

## What do I really Desire in My Life?

1. Make a list of at least ten of the most important things you can think of that would give you a life of joy, passion and fulfillment.

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____

2. Compare the items on the list above to prioritize which are the most important to you:
- a. If you could have number one or number two, but not both, which would you choose?
  - b. Continue comparing the one you choose with the next number on the list until you go through the whole list.
    - For example, if you compared the first item on the list to the second, and you chose the second, then you would next compare the second item to the third. If you chose the second item over the third, then you'd compare the second item to the fourth and so on, always comparing your choice to the next item on the list then write down your final choice below as number one.
  - c. Repeat the process again, comparing each item, always keeping the one that's more important. When you get to the end of the list, write down the choice that remains number two. Go through the list again and write down the choice that remains number three and so on until you have identified your five most important desires.
  - d. A really important point to remember is that if you get stuck and can't decide which item is more important, ask yourself, "If I could have number one and not number two, would I prefer that? Or, "If I could have number two and not number one would I prefer that?"

## MY 5 TOP DESIRES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_