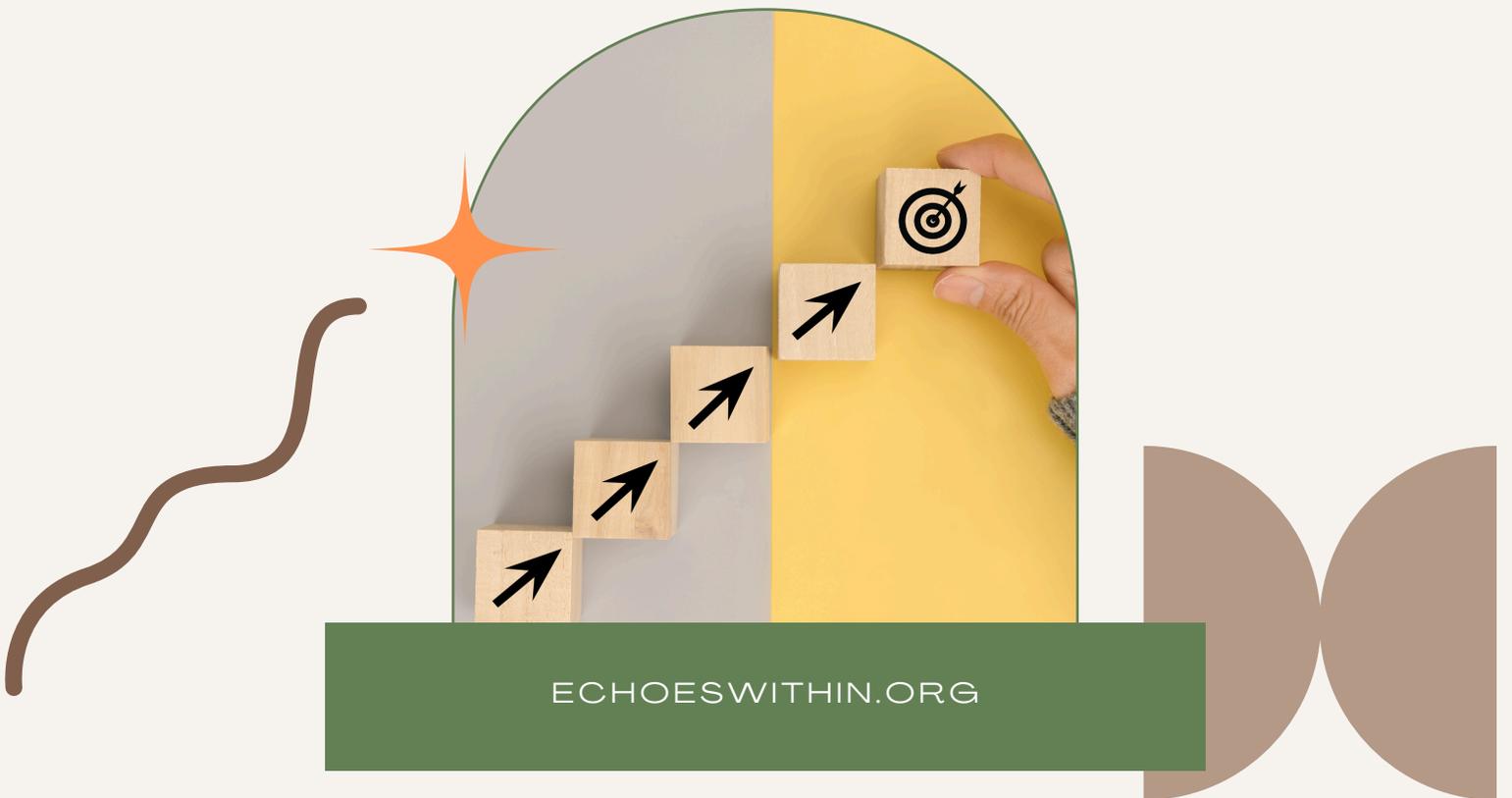




GOAL SETTING

BEFORE THE BEGINNING

A DANIEL BELUM-LED, MINI-WORKBOOK ON DESIRE,
DISCIPLINE, AND FULFILLMENT



ECHOESWITHIN.ORG

GOAL SETTING BEFORE THE BEGINNING

A DANIEL BELUM-LED MINI-WORKBOOK ON DESIRE, DISCIPLINE, AND FULFILLMENT

How This Workbook Is Meant to Be Used

This is not a “manifest it and wait” workbook. This is not a hustle manual. This is a practice of alignment, clarity, and action. Goals without action are just notes.

