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### TEN STEPS TO DISCOVERING WHAT IT IS YOU WANT IN LIFE:

#### *What to do when you don't know what to do*

You are not alone, many people are confused about what it is they want in life. Years of pleasing others, having others tell you what they want and negating your own intuition can do that. Here are ten steps to discovering what it is you want in life.

1. What types of play or activities brought you joy when you were a child of 8 years old. Close your eyes and bring back those joyful memories.
2. What don't you want? For example, I do not want a friend who can't be honest. I do not want a car that won't start. Go from there to what you do want.
3. Jot down thoughts with your non-dominant hand. Don't put a whole lot of effort into it. Just write about things that bring bliss to you. See the colors, the taste, how it feels. Write it all down, you can't make a mistake. (There is some evidence that using your non-dominant hand can increase creativity, get you more in touch with your inner child, and open you up more to ideas.)
4. If you could be anything or have anything you want, what would it be? Why do you want that? How would your life change if you attained this?
5. What makes you feel passionate. (different from what are you passionate about.?) When you answer this you will be closer to the truth. Whittle it down to your root desires.
6. Who or what are do you envy? We are all envious of something, especially if our needs and wants are not taken care of. Pay attention to the things you are envious about.

7. Who are you most drawn to, or who looks the most happy. Ask them how they have reached that happiness. We are all deserving of that happiness, not just a select few..

8. Things change and change is good, This also applies to your dreams. Today, a vanilla ice cream cone will bring me bliss, tomorrow perhaps something else. Allow the answer to change.

9. When you find what it is that makes you joyful, you align with it, freedom ensues and you receive more joy and expansion.

10. Visualize what it would feel like to be really, really happy. How does your body feel? How do you react to others? How do your muscles feel? Have your facial expressions relaxed?

Now connect the dots from where you are, to where you want to be.

What causes the suffering is the belief that you cannot attain what it is you desire. You **can** attain what you desire. Now sit down and refine what it is you want, and put them in priority order.

The minute you close the gap between not knowing, and knowing what you want, you are aligned with your wants and desires. You then are ready to create a plan and take action.