

*2016 Chasing Desire*

*Initial Questions*

How do you want to feel throughout 2016? List specific feeling states.

What are the stories you want to tell December 31, 2016?

What makes your heart skip a beat?

What do you long for?

What do you wish would happen in your life?

*Defining the object of your desire is imperative if you want to chase it.*

*Those juicy questions provide insight toward Chasing Desire in 2016.*

## *Brainstorm Session*

To discover the answers to the above questions we will have a brainstorm session. This can be done over several sessions, invite the answers to the questions into your being and WAIT, WATCH AND LISTEN for your heart to speak.

Take notes when there is a whisper because once you open yourself up to waiting, watching and listening, the soul will speak but sometimes it's a small, still voice.

*Notes*

## *Create a Map or Outline*

You can do this by hand or digitally. If you're the creative visual type, use your creative genius to fuel your project. If your goal is to get the vision out of your heart and head as quickly as possible and you don't really care how it looks, keep it simple and create a digital or paper document.

*Include any or all of the following aspects of life and expand to personalize the process.*

**Desire:** Name the object of your desire in each area of your life.

**Action Steps:** I commit to taking the following action steps to move toward what I desire. Actions have to match chasing desire. How are you going to get there. Be realistic, be clear and state clear, defined action steps.

**Hurdles:** My hurdles might be. Know potential temptations. Prepare for them with a clear strategy. If you know in advance how you will handle said temptation, you are far more likely to leap over it.

**Tools:** I'm committed to use these tools \_\_\_\_\_ when I confront my hurdle. (note on tools: read my Daily Vitality ebook for ideas, schedule a coaching session to improve your toolbox, read The Joy Diet by Dr. Martha Beck, enlist your network of friends and family and acquaintances to help because most people do love to be of assistance when asked.)

**Gains:** I will gain \_\_\_\_\_ by chasing desire in this area of my life. Focus on what you're going to gain because it will be the fuel your motivation.

*Notes*

# *Me, Myself and I*

You are the heart of the matter. You have far more power over feeling desire than experienced. What feeling states have I been experiencing that are de-energizing and keeping me from chasing desire? What feeling states would I like to experience on a regular basis? In my heart, what is the one sticky issue that I have not been able to realize or that continues to be a heartache?

What feelings and character qualities do I need to overcome it and/or make peace with it? How do I want to feel daily, weekly, monthly and culminating at the end of 2016.

Desire

Actions Steps

Hurdles

Tools

Gains

# *Professional Me*

Where do you want to feel more success professionally?

Desire

Actions steps

Hurdles

Tools

Gain

# *Spiritual Me*

What serves your spiritual being? What feels meaningful and enriching to your soul?

Desire

Actions steps

Hurdles

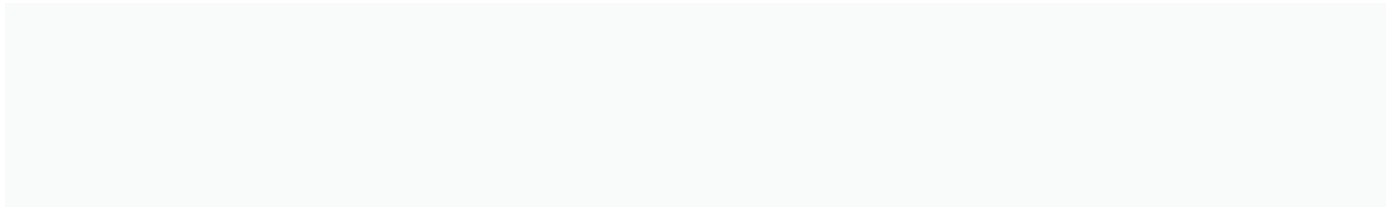
Tools

Gains

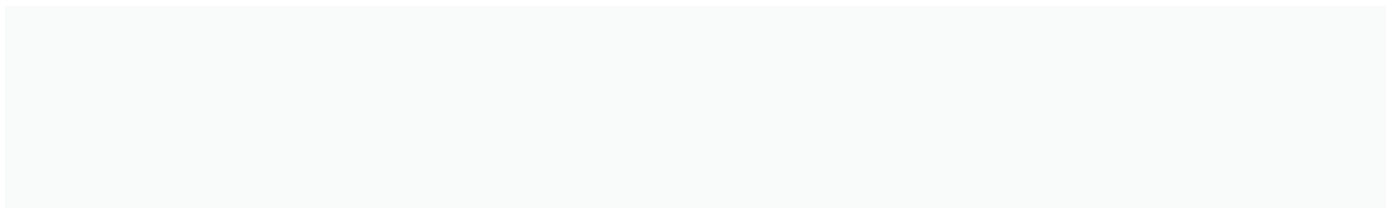
# People Me

Friends, family, family and acquaintances. Who detracts from my energy?  
Who contributes a positive vibration? Who are the people with whom I feel energized?

