

Mastering Your Personal Goal Manifestation Process PART.1

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[00:00:00] Welcome to the Art of Self Mastery Podcast. I'm your host, Sonya Thompkins. And I believe the key to living a fulfilling and successful life begins with the knowledge of ourselves. In this podcast, we'll explore the practical principles of personal development, spirituality, and well being. On each episode, I'll share my experiences and expert advice.

To empower you on your journey of self discovery and ultimately to live a life you want by mastering your emotions, thoughts, and habits.

Well, hello, hello, soulful listeners. Thank you so much for being here . Welcome back. I am your host, Sonja Thompkins. And this episode, along with a few additional ones, are a four part series that I wanted to bring to you. I initially was just going to do this in one episode, but I thought this [00:01:00] would be really, really great,, to break it up into four Sections that you can follow along with. You can binge these if you are listening past the time that we are dripping these out throughout the month of January, 2024.

Um, but yeah, I just thought this was, uh, a very, very good topic. I was going to do it anyway. And the topic is all about now that you've created your goals. How do you Actually manifest them. And I emphasized the word you because you guys know

I am a true advocate of recognizing that All of us have very unique ways that we do things, that we react to things, that we interact with things, interact with other people, and I'm here for it. Everything I teach, every philosophy and concept that I work my clients through, is [00:02:00] all about Taking your individual, God given, divine given design, uh, to help you do the things that you want to do.

I really dislike when People suggest that there is just one way.

This is the way. This is how you do XYZ. This is how you get to XYZ, right? I'm saying it in a very robotic way. Because that's how it feels to me. And let me know if you're like me in that sense when you hear terms like that, uh, when you are reading something or come across something on social media, it's like, here's the way you do X, right?

Um, and it's okay if it says that in the title and then somewhere in the context they go on to explain A way. I like saying things like that, here's a way, or here's the way I did, right? Instead

of just saying like, here's the way you do things, because I think fundamentally doing our Own things as [00:03:00] individuals, which will ultimately help the collective.

I think that's one of the, the things that gets in the way is because we have fundamentally been taught that there, you know, this is the way there is only one way. If you're not doing that, that way you are not normal. Um, normal is boring. Fuck normal over here in this camp. Right. If you felt that, at different points in your life let me know. Hit me up on social media at Sonja Thompkins, or there is a link below where you can leave a little voice note. I want to hear from you.

So, this is actually episode one of this bonus four part series, all about how to actually manifest the goals that you have outlined and created for the new year.

I also want to mention too, regardless of when you were listening to this, it doesn't matter. We are getting clarity on the things that we want, in different parts of our lives at all different times.

And so these episodes that I'm going to share with you, the tools I'm going to share with you, the ways to [00:04:00] practice this is applicable at any time of the year. And as a matter of fact one of the other things that I'm really, really keen on is, you know, recognizing that although the calendar year says January is the beginning of the year.

You know, January 1 is the start of a new year. Astrologically, not so much. The weather in the Northern Hemisphere is saying not, not so much. this is not the time of new things happening, right? We know that. New life, plant life, growth and vegetation all of those kinds of things happen in the spring, right?

It doesn't happen in the middle, like peak winter season, which is what January is if you were here in the Northern hemisphere. So according to the astrological calendar, and I would say laws of nature, the new year is somewhere between late March and mid April, [00:05:00] which if you research, you'll find that that's why we have like the spring equinox.

So, a little, um, info there for those of you who are interested. So, again, if you are listening to this and it's June, guess what? We just got started, baby. So embrace it, you know, and, flow with the energy of the seasons and nature. And just pay attention, see how it feels, you know, to follow what is happening in the environment all around you. Versus keep pushing forward you know? No, everything else is, is going inward and, and quieting down and being still, um, but we're gonna go, go, go. Yeah. Okay. Um, if that works for you, awesome. Great. Again, I'm not, I'm not the person who's like, oh no, this is the only way.

But I do know from years and years of talking with lots of people in general conversation, working with clients in areas of fulfillment of their goals and things like that. This is a great time to think about [00:06:00] and consider the goals you desire, even mapping out some strategy.

You can still be taking action, um, but every action you guys, everything that is an action is not an external action. So getting clear on what you want, what you desire, making sense of what you are being called to, if you are being called towards something that requires an action, that action is called being still, right?

Reflecting is an action, it's an inward action. Growing your mindset, helping, regulate your nervous system. These are all actions, but they're not things that you see on the outside. And so a lot of times when we hear the word action, we think that that means we should be physically doing something and that's how you know, like you're, you're being productive.

No, you can be very productive. Um, and if you're a person where being still is challenging for you, then that's a lot of work for you. That's a lot of action. Right? [00:07:00] Um, and so we need to embrace that and acknowledge that as being active as well.

Hey there, listeners. Right now is absolutely the best time for you to achieve your number one goal. Whatever your goal is, if it keeps calling out to you, it's definitely your calling. I'm currently offering a private one to one coaching session to help women over 30 fulfill your number one goal by your next birthday, even if you're super busy or carry the bulk of the responsibilities in your household.

Within our first session, I will help you create your custom soul sitter strategy for success that will propel you closer to achieving your goals in the first 30 days. Then you ever been before through dedicated weekly coaching sessions, private messaging, access in between for accountability, unlimited access.

My signature mini trainings and courses. You will be able to take small, simple actions and manifest the life you want by fulfilling one [00:08:00] goal at a time. My holistic life and business coaching starts at 3k. For three months and payment plans are available to discuss your goals and learn about how my coaching will help you fulfill them.

Book a call with me today by visiting Sonya Thomas call or slash book can also find the link in the show notes.

So in this particular episode, this is like our introductory episode, I also I want to talk about the tool that I am going to be sharing with you in the upcoming episodes so that you can go ahead and get your hands on the tool and be ready for the next episode when it drops next week.

