

# DEFINE YOUR DESIRE WORKSHEET

Use this worksheet to follow the steps to really define your desire. It is then that we will take the clear and focused desire to manifest it in your life. When you do this exercise, stay aware of your inner talk and keep an awareness of any limiting beliefs that come up to be worked through.

## 1 WHAT DO I REALLY WANT?

Really define this. For example, if you desire more wealth, how much are you asking for; if it is weight loss, what is your ideal weight; if it is love, what does that look like, etc.?

## 2 WHY DO I WANT IT?


Be specific to your defined desire. Ask yourself WHY do you want/need it?

## 3 WHAT WILL I DO WITH IT?

What will your desire be used for and why?

## 4 WHAT SACRIFICE WILL I MAKE?

Remember the Universal Law of Equal Energy Exchange.



WHAT  
EXACTLY DO  
I WANT?

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