

How To Get To The Heart Of Your Deepest Desires

Use this magical 6-question sequence to help you and your clients uncover their deepest desires.

1. What do you want?

OR: what would you like?

2. What will having that do for you?

OR: What's important about that?

3. How will you know when you have it? What will you see, hear or feel?

OPTIONAL: What might I see looking from the outside?

4. Where, when and with whom do you want it?

5. Who (if anyone) might be affected (positively or negatively) when this desire is fulfilled? **OPTIONAL:** In other words, what's the consequence to you and all the other people who are close to you?

6. What stops you from experiencing {your desire} now?

7. What (if anything) might you have to let go of in order to fulfill this desire?

8. **Bonus question:** When you have to let go of _____, what would you be embracing or believing instead?