So throughout this four part series these bonus episodes the tool that I'm going to be speaking about and through is human design.

There is a specific area in the human design chart that can give you insight into how you [00:09:00] specifically, your divine design, your soul strategy as I like to call it, achieve your goals, manifest in a way that's simple and like it won't be overwhelming. It helps you to not

overthink.

If you're not familiar with human design, this is not a religion. Human design is like a gumbo of interesting modalities, including, astrology, numerology, Kabbalah, I Ching, the Hindu chakra system.

It brings all of those things together into one system, okay? I'm going to say this again, this is not a religion. You can be a religious person and still, be interested in human design and experiment with it. I just want to make that clear. And, by the way, you don't have to use this tool, you can just listen to these episodes and, start to intuitively Use the information to tap into it yourself, but this is a tool.

A lot of human design experts don't like to call it a tool, but I do.

This [00:10:00] is just my belief that, just like I'm here and I get to share, so much wisdom and experiences and things like that. And I know because you all have told me how helpful and impactful it is, there is a way that I say things, even if it's not a different word, there's a different vibration in the way that I say things that hits the eardrums of certain people and others. It's not even in their range, right? And that's true for everyone. So with that same understanding, I know that God creates all kinds of people to be able to express different things about all that, you know, God has created to share with us in ways that will touch different people.

I feel like God just, he's always just like, you know, long as you get the message, right? Like I know you're not going to get it this way. So I'm going to put it in human design because astrology feels too heavy for you. You get too bogged down in all those details.

So Sally's not going to get , into the astrology. So[00:11:00] I'll infuse this person to come up with this system called human design. And that's going to reach, you know, this group of people in a way that otherwise they may not know about this stuff. And so that's why.

Approach human design. I use it as a tool. I work with my clients. I use their human design charts to understand the basics of their human design charts in order for them to better connect with themselves so that they can fulfill their individual goals that help build and manifest the life of purpose and pleasure that they desire.

So when it comes to goals, things that you want, right? That you deeply want, you deeply desire. Um, goals that maybe you didn't create, they are just things that you have been called to over and over and you recognize that within yourself as being something that you need to pursue. Um, [00:12:00] once we do that, once we get clear on that, or we start to, um, Allow ourselves to sort of filter through all of these things and get to some of our core goals of that particular, of whatever particular season that you are in.

That is like step one when it comes to fulfilling your goals, okay? I have an entire, like my entire

coaching process, right? It might be, we might be doing a lot of mindset work, we might be doing specific, um, you know, um, strategic business, uh, plans. We might be, you know, growing your self confidence. We're doing all of those things, any of those things, some things [00:13:00] similar to that.

So that you can fulfill your goals, right? Because I'm all about how can you manifest the life that is filled with purpose and pleasure for yourself. That usually happens through fulfilling goals. Individual goals, right? I like to say that goals are like your little milestones. They're like your little outposts, um, on the way, on the journey to manifesting that life of purpose and pleasure.

So in the show notes, I am going to link to a website where you can download for free your personal human design chart. Like a very Well done astrology chart. You do want to have not only your date of birth, but you also want to know The specific location you were born in and also the time of day. So I just want to preface that before you [00:14:00] click the link and head over there And just hold on to it because, and you can do your own research and sort of start to play with your human design chart if you're completely new to it.

If you're familiar with human design and the chart, great. Just have it on standby. In episode two, I'm actually going to talk about the area of your specific human design chart where we can identify, some best practices for you to Actually manifest the goals that you have outlined for yourself.

All right, this is going to be really exciting. And the greatest thing about, to me, that I think about this series is it's so simple. Every piece of this is going to be so simple. The actions that I'm going to have you take, whether they are internal or external, will be things that you can do in less than five minutes.

So that's always awesome. And just to let you know, what's really going to blow your mind is when you start [00:15:00] to actually experiment with the things that we uncover. So if you're excited about this, if you've already started working on your goals, you've started working on your 2024 planner or whatever year planner, Or writing out your business's goals, your personal goals, the goals for your relationship with yourself, goals for, relationship to others, any of that.

This is going to be a wonderful four part series for you to dig into. So make sure you subscribe to the show so that you get notifications when the next three episodes come out. Part two comes out next week. And if you loved what you heard so far, please rate and review the show. When you do that, it really helps get the word out there to others in the world that this is a podcast that is worth listening to.

And I cannot thank you enough in advance for doing that. All right. Looking forward to sharing this with you in episodes two, three, and four.

[00:16:00] So until then cheers to your goals.

Show Notes:

Mastering Your Personal Goal Manifestation Process, Hello soulful listeners! In this series on Goal Fulfillment Sonja Thompkins dives into the first episode of a four-part series, unlocking the secrets to manifesting your goals. Departing from cookie-cutter methods, Sonja empowers you to discover your personalized journey towards goal fulfillment.

Key Takeaways:

- **Tailored Manifestation:** Sonja guides you through a journey of personalized goal manifestation, shunning the one-size-fits-all approach in favor of unlocking your unique path.
- **Going Beyond January Resolutions:** Rejecting the constraints of a fixed new year, Sonja invites you to explore the timeless nature of goal-setting, emphasizing the importance of alignment with personal seasons.
- **Redefining Action:** Challenge the norm with Sonja as she redefines action, emphasizing the significance of both internal and external actions in the pursuit of your goals.
- **Sneak Peek: Human Design Tool:** Get ready for the upcoming additional 3 parts by downloading your human design chart, a tool Sonja introduces you to that offers a unique blend of various modalities, promising profound insights into your soul's strategy.

Grab your Free Human Design Chart Here:

<https://www.emmadunwoody.com/chart-form>

SEO Keywords:

Personalized Goal Manifestation