

FIGURING OUT WHAT YOU REALLY WANT

The biggest impediment to getting what you really want is actually *knowing what you really want*. Isn't that funny? Most people don't really know what they want, because they are so focused on what *isn't* working in their lives, and, they don't give themselves the time or permission to dream about it getting better. This article is designed to help you shift that.

Pick an area of your life that isn't working for you, or an area of your life that you'd like to take to the next step. This could be in the area of work, spirituality, finances, health, a relationship or whatever you come up with.

Ask yourself, what would this area of your life look like if it really fulfilled you? How would you *feel* when you woke up in the morning, as you moved through your day, and when you went to bed at night? What would be different? What would be the same? How would this area of your life need to look in order for you to feel balance, joy and ease?

If you're serious about getting started on changing your life, carve out a minimum of forty-five minutes to do this exercise with the following ground rules.

*Don't worry about *how* this part of your life is going to change. We'll get to that at another time.

* Don't *limit* yourself. If you had a magic wand, and knew you could go for what you really wanted, what would that be?

*Describe it in as much detail as you can. Give it color, dimension and feeling. List all the positive feelings you would enjoy. Allow yourself to smile, giggle and feel the expansiveness of your heart when you do this exercise. **Tapping into the feelings is a very important aspect of this exercise.**

Spend 10 minutes a day, daydreaming about this vision. Feel and sense it as if it is already a reality in your life. Do this for the next month and watch what happens.

About ten years ago, I got very clear about wanting more joy, passion, financial freedom, ease, and intimate connection in my life. At the time, I was in a marriage that was empty on all those fronts. I was turning thirty nine, and realized that I had spent the last decade giving up the things my heart desired, in order to protect my son. *I asked myself, did I want to find myself turning forty nine and having lost another decade?*

Putting pen to paper I wrote a new story for myself. I wrote the story of the second half of my life. I wrote it from the depths of my heart with passion, courage and excitement. I felt it come alive in every cell of my body.

Today I enjoy an expansive life that is joyful, allows me to pursue my passion, flows with emotional ease, financial freedom, and enables me to grow with a life partner who shares my zest for life, celebrates who I am, and speaks and listens to me with his heart wide open.

The last ten years has taught me that transformation takes place one step at a time. I urge each one of you to go into your heart, and let yourself write a new story, whatever that may be.

Elizabeth Brown is a motivational speaker and Life Coach, who helps professional women understand how their inner beliefs – especially about money – impact their life. To learn more about Elizabeth and her work go to www.CPA-lifecoach.com.