TransZen Your Life Course

CHOOSING WHAT YOU WANT
POWER IN CHOOSING

WHAT DO YOU WANT

Whether you believe it or not, you hold the key to changing your life. If you're looking for change, you are the one who has the power to make it happen. The first step is choosing what you truly want, and the beauty of this is that your desires can evolve and shift over time. Recognizing this flexibility allows you to embrace growth and adapt as you move forward. This worksheet is designed to help you focus on what you want right now, providing clarity and direction as you take that important first step. Take your time, reflect, and fill out the worksheet based on your current desires and aspirations.

1. Write down what you truly want.
   Avoid vague terms such as "I want to be successful" and write it in the present form, as if you already have it. The more specific you can be, the more it will support you in achieving what you want.
   Example: "I am receiving X amount of money for..."
   If you notice any form of resistance, please write what you think or feel in the ***Identifying Blocks*** *worksheet.*

2. When you have what you want, what will having that do for you?

3. And, what will having that do for you?

4. And, how will you feel when you have what you want?
   Ensure you goals are aligned with your values and give a sense of a positive feeling.

5. When would you like to have it by?
   Set a clear timeframe for achieving your goal and be specific about when you want to reach it. Timeframes support having focus and provide structure to guide your unconscious toward bringing what you want into reality. If you don't reach your goal by the set timeline, don't feel defeated—this is actually a positive sign. It might seem odd to think of this as a good thing, but what it really indicates is that something greater may be blocking you from achieving what you want. By addressing this underlying obstacle, you can create the space for your goal to manifest.

6. Review what you've written and choose the answer that resonates most strongly with you, in terms of energy and meaning. Then, rewrite your desired outcome in one sentence, using the present tense, and connect it to the emotions you would feel once you've achieved it

7. Choose a color that represents your goal, and visualize it in all its shades for one minute while taking deep, steady breaths.

8. Create a vivid mental image of having already achieved your goal. Ask yourself: What would it look like? How would you feel?
   Imagine the scene like a movie in your mind, with you as the main character. Watch yourself in this moment and observe the joy and happiness you experience. a vivid mental image of having already achieved your goal. Ask yourself: What would it look like? How would you feel?

9. What are three actions you can take to make this happen?
   Consider both internal resources (such as skills, beliefs, and mindset) and external resources (like people, time, money, and tools) that can support you. This might involve learning something new or overcoming any obstacles standing in the way of achieving your goal.

10. What will be the impact of achieving your goal on yourself and others? How will it affect your relationship with others, your work, your well-being or your environment?

Evaluating our ecology is crucial for understanding the broader impact of our decisions on ourselves and those around us. It ensures that the changes we pursue are sustainable and aligned with our overall well-being. By considering the ripple effects of our choices on our mental, emotional, and social lives, we can identify when something isn't working or doesn't align with our deeper values. Ecology helps us recalibrate, guiding us to make decisions that support our long-term growth and lead to better, more aligned choices.

11. How will you know when you've achieved your goal? What specific events or signs in real life will indicate that you've reached it? Be as detailed as possible.

For example, what day of the week will it be based on the date you've set? What does your daily routine look like on that day? The more specific you can be, the better.

12. What phrases would you say to yourself when you've achieved your goal? How would your tone of voice sound?

13. Where, when and with whom might you be with when you have what you want?

Is there any other relevant information that was not covered in the questions above, please add here.