**IDEALS**

*"Each individual entity, whether aware of same or not, sets before self an ideal in the material world, in the mental world, in the spiritual world.”* - Edgar Cayce 1011-1

An ideal is a guiding star that has a Physical, Mental, and Spiritual component.

A Spiritual Ideal is the highest spiritual quality or attainment that we could hope to have motivating us in our lives right now.  Fill in following three columns as shown: Find possible ideals among [*Positive Abstract Nouns*](file:///C%3A%5CUsers%5CMarty%5CDocuments%5CMy%20Web%20Sites%5CSystemagic%20Motives%5CPositive_Abstract_Noun_Glossary.htm) or [*Fruits of the Spirit*](file:///C%3A%5CUsers%5CMarty%5CDocuments%5CMy%20Web%20Sites%5CSystemagic%20Motives%5CFruits_of_the_Spirit.htm)*.* Mental Attitudes can be found among [*Positive Adjectives*](file:///C%3A%5CUsers%5CMarty%5CDocuments%5CMy%20Web%20Sites%5CSystemagic%20Motives%5CPositiveAdjectiveGlossary.htm)*.*

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| **My Spiritual Ideal** | **My Mental Attitudes** | **My Physical Activities** |
| Example: |   |   |
| LOVE | A. Patient | 1. Stop thinking "I can't". |
|   | B. More Understanding | 2. Pray for determined empathetic endurance |
|   |   | to go forward |
|   |   | 3. etc. |
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