

This week, here are your exercises.

1. Make an “I want” list.
2. Make a “20 things I Love to do” list.
3. Read these every day for 7 days.

Make an “I Want” List:

One of the easiest ways to begin clarifying what you truly want is to make a list of 30 things you want to do, 30 things you want to have, and 30 things you want to be before you die. This is a great way to get the ball rolling.

Another powerful technique to unearth your wants is to ask a friend to help you make an “I Want” list. Have your friend continually ask, “What do you want? What do you want?” for 10 to 15 minutes, and jot down your answers. You’ll find the first wants aren’t all that profound. In fact, most people usually hear themselves saying, “I want a Mercedes. I want a big house on the ocean.” And so on. However, by the end of the 15-minute exercise, the real you begins to speak: “I want people to love me. I want to express myself. I want to make a difference. I want to feel powerful” . . . wants that are more true expressions of your core values.

30 Things You Want to do:

[illegible]

Make A “20 Things I Love To Do” List

What often stops people from expressing their true desire is they don't think they can make a living doing what they love to do.

“What I love to do is hang out and talk with people,” you might say.

Well, Oprah Winfrey has made a living hanging out and talking with people for 40 years.

Tiger Woods loves to play golf. Ellen DeGeneres loves to make people laugh. I love to read and share what I have learned with others in books, speeches, and workshops. It is possible to make a living doing what you love.

Make a list of 20 things you love to do, and then think of ways you can make a living doing some of those things. If you love sports, you could play sports, be a sportswriter or photographer, or work in sports management as an agent or in the front office of a professional team. You could be a coach, a manager, or a scout. You could be a broadcaster, a camera operator, or a team publicist. There are myriad ways to make money in any field that you love.

For now, just decide what you would like to do, and make a list below.
