



Your Super Secret Powers

Desire worksheet

Your desires are epic, they are earth-shattering. They reflect your true and authentic powerful self. Get in touch with your truest desire using this worksheet packet!

Part 1

What do you want for yourself?

What do you want for your family?

What do you want for your friends?

What do you want for humanity?

What do you want for the world?

What do you want for yourself?

What do you long for?

What makes your soul ache?

Now for each section of your life, make a statement about how you want to feel. Look words in the dictionary and the thesaurus if you need help. Make sure the words fit, make sure they feel good, feel comfortable, feel like YOU!

Spirituality:

Society (community, peers, causes, humanity)

Friends

Family

Creativity and learning

Wellness (body, mind, emotions, and energetic self)

Work and career (from which you draw a paycheck)

Hobbies, volunteering, and recreation

Your relationship to money and your bank account

Look through what you have written thus far and make list of the top 10 words that seem to resonate with you down to your core!

Try to whittle down the list of core feelings to 3-5.

Part 2

Understanding your desire is a life long process and dance with life. One of the truest ways we can also learn how we fail to dance with our desire is to look at where we feel desperate in life. Desire is one of the powerful of Love. But desperation is based in fear, and can instantly kill any seeds of desire we might have planted. The places where you feel desperate are the places in our lives where we need to pay more attention to. In the end they may not reflect our life long core desire, but they indicate where our largest lesson are currently.

When and where to do feel desperate?

Why do you feel you might need to compromise when you begin feeling desperate?

How will or did those compromises allow you to feel fulfilled?

Part 3

Take all the information you have gathered about yourself and your desire and go back through each section of life. Try to set an intention for each based on your core desired feelings.

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Friends

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From here take each intention you have have see what details you can flush about about how you can get that core desired feeling. Answer the question, “What does your desire ask of you?”, as best you can. Try to frame each intention as a positive statement, in present tense (I am.....). If you need helping flushing out goals, intentions, and steps along the way you can visit my website for other tools, tips, and information about creating a life vision. You can also book a “Getting to know each other session”, so we can talk about it one-one-one!

Don't leave your life, your love, your desires, your dreams, or your successes to chance. Get in touch with your Divine super-hero self and your Super Secret Powers today!

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I would like to thank Danielle LaPorte for her work, “Desire Mapping,”, which I have presented my own take on in this worksheet. She is an amazing inspiration!