

Desire Identifier: ANY GOAL

We make decisions based on emotions and then we justify those decisions with logic before we are ready to take action. Until you take action, you haven't really made a decision. Sometimes we don't take action because we haven't sorted out the emotional component to our new goal. The logistics part of selecting a goal is easy: I want a new house, new job, relationship, etc. We have no problem knowing *what* we want to be different in most cases. It's the emotional *why* we want those things that we need to tap into when reaching a goal! Look, big life changes are often a lot of work. So why do you really want your goal? This worksheet is designed to help you figure out your core needs and bring you closer to the keys of your dream—no matter what it is!

Start here: WHAT DO I KNOW I WANT?

This one's easy! Describe your goal.

I want a new job in the accounting industry closer to my home, making at least \$90K

Here next: WHY DO I WANT THAT?

Ok, this one is also easy. You've been justifying these desires for a while on your own, just write them down.

I want a new accounting job so I can work in the field I am knowledgeable about and passionate about. I want a shorter commute back and forth. I want to be paid what I think I'm worth and be able to afford vacations, a house, and have full benefits.

Then here: HAVING WHAT I WANT WILL OFFER OR BRING ME?

Now we are going to dig a little bit deeper. We are looking to identify what getting what you want will bring you that you currently don't have.

A better commute will free up more time for what is important to me, and I will feel less stress by driving less. I want to work in the field where I know I can best use my skills and talents to make an impact on the world around me. I want to go on vacations so I can feed my passion for travel and explore the world. I want to be able to buy a house so I can start a family.

Last part: AND WHY DO I WANT *THAT*?

We're here. This is what we have been working towards. And this is also what you actually want when you set your goal in the beginning. The things you are looking to identify are underlined.

More time for my hobbies and interests will bring me joy and fulfillment, I will also handle stress better when I have access to more outlets for fun and exercise. Getting off the road with a better commute will make me less likely to get in an auto accident, and I will feel much more at ease. When I feel like I am making an impact on the world around me, I feel a greater sense of purpose, connection, accomplishment, and my spirit feels free.

THIS IS WHAT YOU *ACTUALLY* WANT. ↗
THIS IS HOW YOU WILL KNOW YOU FOUND IT. ↘

Congratulations. You know what you want and why you want it. You're ready to take action. Now. Let's make sure you can recognize your goal when you reach it! Think back to other times you've had what you listed above. How did it feel? Who did you want to tell? How was your heart beating? Was there a tightness or a lightness in your chest? How were you breathing? How did your face muscles set?

When I feel joy, I am usually smiling. My heart beat is calm and my breathe is easy. When I feel safe, there is no tightness in my chest. When I'm excited I want to call my sister first. When I know something is right there is a bouncing feeling I can't explain. And, when something is a NO, I know it in my stomach—it feels like knots.