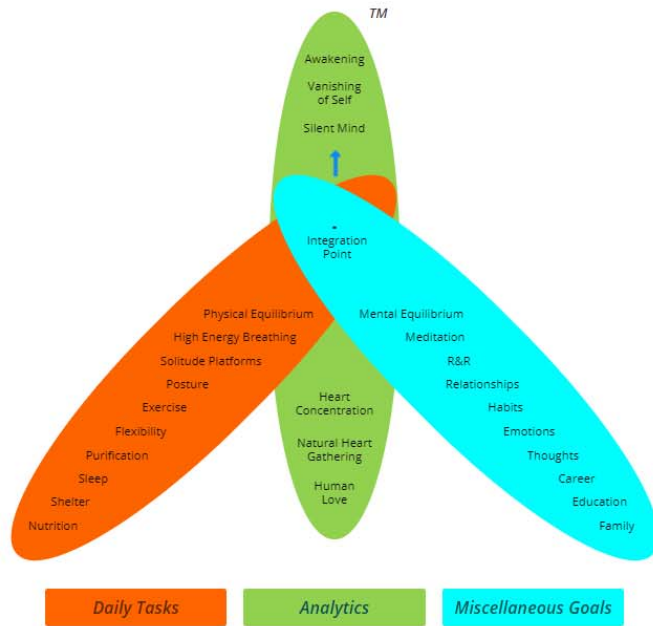


**IN SIGHT,
IN MIND,
IN ACTION™**



- Home
- Calendar
- Forum
- Templates
- Share a Goal
- Rapid Solutions
- Lesson learned
- Constraints
- Personal Guide
- Shop
- Profile
- Log out



Login Demo

To realize the highest of all potentials, Goal Surfing is an educational and visual human development system at your service!

- ✓ Transformative
- ✓ Novel
- ✓ Fun
- ✓ Positive
- ✓ Informative
- ✓ Challenging
- ✓ Effective
- ✓ Interactive
- ✓ Comprehensive
- ✓ Integrated
- ✓ Customizable

Surf your ocean of possibilities™



Company

About GS
Contact Us

Privacy Policy

Terms of Service

Help

FAQ

Blog

GS Blog

Social Media Links

f in t y p i n G+

Copyright © 2019 Goal Surfing. All rights reserved



Nutrition is the process of taking in food and water for the body's growth, maintenance and repair. Nutrition has the following stages: ingestion, digestion, absorption, transport, assimilation, and excretion. The slogan: "your body is, what you eat" is quite true. In order to be healthy and subtle, proper ingredients and their correct timing for entry to your body are crucial. Foods are either macronutrients or micronutrients. Macronutrients include carbohydrate, protein, and fat. Micronutrients are vitamins and minerals, which are extra molecules needed by the cell to make energy. [Less](#)

Inputs:

- [Carbohydrate](#)
- [Protein](#)
- [Fat](#)
- [Vitamins](#)
- [Minerals](#)

Output
Nutrition



- [Return](#)
- [Set Goal\(Simple\)](#)
- [Set Goal\(Advanced\)](#)



Set a goal - Simple (Nutrition)

Task / Deliverables

	Task	Start Date*	End Date*	
<input checked="" type="checkbox"/>	<input type="text"/>	<input type="text" value="mm/dd/yyyy"/>	<input type="text" value="mm/dd/yyyy"/>	<input type="range"/>
<input type="checkbox"/>	<input type="text"/>	<input type="text" value="mm/dd/yyyy"/>	<input type="text" value="mm/dd/yyyy"/>	<input type="range"/>
<input type="checkbox"/>	<input type="text"/>	<input type="text" value="mm/dd/yyyy"/>	<input type="text" value="mm/dd/yyyy"/>	<input type="range"/>
<input type="checkbox"/>	<input type="text"/>	<input type="text" value="mm/dd/yyyy"/>	<input type="text" value="mm/dd/yyyy"/>	<input type="range"/>
<input type="checkbox"/>	<input type="text"/>	<input type="text" value="mm/dd/yyyy"/>	<input type="text" value="mm/dd/yyyy"/>	<input type="range"/>

Enter Goal

Target Completion	% Complete	Actual Completion
<input type="text"/>	0%	<input type="text"/>

Print

Done

Personal Guide

The [key](#) to having a fulfilling life is to learn setting small but incrementally more challenging goals and achieving them. By breaking down goals into smaller tasks, we are able to reach milestones and gain greater confidence in ourselves. It is the "can-do" attitude and sense of power at our core which enables a person go to beyond accepted limitations.

Yet, capability alone is not enough. We must know where we are, where we want to go and how everything fits together. When I started my search for absolute freedom, I assumed no teacher is required. Then, through the years I realized that even though one should not be a blind follower, there is a real need for education on **how** to be absolutely free by learning from those who truly achieved Awakening.

In my [view](#), three types of knowledge are essential to meet three requirements for realizing absolute freedom. These are not known innately and must be learned from real teachers:

- 1) Knowledge of the mind
- 2) Knowledge of the energy centers and their optimization
- 3) Knowledge of the heart

Development follows this education such that success can be achieved in the shortest amount of time.

If you are interested to have an in-person dialog with me, please send an [email](#) about yourself and what you would like to discuss to this address: personalcoach@goalsurfing.com.

Background:

Enrolled at [University of Denver](#) majoring in physics at age 15

Started search for absolute freedom at age 18

Obtained Bachelor of Science Degree in Computer Science from Utah State University

Studied and developed capabilities within three schools of self-knowledge (J. Krishnamurti, Taoism and Sufism)

Reached Awakening on August 1st 2005 at age 40

Worked at top Life Science and Medical Device companies during the past 30 years as:

- Scientist, Biomedical Engineer, [Systems](#) Integrator, R&D Manager, Project/Program Manager, Clinical Research Director and Director of Project Management

Also an artist, published author, poet, inventor and Founder/CEO of Goal Surfing LLC



Home / Rapid Solution

Rapid Solutions

Success Factors

Trained Observer

Scientific Method

Reducing Anxiety

Conflict Resolution

Human Development

Applied Meditation

Power Routine

Increasing Happiness

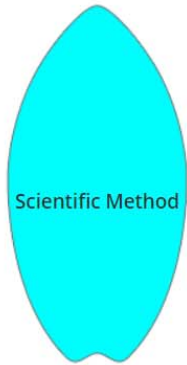
Critical Thinking

5 Things to Know

Control over Emotions



Home



Task List:

- ▶ Make observations
- ▶ Do you see a potential pattern, correlation or causation?
- ▶ Ask a question about the observed phenomenon
- ▶ Form the Hypothesis (if...then...)
- ▶ Define testing & measurement methods
- ▶ Identify the Control Group- the Regular Way of doing things
- ▶ Identify the Experimental Group- the Changed Approach
- ▶ Identify Constants/Controls- these are Parameters that you keep
- ▶ Identify the Independent- the Parameter that you change (cause)
- ▶ Identify the Dependent- the Parameter that you measure (effect)
- ▶ Analyze results
- ▶ Conclude if the hypothesis is True or False
- ▶ Share findings with peers

Add To My Profile