The power of Clarity around desires

The main point of this exercise is to find out:

- What is it that you really want right now in your life?
- What is it that you really want to accomplish in a session / in this course?

You can use the following expressions creating your desire:

- desire,
- intention,
- goal,
- want(s).

Writing down your answers, will give you the opportunity to create your 'desire system'.

You can work on a specific issue, or an end goal.

Some questions you can ask yourself to get clear on your desire:

- What do you really want?
- What is it that you desire?
- What is your intention for the time of the session/program?
- What are some key goals in your life right now?

Once you uncovered some desires, you want to look for accompanying desire. You find these by asking questions like:

- What would having that get you?
- Why do you want that?
- What do you think you would feel if you achieved that desire?
- Why is this important to you?

While asking these questions, write down each desire.

Pay attention to writing down "what you want" instead of what you "don't want".

You want all desires stated in the positive.

You want to find out what the CORE desires are, and what are the ACCOMPANYING desires.

There is nothing about a desire that makes it core or accompanying desire. It is in your perspective and how much you want it.

After you have established the above, make a goal with either one, two or a maximum of three desires.