

WHAT DO I WANT?

Most people haven't gotten clear on what they want as they don't think it's possible to get it.

But they are really clear on what they don't want, don't like, don't enjoy. This is due to them having past or current experiences that they don't want to have again.

Discover what you DO want by writing down the opposite of what you know you don't want.

This exercise will start to reprogramme your brain so it will start searching for solutions to what you DO want. The brain likes to have a task to do, so far better give it the task of noticing things that you do want rather than what you don't.

I DON'T WANT

Example: To work in the evenings

SO I DO WANT

UNTIL YOU KNOW WHAT YOU DO WANT, NOTHING
WILL CHANGE