

# What Do I Really Want?

*Answer the following questions to help guide the deeper desires you want. There is no right answers to the questions. This inquiry is merely a guide to help you reveal real intentions that are truthful to you, now at this time.*

*What are some of your very first thoughts you have when you first wake up?*

*Do you like your very first waking thoughts?*

*If no, what's the extreme opposite you want to embrace for your first waking thoughts?*

*What makes you feel that way?*

*What is the most healthy empowering activity you do that gives you energy?*

*Are you spending enough time doing it in your life?*

*If no, what do you need more of so that you can?*

*Do you want strongly something that feels far away?*

*What could you do to bring it closer?*

*Name something you really want and has been whispering to your heart for a long time?*

*Right now, closing your eyes taking a deep breath and ask yourself the following:*

*What does your mind want?*

*What does your heart want?*

*What does your body want?*

*What does your soul want?*

*Where do you need more support in your life?*

*What do you need to stop complaining about, so you can expand more into what you really want?*

*Name the top 3 supportive people in your life.*

- 1.
- 2.
- 3.

*Do you need more support in your close sacred circle?*

*Do you need more support in your extended circle?*

*How do you want your home to feel?*

*Does your home reflect that now?*

*How do you want your body to feel?*

*Does your body feel it?*

*Is there any area of your life feeling unresolved that you want more clarity on?*

*Is this area important to you?*

*What is your most disempowering feeling that you don't want?*

*What is important for you to move forward with and live into right now in your life?*

*If you named the energy you wanted to start right now in life what would it be?*

