurvedic Health Certification - Chopra Center

Podcasts

The Highest Self Podcast by Sahara Rose, Episode 192 | Ayurveda and Spirituality 101

The Simple Ayurveda Podcast, Episode 206 | The Essence of Ayurveda

Books

The Idiot's Guide to Ayurveda

Essential Ayurveda by Shubhra Krishnan

GOAL-SETTING IN HUMAN DESIGN

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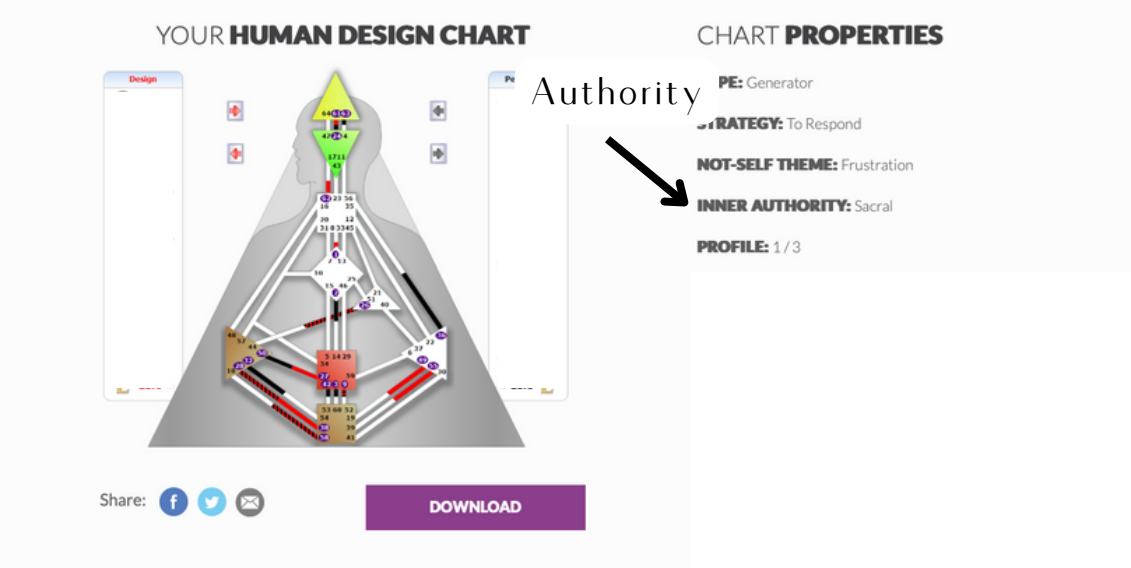
YOUR AUTHORITY

Each Human Design type has a specific energy that fuels it and helps with decision-making and goal-setting.

This is called your Authority.

You can find a free Human Design Chart here. Once you download your chart, you can find your Authority here:



My Authority is: _____

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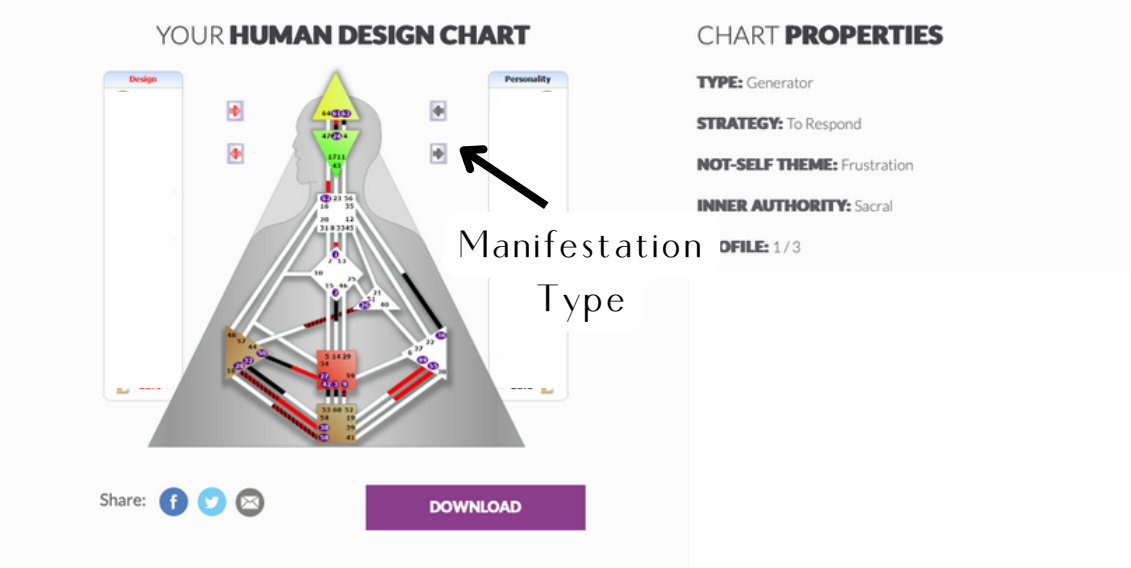
MANIFESTATION TYPE

Each Human Design profile has a set of 4 arrows that point to different aspects of the personality.

One of these arrows (on the bottom right of the chart) is called the Manifestation Arrow.

You can find your Manifestation Type here:



My Manifestation Type is: _____

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OK, NOW... HOW DO I TAKE ACTION?

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IDENTIFY YOUR VISION

What does my dream business look like?

What is the desired outcome of this dream business?.

How do I want to feel? Write one sentence to encapsulate this.

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OUTLINE YOUR GOALS

What do I need to accomplish that will move me toward my dream vision?

What is the timeline for these accomplishments?

How can these accomplishments be broken down into smaller, actionable steps?

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CREATE ACCOUNTABILITY

How will I keep myself accountable to these goals?

Who can I ask for support?

What will happen if I don't accomplish what I set out to?
How will I re-align myself?

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LET'S KEEP IN TOUCH...

To learn more about how I can support YOUR business growth, visit my website:

www.meaghanmdunham.com

or find me on Instagram/Threads:

@meaghan.m.dunham



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