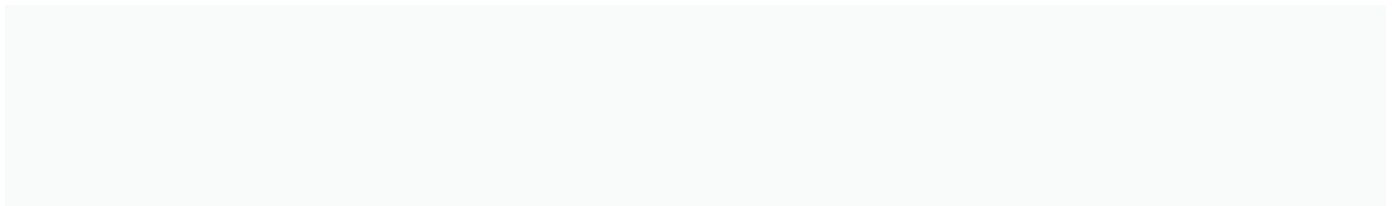
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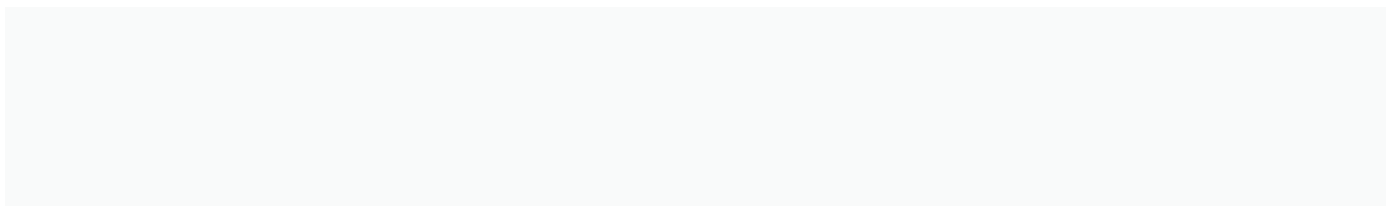
Action steps



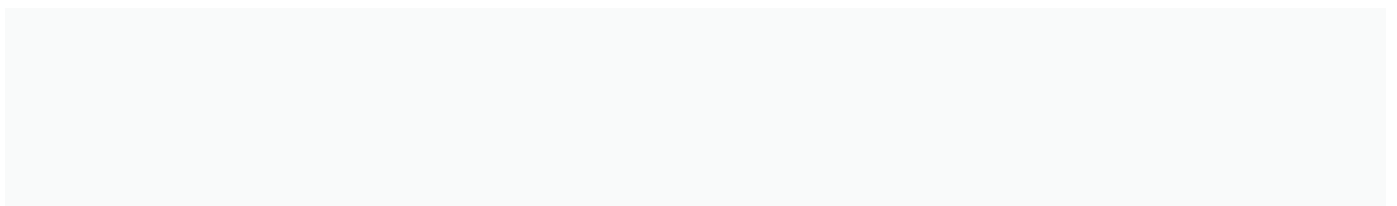
Hurdles



Tools



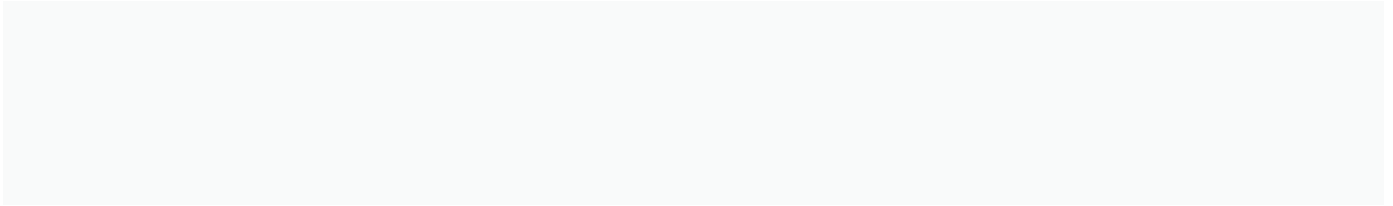
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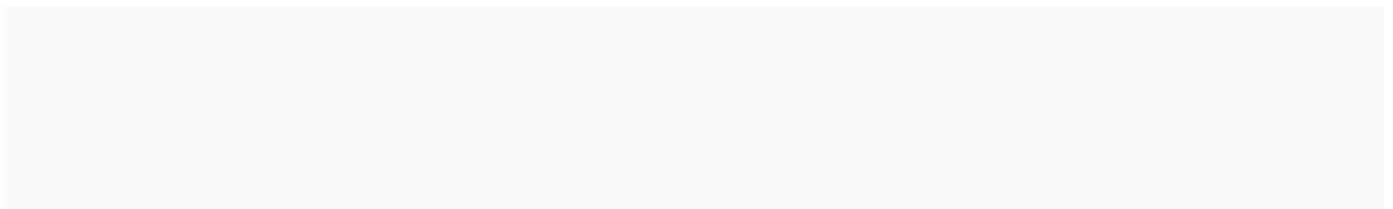
# *Healthy Me*

