

**“Seven Steps to Creating
What You Want”
Ecourse Workbook**

(Beta version)

Step 2

Step 2: What do you want?

(Time: 20-30 min.)

Before you can get to where you want to go, you need to know where you're going! What is your destination?

1. What do you want to Be, Do, Have, Contribute and Experience in your life?

a. Free writing. Take 15-25 minutes and just keep writing.

Ask yourself, what do I want? What do I want to have? What do I want to do? What do I want to experience? How do I want to contribute? Just keep asking and writing. Aim for at least 50 items. During the exercise if you hear any limiting thoughts saying you can't have something or shouldn't want something etc. – just notice it and continue. At the end you'll have a chance to review the list and you can discard anything you don't truly want.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
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- 9.
- 10.
- 11.
- 12.
- 13.

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2. Which wants or intentions do you resonate with the most?

a. Rating Your Wants

Look through your answers (whether immediately after writing or the next day) and rate each item on a scale of 1-20, with 20 being intentions or wants that you really resonate with. Which items on your list get you really excited or even scared (but in a good way)?

b. Focus

Pick your top 1-3 to focus on. If you pick too many you will likely divide your energy and focus. Just know - when we make changes in one area of our life, other areas start to shift as well.

- 1.
- 2.
- 3.

c. No Regrets

Look through the whole list again and answer this - which items, when you look back on your life at 90+ years of age, would you have regrets not doing? Do these items need to be moved up your list?

Actions for the Week:

1. Complete the exercises on pages 2-5.

2. Morning (5 min.)

Start the Day Calm

When you wake up each morning, spend 5 minutes meditating or doing relaxation breathing. It's as simple as sitting on the edge of your bed, closing your eyes, and just focusing on your breaths in and out. If you're new to calming your mind, try thinking 'in' on inhalations and 'out' on exhalations.

3. Evening (15 min.)

Gratitude book

Before you go to bed each night write down 5 things you're grateful for that day and why.

I am grateful (fill in blank) because (fill in blank).

If you're really keen, do this in the morning as well.

Daily Relaxation

Before you go to bed each night, spend 10 minutes meditating or doing relaxation breathing.

4. Begin to create a dream board.

A dream board can be created digitally or physically. A dream or vision board contains pictures and words that represent what you want to be, do, have, experience and contribute in your life. Just cut pictures and words out of magazines and paste them on bristol board. If you're creating a digital dream board you can paste photos and words in a photo editing program (such as Adobe Elements) and then use the resulting creation as your screensaver or background image.

Tools:

- [Meditation and Relaxation audios](#) to quiet the mind
- [Dream Boards and Vision Boards](#)

Seven Steps to Creating What You Want – Step 1

Progress Tracking

Week of:

Day	Relaxation/Meditation (5 minutes a.m.)	Gratitude Book (5 items)	Relaxation / Meditation (10 minutes p.m.)
Sat			
Sun			
Mon			
Tue			
Wed			
Thur			
Fri			

Simply place a check mark when you have completed each task for the day. If you choose to write in your gratitude book in the a.m. and the p.m., then place two checkmarks in the box. If you really like keeping track of details, you can record how many items you recorded in your gratitude book and how many minutes you meditated for.

- What Do You Want exercise
- Which Do You Resonate With exercise
- Start Your Vision Board

Check the box when you have completed the corresponding exercise.

Remember to celebrate the progress you made this week!