

Don't Want vs Want

If you are unhappy with results you are getting in any area of your life, it can feel good to complain and blame. But you may avoid doing that because you don't want to be seen as negative or irresponsible. Still, your complaints hold a lot of valuable information that you can leverage to create the life you want. Use this tool to get clear about what you do want.

Identify the category in your life that you would like to feel better about. For example, if you find yourself between relationships or dissatisfied with the relationship you are in, the category would be Significant Other.

Record today's date.

In the left column, make a list of what you don't want in that category. For an example, in the physical category, I don't want to feel sluggish. Make this list on the left side of a page.

Once you have listed everything that you can think of that you don't want, go back to the beginning of your list and consider what you do want. For example, if I don't want to feel sluggish, what *do* I want? What is the opposite of sluggish? Energized? Do I want to feel energized or energetic or enthused? Yes. Energetic and Enthused.

Then list the attributes that you want on the right side of your sheet.

Finally, cross out the thing you don't want, signaling to yourself and the universe that you are finished with having that in your life.

Category: _____ Date _____

What I don't want	What I want

What I don't want	What I want

What I don't want	What I want

