

# 3. PRACTICE WRITING YOUR GOAL HERE

Send several versions of these to Nadia before your next session.  
email to: [hello@nadiafairlambart.com](mailto:hello@nadiafairlambart.com)

"On or before Feb 15, 2025 (date),

I have/I am completed a wheel thrown capsule collection to market to boutiques & online sales.

so that I have images to show for current availability and commissions; I already have handbuilt items, but want to show that I can wheelthrow too - different aesthetics. This also gives me the opportunity to create easily repeatable objects that are easy to sell."

NOTES:

Tableware  
Lamps  
Abstract wall sculptures

"On or before March 1, 2025 (date),

I have/I am completed 40 seed pods for the woodfire in mid-March. Complete the series of 99 seed pods.

so that I complete one of my 99 series projects/The Outrageous Seeds of Al Muhyi: The Giver of Life."

NOTES:

Once completed, find exhibition venues; apply for solo shows of 99 series.

"On or before April 15, 2025 (Ramadan in March) (date),

I have/I am completed and scheduled at least 5 Al Haq workshops

so that I am building my brand in socially engaged healing arts, and workshops are a revenue stream."

NOTES:

As of Jan 17, I have:  
\_\_one workshops scheduled for Jan 18;  
mine the event for more opps  
\_\_one tentatively schedule workshop on March 1  
\_\_sent request to Thrive Center to schedule a workshop

"On or before Mrch 15, 2025 (date),

I have/I am completed one pit fire and one raku using my own equipment

so that I have what I need to fire my own work."

NOTES:

I have gathered some of the materials to build a raku trash can kiln  
Make a list of what you need to proceed  
Schedule art friends to come help and fire some of their own work  
Could pit fire at Kareem's house  
Find a barrel to keep outside that will serve as a pit

# 4. INTENTION SHEET / *keeping yourself accountable*

complete this form the week you set your goal language. keep this for your own records

GOAL INTENTION SHEET - fill this out when you are clear on what your goal will be.	
GOAL START & END DATE:	
Qualities/Beingness/Core Values (keep it to 5 or less):	
Point A: My starting point (Evidence of my current situation)	
Point B: My end point (Evidence I will provide of my end situation):	
How I Will Celebrate When the GOAL is Completed?	
How this goal is in alignment with my core values & life's purpose/mission:	
How this goal is in alignment with my life assessment and vision of my future self:	
This goal is important to me because:	
The goal behind this goal is (My true intention):	
How achieving this goal will change my life:	
Who will I need to become to achieve this goal? SELF IMAGE: walk, talk, meet, greet, clothing, posture, thinking?	

What are potential obstacles? And if this happens, what would I do?

The resources I have available and I will seek to support me with achieving this goal are:

Clarify Goal Terminology - What Counts in the action steps to achieve this goal?:

Clarify Goal Terminology - What Doesn't Count:

How I will take care of myself during my goal cycle:

