



Self-Reflection: What is your Wish?

To begin to identify what you want to create and why, it helps to do some self- reflection. These are some deep questions, but if you don't ask yourself, you may not know. Ask yourself these questions then close your eyes and write the answers.

1. What do you think are your strengths what you are good at?
2. Do you feel you are using your greatest strengths in your career or in your life?
3. What really matters to you the most?
4. What if anything is missing from your life?
5. Where in your life do you feel stuck?
6. If you could change something or do something differently what would that be?
7. What would make your life more fulfilling to which you would be willing to commit yourself?
8. What are you passionate about and or what excites you about life?

9. What did you always want to do when you were a young child?

10. When and where have you been the happiest?

11. So, if you could wave a magic wand, how would you like your life to be? Describe it in words.

13. Ask yourself what that is. Why do you want this? Write that down.

Now Go One Layer Deeper: Understanding the Motivation.

14. Ask yourself if you have what you want (the answer to 13), what is it that you want by having it that might even be more important?

15. What is motivating you?

Based on what you answered above, I want you to write down summarize the answers in your mind and pick ONE thing you that stands out that you want to create. Ask yourself what would I love? It is that intensity that is like falling in love that helps you to create it. Remember, creators start from knowing the results they want to create not necessarily how they are going to do it. Now identify what you want to create, what you think is possible but also not impossible. If you think it's impossible you may want to start smaller until you build expectations of success. So here goes...

16. I want to create...

17. It is time to start to take ownership of what you and why you want it. This is done by putting the words “I choose to create” and adding the reason why.

I choose to pursue my desire to (what you want to create)
(why).....

In the case of someone who had a passion and desire to write creatively like myself, I would say:
“I choose to pursue my desire of writing books and telling stories, in order to create greater joy self- fulfillment and help others through the power of story.”