

EXERCISE 1

What I Sincerely Want

I sincerely want to be a person who:

I sincerely want to have:

I sincerely want to experience:

I sincerely want to accomplish:

EXERCISE 2

Which choice takes me closer to my dreams and priorities?

Which choice will interfere with reaching my dreams and priorities (even if it feels like a typically "good" choice)?

Which choice would I advise to someone I love who has the same set of circumstances as I do?

What do I need to do to put my choice into action?
