

# What Do You Want?

*Time to dig deep!*

**This worksheet is to help you connect to that inner, wise, creative part of yourself and 1) figure out what is truly important to you, so you can 2) make powerful decisions, and 3) feel super-motivated and take action!**

## You Need:

- pen and paper/notebook
- 30 minutes
- a quiet place
- your favourite brew



## Tips:

*It's important that you are in the right mental state for this. We are looking to tap into your deep creativity, and connect to your imagination! Turn off your phone and put it in another room. Eliminating distractions is very important here. It might be helpful to do some light stretches and/or meditate 5 minutes before you begin. Light a candle, sit in a comfortable spot, and pour a cup of your favourite cup of tea, coffee, or hell, even a small glass of wine. I personally love to use different coloured pens and markers when I brainstorm. I like having paper and a notebook so I have the freedom to mind-map, draw, and get a little messy if I need to.*

**Lastly, LET YOURSELF GET DREAMY!** *Even if your ideas seem impossible or out of this world. The first part of this worksheet is about really using your imagination. You'll get to more practical thinking and analysis in the latter half of this worksheet.*

*Jennifer Pielak*

Questions to help you figure out **WHAT YOU WANT**:

## **STEP 1: Imagination Questions**

**1. What would you do if you weren't afraid?**

**2. What advice would your 101 year old self give to your present day self?**

**3. If money was no object, what would you do with your time?**

**4. What lights you up like a firecracker?**

*Jennifer Pielak*

## **STEP 2: Analyze & Ask WHY**

**1. Look at all the answers you put down to the previous questions. What patterns do you notice about your answers?**

**2. Look at the answers that really stand out to you. Ask yourself "Why?"**

*Why would doing, getting, or achieving that thing you wrote down be fulfilling to you? And when you get an answer to that, ask yourself "Why" again to that new answer. Keep asking "Why" until you can't get any deeper. You are likely going to get down to a core-desired feeling - something you really want to be feeling. Write down the core-desired feelings you discover for yourself and highlight them!*

*Jennifer Pielak*

## **STEP 3: Decide on 1-2 Action Steps**

**1. Review everything you've written down so far. Brainstorm some action steps\* you could focus on and do this year - the key is that these action steps are 100% within your control. (ACTION = *THING YOU CAN DO, NOT THINK ABOUT!*)**

*\*you might prefer the word "goal" or "project" or "habit" instead of "action step"*

**2. Review your action list. Pick 1-2 that intuitively feel right to you. Which 1-2 would make the biggest difference to your life if you completed them this year?**

**3. Come up with a plan! Break down how doing this would work. What needs to happen in order for you to complete these actions?**

*Now, go DO the work!*

*Jennifer Pielak*