

WHAT DO YOU REALLY WANT?

GUIDED WORKBOOK



*The twelve essential
questions to ask yourself.*

WHAT DO YOU REALLY WANT?

Hello There...



Want to know why many goals fail? I'll tell you why: *because they are not the right goals.* They are goals that have been slapped together in haste as a *New Year's Resolution* or because they are *The Expected Thing You Should Want*. These hasty goals will often fail because you simply don't have the *real motivational juice* to take you through to the finishing line. In the case of the goals based on the expectation of others, the only thing worse than not achieving your goal IS achieving it and living a life that feels like it is not your own.

So, how to set your goals on a firmer footing? I recommend you let them percolate for a moment in the form of wishes – let what YOU REALLY desire, *(that's YOU, not your mamma / gramps / boss / spouse / etc)* simmer to the surface. When you set that goal that is going to require work and focus to achieve, *you want to know it's 110% the direction that's RIGHT for you* – so you WILL find the commitment required to make it happen.

So – spend a little time in the **Wish Creation Department** today. Allow yourself the time to *explore, play and create* without the pressure of deadlines and tasks. Pause momentarily in the stage of kicking ideas around to see what feels right for you. This is all about tapping into your imagination, creativity and the voice of your inner self *before* you go hard out on the doing. You want to make sure that the work you put in later is taking you where you REALLY want to go.

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Here are TWELVE questions for you. Answer them honestly, don't edit yourself: the first response that jumps into your head is usually the right one! Just see what comes up for you before you rush into action or judgement...

1. If I knew I would absolutely succeed I would...

2. If I knew that financially things would totally work out okay I would..

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3. If I knew noone else would be upset about my decision I would...

4. Secretly I've always wanted to...

5. If I knew it would be a success and I would absolutely rock it, I would...

6. If I had more time in my week I would...

7. If I had the energy of my teenage self I would...

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8 .If I knew everyone would approve I would...

9. If I was given a year's sabbatical on full pay I would...

10. If I knew it would magically all work out, I would choose to...

11 . If I knew I only had 10 years left to live I would...

WHAT DO YOU REALLY WANT?

These are your thoughts, wishes, dreams, hopes without fear. Interesting, hey? There will be some revealing themes running through your answers. Note what you have learned below.

12 .The themes I have observed in my answers are....



Let these insights sit for a while, play with them in your mind and follow the most intriguing line of thought...allow yourself *permission* to want for yourself what you REALLY want, and then start letting your goals coalesce naturally around that desire. When you are setting goals: make them COUNT .

Love Louise x
louise
thompson 



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