This short workbook will help you:

- Identify what you actually want.
- Understand why you want it.
- Translate desire into clear goals.
- Execute those goals through structured planning.
- Course-correct with integrity when you drift.

You will be asked to think. You will be asked to choose. You will be asked to act. That is how fulfillment happens.

Print this workbook. Fill it by hand. Use the margins, print extra pages, doodle, brainstorm, reach out for 1:1 help at echoeswithin.org. Return to it often. For deeper exploration, consider the expanded version which includes detailed examples, additional guidance, and a ready-made ChatGPT or Grok prompt system for your workbook as well as a personal session with myself or one of our providers at echoeswithin.org.

David Belum

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Guideposts for Decision-Making

When faced with a choice, ask:

- What is the right action according to my core principles?
- Am I choosing ease, or alignment?
- Am I willing to do the hard thing now so it becomes easier later?

Discipline plus consistency equals results.

Exercise: Write Your Core Principles Create 3–7 statements that guide your choices. Examples:

- I choose kindness in moments of frustration.
- I act with integrity, even when unobserved.

1.

2.

(Continue up to 7.)

These principles will anchor your goals: **revisit them during reviews.**

- How will this word guide my choices when motivation drops?

Use this intention daily, **it's your quiet reminder.**

- Relevant:

- Time-bound:

Milestones and Blockers:

- Key steps:

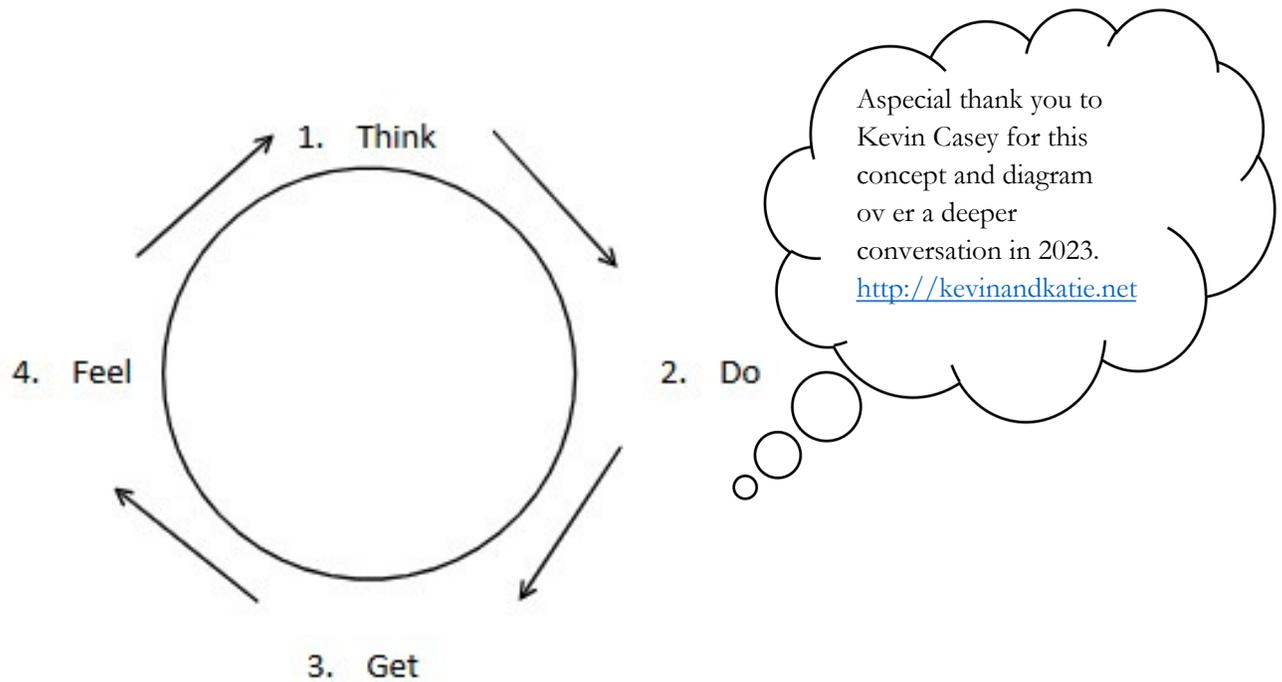
- Potential obstacles:

(Repeat for Goal 2 and 3 if needed.)

