

# WHAT DON'T YOU WANT IN YOUR LIFE

Take some time to think here. Not just superficial thoughts, but really putting deep thought into both the big and little things that aren't moving you forward in life. What things make you feel unhappy, unfulfilled, unsatisfied, not energized, unmotivated and/or lack purpose. Just because the chart goes to 18 doesn't mean you have to stop there either.

- |          |           |
|----------|-----------|
| 1. _____ | 10. _____ |
| 2. _____ | 11. _____ |
| 3. _____ | 12. _____ |
| 4. _____ | 13. _____ |
| 5. _____ | 14. _____ |
| 6. _____ | 15. _____ |
| 7. _____ | 16. _____ |
| 8. _____ | 17. _____ |
| 9. _____ | 18. _____ |

Now go back over this list, thinking carefully about each item. Notice your feelings and sense of importance about each one. Select the few items, no more than 5 or 6, that are the most important not to have in your life. Place an asterisk after your selection to identify it.

# WHAT DO YOU WANT IN YOUR LIFE?

As before, using the space below, list everything that you do want in your life. Look at what your deepest don't-wants tell you about what you really do want. Focus on what makes you feel happy, fulfilled, satisfied, energized, motivated and purposeful. Avoid the superficial and the material, focusing on the deeply satisfying, profoundly rewarding life experiences. Again, don't think too much about it, just write as many as you can.

- |          |           |
|----------|-----------|
| 1. _____ | 10. _____ |
| 2. _____ | 11. _____ |
| 3. _____ | 12. _____ |
| 4. _____ | 13. _____ |
| 5. _____ | 14. _____ |
| 6. _____ | 15. _____ |
| 7. _____ | 16. _____ |
| 8. _____ | 17. _____ |
| 9. _____ | 18. _____ |

As before, go back over your list, thinking carefully about each item. Again, notice your feelings and sense of importance about each one. Select the few items, no more than 5-6, that are most important and rank them from most to least important. Indicate the most important items with asterisks. Then place a number in front of each selected item to indicate its priority.

# WHAT ARE YOUR PRIORITIES & WHAT'S IN YOUR WAY?

GET A JOURNAL AND  
USE IT TO ANSWER  
THESE QUESTIONS!

In order of importance, list the elements you want in your life. Think carefully about each of them, and write down what, if anything, is keeping you from them. Always give special thought to self-imposed limitations.

IMPORTANT THINGS YOU WANT IN LIFE	ROAD BLOCKS AND LIMITING BELIEFS	LIMITING BELIEF SOLUTIONS