

Identify what do you truly want in life

Why is it important to identify your desire? Your desire is the starting point of all achievements. The desire ultimately aims to gain more pleasure or fulfillment or happiness or freedom in life. It drives your behaviors then results. Just think about a simple example: the reason you do exercise because you have a desire to loose weight or to get fit or to feel energetic and ultimately to feel good about yourself. As desire drives your action, the stronger the desire is, the bolder action you take, the bigger the results you achieve. Hence, you want to recall your pure desire, your purpose, what do you truly want in life.

Golden rules:

Rule 1: Not about HOW to achieve, but WHAT do you truly want

Rule 2: 10% of your focus in on the HOW, 90% of your focus is on WHAT - the force of your achievement

Steps:

Imagine nothing stops you, what do you truly want to do, what is your desire, your purpose in life, only the WHAT, don't worry about the HOW, we are doing an exercise, your worries don't serve you here, follow the following steps:

Step 1: *Write down what do you truly want in life*

If the answer is YES, move to the step 2

If the answer is NO, here is the truth:

- You know it but you are still controlled by the doubts of the HOW to get it, so you use 'I don't know' as an excuse to feel good about yourself and make people feel good for you. What you need to do now is to tell yourself again that the HOW does not change anything if you think about it that you give yourself the chance to write down the WHAT do you want first. Think about a simple example, you need to know WHAT food you like to eat, then you find out HOW to get them later*
- You really don't know it, your doubts of the HOW makes you become innocent, so ask yourself 'What will you do in the rest of your life if you have all the money, time, people you love, everything you need, nothing stops you?' Just be honest with yourself. If is there any part of you say 'I don't answer assumption question', it is the voice of doubts and fear. Don't let it control you, just give yourself the chance to imagine and write down the answers*
- If your doubts still control you and don't let you write down what do you truly want, ask yourself 'What do you want to do for your loved ones to make them happy then you happy?' or 'What do you want to do for people around you then you feel happy?' Sometimes, focusing on contribution to others can give you the clarity about a meaningful purpose in life*

- *If the doubts still control you and don't let you have answers for any of above questions, ask yourself what is the one aspect of your life that you want to improve for better to feel happy*
- *If the doubts still control you and don't let you have answers for any of above questions, tell yourself 'So I will live my life as it is now, I am the victim of my doubts, I refuse to live a life with passion with full of my potential' After you tell yourself it, you just question the doubts, you know you are more than the doubts, you know you deserve a better quality of life. You now can write down what do you truly want*

Step 2: Why do you want what you want? (your PURPOSE)

- *You don't feel happy with what do you do now*
- *You think that you can be happier if you can achieve what you want*

Step 3: How badly do you want what you want? (Is it a BURNING DESIRE)

- *If you don't achieve it, what are the costs?*
- *If you achieve it, what are the benefits?*

Step 4: Are you committed to do whatever it takes to make it happen?

If the answer is YES, you can move on the next sections

If the answer is NO, go back the first step until you are honest with yourself and not being controlled by the doubts or the fear of the HOW, you get what you truly want

Step 5. Make an affirmed choice, a decision that you will turn your desire become the reality that you are ready to take action to make it happen

Step 6: Turn your desire into a goal statement, make it exist in the real world and reinforce it everyday:

- *Turn your desire become an appealing definite goal statement (specific about the what, when, where of the goal)*

For example:

Your appealing definite goal statement:

Name:

Date:

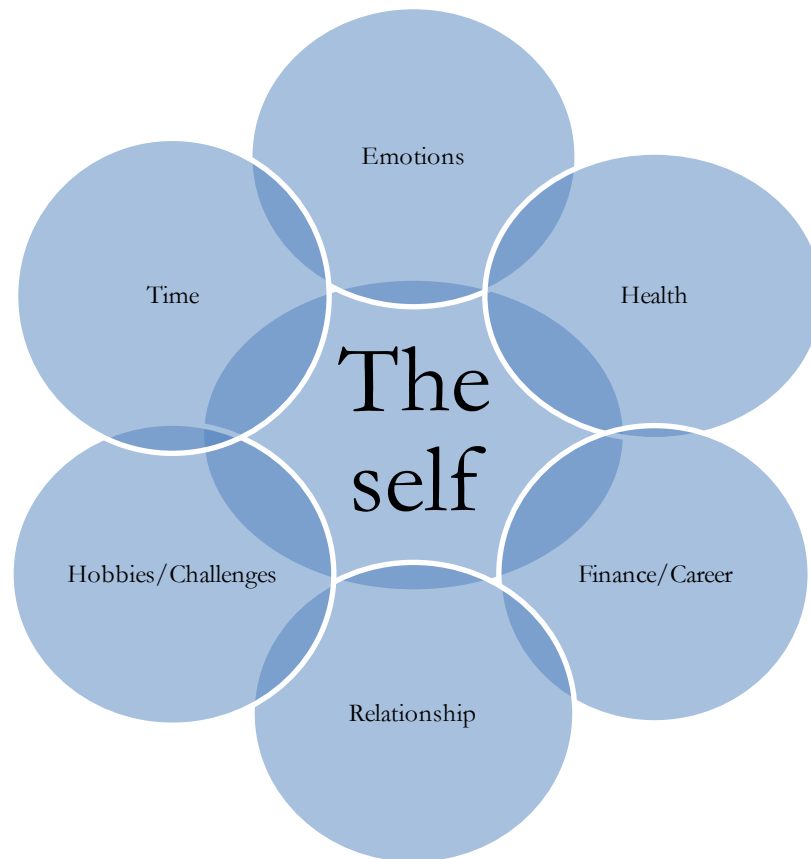
In (year:), I (your name:) am (the ideal role for you for example: a social entrepreneurial) who (what impact do you want to make, for example: create jobs) (your audiences, for example: young people).

Signed by: (your name)

- *Stick your goal statement around your house, your laptop, your notebooks*
- *Make a goal card and bring it with you*
- *Create an image of the goal statement and make it as a wall paper in your phone, laptop*
- *Visualizing you are in the position of achieving it every day with all senses*

- *Share it with your mentor or a group of people who have same interest to get accountable partners*
- *Make a definite action plan and discipline yourself to take action everyday (refer to the next section)*

Supporting tool to know where you are now and where you want to go:



An example of identifying where you are now and what do you truly desire in the health area. Give score from 0 to 7 for your health level 7 months ago, now, and in 7 months. You can see whether you progress compared to 7 months before, if yes then give yourself credit, if no, you have more reasons to improve it in 7 months.

Areas		7 months ago	Now	In 7 months
Health	Score (0: Not satisfied, 7: Extremely satisfied)			
	What difference you want to make			