Tool: THINK → DO → GET → FEEL

Why Action Comes First

Many people try to live in this order: Feel → Get → Think → Do. That does not work. The actual order is: Think → Do → Get → Feel. You decide. You act. You receive results. Then you feel the satisfaction. Action matters. Goals without action are just notes.



SECTION V: EXECUTION

Where Most Systems Fail

This is the heart of the practice. Execution is not willpower. It is structure. Build habits through daily, weekly, quarterly, and yearly rhythms.

Daily Planning (Goal-Focused): Each day, choose 1–3 actions that move a goal forward. Include your intention and a principles check. Not errands. Movement.

Weekly Planning: Review progress, adjust, identify resistance.

Quarterly Check-Ins: Assess what worked, what stalled, refine.

Yearly Review: Reflect on fulfillment, changes, strengthened principles.

Improvement is iterative, not punitive.

WEEKLY REVIEW

(Reproduce as Needed)

Week Of: _____

Progress Review:

- What worked?

- What stalled? Why?

Adjustments:

- Resistance or avoidance noted:

Next Week's Priorities (3–5):

- 1.

- 2.

- 3.

Alignment Check:

- How did this week honor my core principles?

This work doesn't rush you forward. It meets you before the beginning-and that's where real change starts. **Return** to these pages. **Act** on them. If you **seek** more, explore the expanded workbook or a personal session.

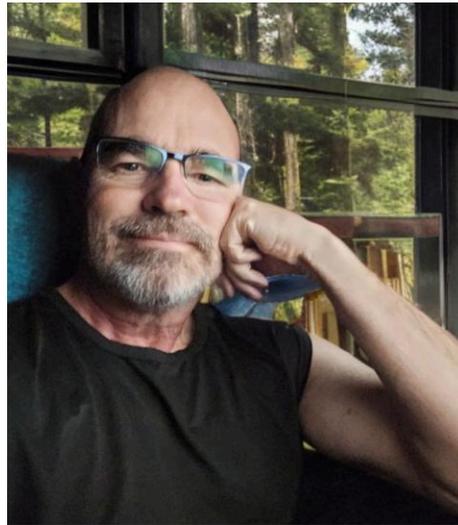
You are **capable**.

You are **worthy**.

Begin.

About the Author

Daniel Belum is a certified hypnotherapist, improv facilitator, and dedicated mental wellness advocate with over 20 years of experience guiding individuals toward personal empowerment, authentic living, and transformative change. As a lifelong enthusiast of self-improvement, he draws from a rich background that includes training from the Mike Mandel Hypnosis Academy, Architects of Hypnosis, and The Anxiety Solution, alongside certifications from the International Hypnosis Association (IHA) and the Master Mind Hypnosis Academy (MMHA). His expertise spans anxiety relief, self-confidence building, and addressing sexual challenges, with a particular focus on supporting those in non-standard relationships, polyamory, kink-aware contexts, and LGBTQ+ communities. A former Buddhist monk in the Trúc Lâm tradition and someone with over 30 years in recovery, Daniel integrates mindfulness, subconscious techniques, and generosity-based practices—inspired by the Buddhist concept of *dana*—to help clients overcome self-doubt, cultivate inner peace, and achieve lasting goals.



Through his work, Daniel emphasizes the power of alignment, clarity, and disciplined action, themes central to this goal-setting workbook series. He is the founder of Echoes Within, a non-profit providing no-cost mental wellness support—including hypnotherapy, coaching, and guided meditation—to marginalized and alternative communities. As a co-author of books on non-traditional relationships and a seasoned presenter, he has empowered countless individuals to dream bigger, honor their desires, and turn intentions into fulfilled realities. Based in Yuma, Arizona with his partner Chan, Daniel offers sessions both in-person and remotely, always prioritizing safety, accessibility, and rapid, subconscious-driven results.

For more information or to connect:

- Visit www.danielbelum.com for hypnotherapy services and resources.
- Explore www.echoeswithin.org for community wellness programs.
- Learn about his hypnotherapy practice at www.belumhypnosis.com.
- Contact Daniel directly at daniel@belumhypnosis.com to schedule a discovery call or inquire about collaborations.