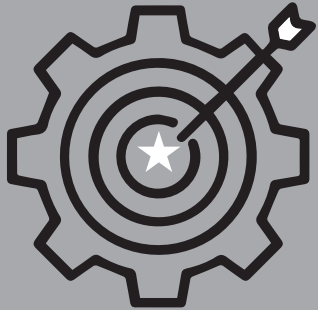


**Saturday, June 1  
12:00 p.m. at the Coop**



# **Achieve Your Ultimate Goal First**

## **A Short Recipe for Life Satisfaction**

As children, our dreams were alive. Some dreams morphed into specific life goals as we became adults. Many of us put off pursuing our big goals, taking “safer” paths with more money or status, or just because it was easy to fall into. We might have even worked on our big goals here and there in feverish bouts of willpower before giving up, defeated by impatience and drained of aliveness. We lost the connection to our old dreams and forgot the purpose of striving for our goals in the first place.

In this hour-long workshop, we'll reconnect with our big goals in a safe, playful, and productive way, refocusing our childlike energy and using it to immediately heighten our enjoyment of life. Specifically, we will:

- Learn about the role of goals in life satisfaction
- Identify the ways in which we deceive ourselves around big life goals
- Clarify the essence of our big goals and understand “ultimate goals”
- Generate easy solutions to achieve our ultimate goals right away and every day moving forward
- Use embodied and mindful practices to access deep wisdom and playfulness

Together, we'll regain the feeling of aliveness that grows by itself, bringing us forward to more aliveness, whether we end up achieving our original goals, or finding even better ones.

**RESERVATIONS ARE SUGGESTED. CONTACT [DAVE@EFFORTWISE.COM](mailto:DAVE@EFFORTWISE.COM)**

*Led by Coop member **Dave Wolovsky**, a process coach and teacher of many things, including math, writing, yoga, and qi gong. He holds a MS degree in Neuroscience and Education and is trained in applied Positive Psychology.*

**FREE NON MEMBERS WELCOME**

**VIEWS EXPRESSED BY THE PRESENTER DO NOT NECESSARILY REPRESENT THE PARK SLOPE FOOD COOP**

**PARK SLOPE FOOD COOP**

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