

## Identifying What You Want

So, what do you want? If you're like most people, this is surprisingly difficult to answer. Most people are so inundated with messages from their parents, peers, and society of what they "should" want that their true desires are drowned out. Plus, even if they've held dreams and desires in the past, their life experiences have lead them to believe that what they want is not possible, and so they stop allowing themselves to want it. They tell themselves "I can't have that" and it hurts to want something they cannot have, and so they stop thinking about it. They give it up. They settle.

But the good news is that dreams can never die—deep down you know what you want. It tugs at you from within, but you may be so used to ignoring it that you no longer notice.

### Forgotten Dreams

*What do you REALLY want?* Answer this without allowing other people's opinions or beliefs to limit you. Answer this without thinking about limitations—imagine for a moment that money is not an issue and that whatever that is currently blocking you is magically taken care of.

*What are things you wanted, desired or dreamed about that at some point you decided you could NOT have and so stopped wanting them?*

This could have been in childhood or adulthood. You may not have allowed yourself to think about these desires in a long time. For each one, ask yourself if this is something that you **STILL** want. If not, cross it out and let it go. Circle any desires that you feel a strong emotional reaction to when you think about them.



## Getting More Specific

You have determined some things you want and don't want. You have determined the roles, beliefs and ego states that have influenced your life story and the new perspectives you can now take of them. Now, it is time to delve into greater detail about what you WANT your life to be. You can always add to this activity later, as you learn more about your desires. Later you will rewrite the story itself, but here you are asking yourself what you want in your life and why.

Area	What do I want?	Why do I want it?
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Home		
Partner/ Relationship		
Family		
Career		
Leisure		
Money		
Health		
Other		

### **“Yes, I want more of this!”**

Once you begin asking yourself about what you want, you'll find yourself noticing more and more things that make you think, “yes, I want this!” It's okay if you're still not sure what you want. Allow your desire to grow over time. Throughout your day, simply notice whether you like or dislike certain things, people, situations or experiences.

Say, “Yes, I want more of this!” to the things you like.

Say, “No, thank you.” to the things you do not like. Saying “thank you” acknowledges that you appreciate the ability to identify what you don’t want because it helps you know more clearly what you DO want.

### **Digging Deeper into “Why”**

Now we’re going to ask you to dig deeper into the answers you provided in the “why” column. This is important because only if you have a *big enough reason* will you be committed to creating lasting change. And, the only way your reason to change your life will be big enough is if you understand your core reasons.

Look at the reasons you wrote for “why” and ask yourself the following questions:

**My “Why”  
from Above:**

**Dig Deeper**

	Why does this matter to you?  Why?  How would it make you feel?  What would happen if I didn’t have, do, or be this?  Why does that matter?  Why?
	Why does this matter to you?  Why?  How would it make you feel?  What would happen if I didn’t have, do, or be this?  Why does that matter?  Why?

**My “Why”  
from Above:**

**Dig Deeper**

	<p>Why does this matter to you?</p> <p>Why?</p> <p>How would it make you feel?</p> <p>What would happen if I didn't have, do, or be this?</p> <p>Why does that matter?</p> <p>Why?</p>
	<p>Why does this matter to you?</p> <p>Why?</p> <p>How would it make you feel?</p> <p>What would happen if I didn't have, do, or be this?</p> <p>Why does that matter?</p> <p>Why?</p>

Keep probing and asking yourself until you get to the core of the issue.

In some cases, you will find that your deeper motive is a specific desire. However, often the core motivation beneath your desire is actually an emotional state that you wish to experience. In fact, everything we want is because we believe it will make us *feel* the way we desire: good, or at least *better*.

## **Get Other People Out of Your Head**

Lastly, consider if any of the things you “want” are truly only because you think you “should” want them. It’s easy to unknowingly adopt other people’s dreams. Get other people’s voices and beliefs out of your head. Whose voice do you tend to hear in your head, telling you what you “should” want?

Now, look back at desires and confirm they are TRULY what you want and you are not just telling yourself to want them because someone else’s voice is telling you that you should.