

What Do I Really Want?

Answer the following questions to help guide the deeper desires you want for the upcoming year. 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?

What do you want that strongly 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 will clarity and resolution give 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?

Name your energy theme with a word or phrase for the next year.
