



## What do You Want?

This week make the effort to move through the week consciously, focusing **ONLY** on *what you want*, *why you want it*, and *how you want to feel once you have it*. If your focus isn't in alignment with where you would like to be, be okay with it; notice it and ask yourself what you would prefer instead and hold on to that vision the same way, stating the what, how, and why (questions 1-3 below).

If for whatever reason you are not able to stay focused on what you want, start all over again for another week. The key is to make it a habit of focusing **ONLY** on what you want so that you are able to recognize the opportunities when they present themselves.

Begin by writing your name on the line below, then fill out the blanks and answer all the questions.

1) I \_\_\_\_\_ WANT...

2) I want it because...

3) Once I have what I want, I will feel...

4) What is stopping **me** from getting what I want?

5) What can I do **now** to start moving toward what I want?