

FROM DREAMERS TO DOERS

with Beth

WHAT DO YOU WANT?

At the wrong moment this question can be one of the most terrifying questions that you can be asked, or even ask yourself.

You don't have to have an answer, but having will often make you feel so much better and give you a greater sense of direction and clarity.

Try using these to help you work it out:

- 1. Set Your Limits:** Start with a random point and then keep going until you reach a level that works for you.
- 2. Create a Visual:** Make a vision board or word cloud.
- 3. Set Your Non-Negotiables:** What do you want? What don't you want?
- 4. Decide through doing:** Clarity comes through action. Talk it out, try different things, test knowing it will always change.
- 5. Be the annoying child:** Keep asking why or why not.

 **PODCAST EPISODE** > 4 – What Do You Want? Here's 5 Ways to Work It Out.