

Desire List

The only requirement for getting change is that you have to want something. It takes courage to want something! Give yourself permission to want.

Sometimes we think that dreaming about more than what we've got betrays our current reality. As if to wish for something different means that we're unappreciative of what we have. This exercise is designed to honor what is and at the same time embrace what can be. Yes, you can hold both of these states (appreciation and desire) at the same time.

Start with the left column answering the first question. Set a timer. Write for 3 minutes without stopping. Then reset the time and move on to the middle column and then the right column.

Dare to desire.

What in my life IS going well?	What in my life is NOT going well?	What would I like to be experiencing instead?