



Get INTO It!

This activity is designed to get you in touch with your deepest and even silliest desires, which will help you set kick-ass intentions. **Write here about how you want to BE in life, what you want to DO in life, and what you want to HAVE.** If you are stuck, or if you are completely unaware of what you want, still do this - just **focus on how you want to FEEL** instead of getting stuck on the details of the “what.” There are no right or wrong answers. For realz!

Remember: The more detailed you can get, the better. **Don't forget to write what it feels like.**

If you have no idea where to start, you can divide your life into the following segments, just like your Wheel of Life activity:

Career - Relationships - Family - Money - Spirituality - Health - Environment (neighborhood, home, car, etc)

Then write about what (and HOW) you want to Be, Do and Have for each segment of your life.

Bullet points are OK too!

DREAM BIG, and don't put limits on yourself - assume you cannot fail!!!! Go ahead and be “greedy” - don't judge yourself for being “selfish!” You are dreaming here, drawing from the abundance of the Universe, and you deserve it!

Selfishness and greed are not about having or wanting - it is about a misunderstanding of what having these certain things will do for us. It's about thinking that if we accumulate we'll be happier, even if it takes from others. That's not what you're doing here. You are dreaming good things, with an authentic understanding of what will TRULY make you happy - which makes the world a better place, and YOU a more awesome person to be around because you are shining and inspiring others to do the same. **HAVE FUN with this!**

1) Who or what you want to BE. How do you show up in life? What kind of parent are you? The kind of partner you are? What are your most awesome traits? Write them as "I am" statements (ex: “I am confident. I inspire others!” “I am wealthy and generous!” You don't have to use exclamation points ;) **Don't forget to write what it feels like.**

What do you want to DO?

This includes traveling, how you earn a living, learning a new instrument, etc. Do not put limits on yourself! Dream big;) Use the present tense (e.g. I am a world traveler and I've been to 60 countries, I play the guitar, I have regular awesome sex...)

What you want to HAVE.

We can often think we shouldn't want "stuff" or "things." But really, the only "should" is to not make our happiness *dependent* on having those things. There's nothing wrong with wanting them or having them! Remember to not let judgement enter here. Go ahead and dream for what you want: kids, an organic garden, tons of free time, a world-class yoga studio, etc. If this is hard for you, notice if and where you might be resisting or blocking your own success.