How do I want to feel Physically?

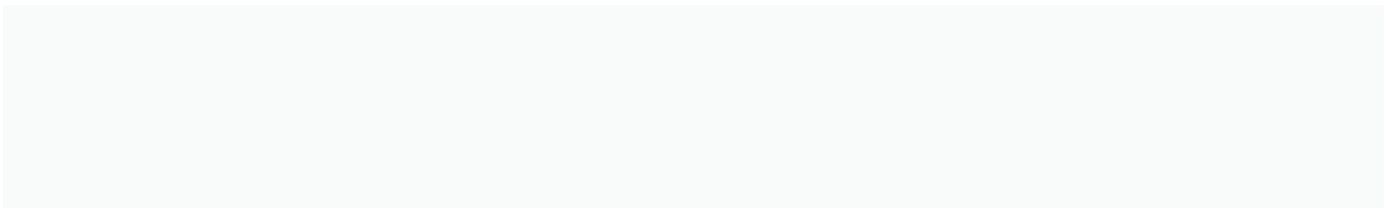
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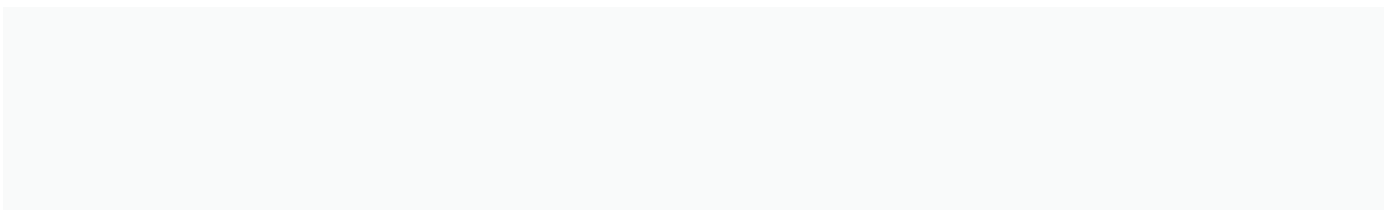
Action steps



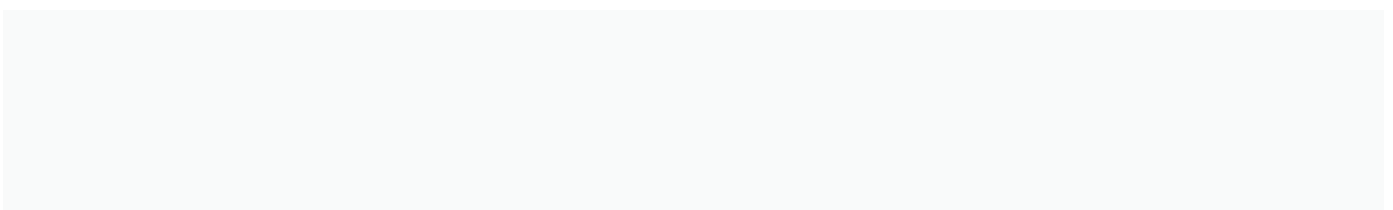
Hurdles



Tools



Gains





# *Lover Me*

How do you want to feel and be treated in a love relationship?  
Name what you can and will contribute toward the relationship of your desire.

Desire

Action steps

Hurdles

Tools

Gains

# *Student Me*

I will be a student for the rest of my life. I love learning. It just feels good to my soul. What do I want to learn and how do I want to grow? Expansion is empowering. When we learn new things, our world grows. How can you bust your boundaries in 2016?

Desire

Action steps

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*Additional Notes*