

HOW TO FIGURE OUT WHAT YOU WANT IN LIFE

LIZWATT

workbook



How To Do This Process

- Refer to the video “How To Figure Out What You Want In Life” - <https://lizwatt.com/videos/what-you-want-2>
- Take a journal or print out this document
 - Try to write by hand rather than type - it’s better to free up your mind.
- Set aside about 30-60 minutes for this process.

01 | Figure Out What You Don't Want And Why

PART 01 - Make a list of all the things you are currently experiencing in your life that you don't like, don't want, or want less of. Think back over your past to things you have had or experienced that you didn't want.

- Consider is when you are jealous or envious of someone because you think they have something you want or don't have. This could give some clues as to things you think you are missing.
- Consider all areas of your life such as physical, emotional and mental health, work, business, relationships, hobbies, spirituality, finances and your general quality of life.
- You could look at your whole life and group them into different areas. Or, you can focus on one area of life or a few areas of life at a time. Try to push through at least two blank points to help you go deeper.

PART 02 - Then, for each thing you don't want, identify why you don't want it. Continue to ask why this is a problem and how it makes you feel.

- For example, say you work in a job you don't like. When we ask why you don't like it, it could be because you're doing a lot of unpaid overtime. Why is that a problem? Because you have no time for anyone or anything else. Why?

| WHAT DON'T YOU WANT? | WHY? |
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| <i>Mental</i> | |
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| WHAT DON'T YOU WANT? | WHY? (How does this make you feel?) |
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| <i>Relational</i> | |
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| <i>Work, Business, Vocation</i> | |
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02 | Define The Opposite

Once you have a list of the things you don't want, you can start to identify the opposite or what you would want instead. Consider the things you want to have or experience and the feelings or emotions you want.

- The opposite might not be literally the total opposite. For example, If you are overweight, you might not want to be underweight, but instead, you want to be healthy and flexible. You might feel depressed and guilty and want to feel energized and confident.

Start to look at the qualities, characteristics and essence of the things that will make you feel happy and good.

| WHAT DO YOU WANT? (The opposite) | WHY? (How do you want to feel?) |
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| WHAT DON'T YOU WANT? | WHY? |
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| <i>Work, Business, Vocation</i> | |
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