

# DAY 15|30

## How badly do you want it?



Welcome to Day 15 of our 30 Day Guided LOVE Journey.

This week we are digging in a little more. We are exploring “How badly do you want it” while also exploring ways in which you can ensure that dating becomes a far more aligned experience with the LOVE which you ultimately seek.

Going forward, my desire for you is that you create time and space for LOVE so that it can actually land and that you also

get so intentional about the dating experiences you have that the only way these experiences can turn out is beautiful.

So today we are starting with the question: How badly do you want it?

While this may seem like a simple question, it is an extremely powerful question to ask.

You see, the pursuit of LOVE, just like any other thing that we deeply desire, requires that we make time and space for it and that we open ourselves to nurture it.

If you are anything like I was, you may find that while you want it, there are still some things that need to be cleared up before you can step easily into it.

You may have to release a relationship that is taking up space or shift your mindset into a more receptive one or open up literal time to start dating.

Whatever it is, we are going to take the time to explore it more fully. While we had an introductory look at this on Day 11- it is time to go a little deeper!

Every question in our Exercise today is linked to the question: How badly do you want it?

Whenever we desire a new relationship, we need to create space for it. Whether

it is time to be able to engage with this new person or energetic space to be able to receive them.

### **EXERCISE: ANSWER THE FOLLOWING QUESTIONS**

1. (a) Take an honest look at your calendar right now and determine whether there is really space in it to explore LOVE.

1. (b) If there is no space or insufficient space to explore LOVE, block out some non-negotiable time in your calendar right now.

At least 2-3 hours a week is recommended.

During this time, be sure to take some action that will take you closer to the LOVE experience you seek. It may be having a conversation with a couple you admire, watching a movie, going out on a date; it does not matter.

All that matters during this time is that you are being deliberate about making space for LOVE to land.

2. Look at all the relationships around you (this includes platonic relationships as well), then draw a line down the center of your journal sheet.

On one side note “Supportive Relationships” and on the other side note “Non-Supportive Relationships”,

then ask yourself which of my relationships support my desire to step into a beautiful LOVE experience and which relationships do not support my desire and place them under the above headings accordingly.

3. Explore how you feel when you look at what you have just written down; jot down the feelings which arose as a result of seeing this written so clearly.

4. Consider what you now need to do with the relationships identified at Exercise 2, so that you create the best possible opportunity for LOVE to land and thrive in your life.

For example: Questions you may ask to assist you with this process are:

(a) Has this relationship reached a natural end? (if you are thinking the relationship is more detrimental than it is beneficial.)

(b) How can I navigate this relationship so that it serves me better? (If you do not want to fully part ways with the relationship but you realize it could serve you better.)

(c) How can I celebrate the value of this relationship and all it brings to my pursuit of love? (If the relationship is one that is serving you well in this space.)

**Technique:** Here is a coaching framework to help you with (a) if you are

struggling with coming up with the answer. It's called **"The Pain Gain Model of Success"** and the below represents my interpretation of this IPEC Coaching trademarked tool.

This framework helps us whenever we face difficult questions by helping us to see how a situation may be hurting us versus how it may be helping us.

When we can objectively view this information against each other, we are often able to make more empowering decisions no matter how challenging they may be.

So, in answering the question I posed at 4 (a), consider this:

(i) What is the pain I face by staying in this relationship?  
Compare this with:

(ii) What do I gain by staying in this relationship?

(iii) What is the pain I face by leaving this relationship?  
Compare this with:

(iv) What do I gain by leaving this relationship?

5. What additional thoughts come up for you (if any.)

### **Thought for the Day:**

*"Many people think they want things, but they don't really have the strength or the discipline...I believe that you get what you want if you want it badly enough."*

**Sophia Loren**