

D: DISCOVER WHAT YOU WANT

1) What do you want?

Please state your answer in the positive as opposed to what you DON'T want. If it is negative, ask yourself, "What do I want instead?" or "What will this do for me?"

2) How will you know when you get what you want?

How will you know when you have this? How will your life be different when you get what you want? What will it look like? Feel like? How will you be when you have it?

3) Where and when, specifically, do you want to have this or NOT have this?

There may be times, places or situations where you do not want it.

4) What resources do you have or do you need to be able to achieve this?

List all of your resources:

Things: Such as office equipment and technology, books, educational materials, the internet

People: Family, friends, acquaintances, business colleagues, other contacts

Role Models: Do you know anyone who has already done what you want to do? Who can you talk to?

Personal Qualities: What qualities do you have or need to develop in yourself to achieve this? Write down ALL of your current personal skills and capabilities. It's important to brag here!

Money: Do you have a budget? Can you raise or borrow the money you need? Can you imagine a way that you could have enough money to do what you want?

5) What are the advantages/disadvantages of making this change?

When you say "yes" to something, you always say, "no" to something else. What might you lose by achieving this? What might you gain or become? How might your life be affected by this change? Consider your family, friendships, relationships, work, health, finances, fun and recreation, self-care, and write what comes to you.

6) What stops you from getting what you want right now?

What do you think is getting in your way? Sometimes what stops us is that we are avoiding something that we need to deal with first. What will this outcome help you avoid (or avoid feeling)?

7) What might you lose if you get what you want?

What is good about the present situation? What do you want to keep? Losing what we like about our current situation causes the greatest resistance to change.