

Things I Want to Be, Do and Have

You are special. What you want for your life is important. What are your priorities, what are your dreams and aspirations? What do you want to feel about yourself and what you are doing with your life? How do you want to wake up in the morning? How do you want to feel when you look in the mirror? What do you want to do, what do you want to be, and what do you want to have.

This is where you take your judges robe off and just let yourself go. You are not committing to these items you do not have to believe they might be possible. But if you could have the life you dream about what would it contain?

The purpose of this step is for you to begin focusing on moving to your dreams. If you could make a difference in the quality of your life where would you start? Every day this week spend 5 to 10 minutes a day making a list of what you want. I call this my "Dream list".