



Why do we want what we want?

As human beings, we have visions for different areas of our life. And we want what we want, because we believe it will make us feel a certain way. This exercise invites you to reflect on a certain vision/goal you have in life, and to think about what you will gain from achieving it. This is usually the 'why' that moves you towards that goal/vision.

My vision for this area of my life is:

How will I know when I have achieved it?

Why is it important to me?

What will life look like when I achieve it?

- I will see:
- I will hear:
- I will feel:
- I will smell:
- I will taste: