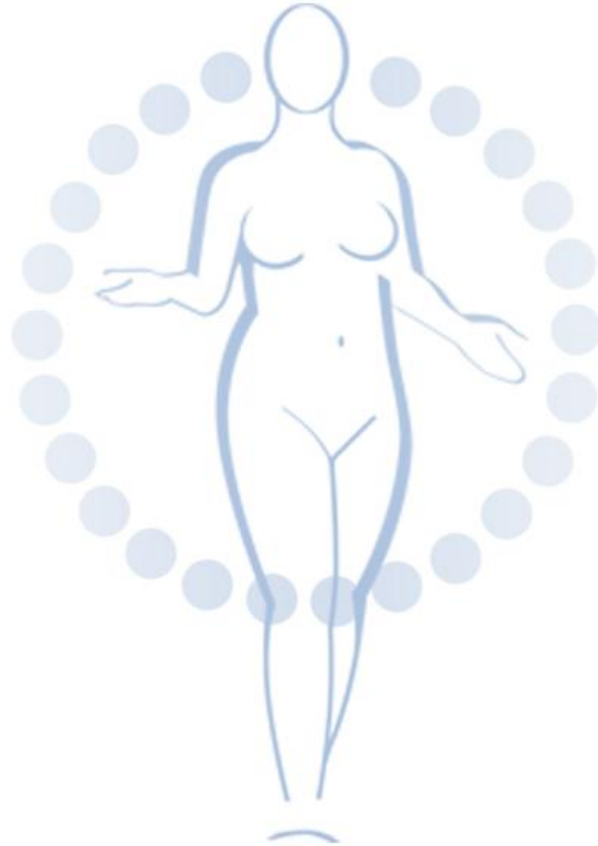


WHAT DO YOU *REALLY* WANT?

GENERATE THE SOLUTIONS YOU TRULY DESIRE



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STEP 1: ACKNOWLEDGE THE PROBLEM, INSIDE & OUT

Clarifying your intent for any problem requires you to face and accept the problem on all levels of its existence. You have to realize the facets of the problem you are dealing with to effectively solve the problem and change your situation. Clarifying intent often raises other issues that you must deal with too. Everything is going to work out...put the work into it right now.

Say to yourself, *"I desire to understand this multi-faceted problem so I am conscious of what it will take to resolve this problem."*

What is the problem?

Who or what caused this problem? Did you help cause this problem?

If someone else caused this problem, think about the situations occurring previous to this problem. How did your actions at that point work to bring about the problem?

How do I continue to contribute to this problem? What do I do/say/think that perpetuates this problem?

What could I stop doing/saying/thinking that will help to resolve this problem?

What could I start doing/saying/thinking that will help to resolve this problem?

What am I willing to do/say/think to resolve this problem?

Who noticed this problem first?

How did I react when this problem was discovered?

How do I feel about my reaction to discovering this problem?

Considering my reactions upon discovering this problem, how would I now change my reaction to this problem? What is the ideal way in which to view this problem? If a loved one told me they had this problem, what would I say to her?

How would I feel about a loved one who shared this problem with me?

How did another person (loved one or stranger) react to my problem?

How did I feel about their reaction? What did I feel, do, say to them and say to myself in response to my problem being noticed by someone else?

I felt

I did

I said to myself

I said to the person

When is the earliest time that I remember this being a problem?

When is the most recent time that this has been a problem?

How are the earliest and most recent times similar?

How are the earliest and most recent times different?

Circle the similarity and difference that seem to leap out at you. Fill in these sentences:

I recognize that when (write the similarity) occurs in the future, I must...

I recognize that when (write the difference) occurs in the future, I must...

How does this problem affect my:

Social Relationships:

Emotions:

Mental State:

Health:

What conclusions do I draw from this information?

Read your conclusions. Are these conclusions complete? Give three more conclusions that you do not have written down already – stretch your mental muscle and open your intuitive mind.

- 1.) _____
- 2.) _____
- 3.) _____

What positive things will happen when you solve this problem? (List at least twenty future possibilities.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

STEP 2: DECIDE WHAT YOU WANT AT THE RESOLUTION OF THIS ISSUE

Now that you have totally identified and thought through this problem, it is time to come up with a plan, or goal, to fix the problem. Using the information above, decide what result you desire. You may have identified an underlying cause to this problem by going through the steps above. If so, write your goal to address the 'hidden' problem instead of the problem you cited at the beginning of this worksheet.

Use only positive statements for your goal. Repeating a negative word to your subconscious is counter-productive. For example, a goal stating, "I will not binge on chocolate and other food" creates an interesting negative result. The statement turns into "I will binge on chocolate and other food" in your subconscious mind! You don't want that! A better goal would read, "I will eat healthy meals and snacks at certain times of the day to increase my metabolism and health".

Write your goal:

What issues or obstacles may surface to hinder my success as I strive to attain my goal? Number these obstacles so you can refer to them easily in the next sections. The more obstacles you identify now, the easier it will be to reach your goal.

What will I do when I am faced with each obstacle I foresee above?

What will I do when I am faced with an unforeseen obstacle?

What are the major stepping points to reaching my goal? Define three to seven stepping points along the way where you will pause to celebrate your progress.

Assign a date to reach each of the stepping points above.

Now, decide how you will reward yourself when you pause to reflect on each stepping point.

Write your goal again.

Do you recognize any flaws in your stepping point plan at this point? If not, that is great; remember that you can come back and revise your plan if you find yourself struggling or feeling unable to reach a certain stepping point. It may be that a single stepping point needs to be rewritten and/or divided into two or more stepping points. Although you do not want to reward yourself every single day, you do not want to place your *first* stepping point more than 21 days into the future.

Remember that some goals will not take as long as others to achieve. Allow yourself the time needed to accomplish your goal – rushing through will lead to exhaustion, the decline of desire, and fuzziness of intent.

Who or what organizations or self-help practices will you turn to in times of crisis? Make sure you list more than three...your first choice may not be available when you need it.

Right now, visualize how you will look and feel when you accomplish your goal. Who will be with you? If you are alone, who will you share your accomplishment with? If it is a private accomplishment that you do not wish to share, how will you be congratulating yourself? Will you be outside or inside? Will you be at home or away? Will there be wonderful smells surrounding you? Will there be music playing? What clothes will you be wearing? Who or what will be touching your skin? Make this visualization REAL.

If you do not feel confident in visualizing your success, then write what it will be like here. Alternatively, draw your feelings or yourself on the day you accomplish your goal (your drawing does not have to be a work of art - stick figures and meaningful symbols are acceptable!)

Promise yourself that you will refer to the list of 20 or more items above describing the positive benefits of accomplishing your goal. Choose one item each day, and visualize (or write or draw) how you will feel when you reach that positive point in your life. Write that promise to yourself here:

Promise yourself that you will visualize yourself at the completion of your goal, or contact one of your support sources the moment when or if you feel unmotivated or stuck. Write that promise to yourself here:

Promise yourself that you will revise your plan if it is too restrictive or not restrictive enough as you strive to meet your stepping points. Write that promise to yourself here:

Write your goal here:

Write the date on which you will attain your goal here: _____

Write the reward you will give yourself on the day you attain your goal here:

Write any initial concerns or interesting thoughts you have about the process you just completed here. You may be out of energy, but want to remind yourself of an important thought to consider at another time right now.

CONGRATULATIONS!

You have armed yourself with a powerful resource to solve your problem! You understand many elements surrounding the problem and have given yourself the power to turn the negative situation into a positive one.

Your intent is focused, and you have at least 20 examples of why solving this problem is preferable to continuing on as you are currently. Use that list to fuel your desire if you feel it wane, and add other positive outcomes as they come to you. You will find that because you have opened your mind to positive possibilities, more possibilities will come to you over the course of your goal attainment process.

Remember that you are not alone in this process. You have listed helpful resources to turn to in times of crisis. This list may change too. As you delve into your goal attainment process, you may find some resources are not so helpful. Trying to force a resource to help is counter-productive to your success. It takes energy to force a square peg into a round hole – energy better spent on attaining your goal! Drop that resource, find another possibility to replace it, and continue on.

Remember that sometimes our loved ones do not have the capability to help sustain us as we hoped. Don't begrudge their inability to help you as much as you would have liked. Learn from the situation, find another resource, and resolve to turn to the loved one at another time when he or she is more capable of being the resource you need.

Remember, the best of intentions are not enough to make something happen. You must cultivate an environment in your mind that allows you to make it happen. Open up, visualize the end result, and know that whatever it is troubling you today will be a past issue in a short amount of time. You can do this! Now relax, and let the process work for you.



Kellie Helget is one of the founders of Bluelady Muse, a company devoted to helping you find joy, peace, and strength. Visit [Bluelady Muse](#) to reactivate your life vision today.