

YOUR DESIRE YOUR FUEL WORKBOOK

TAP INTO THE RICHEST SOURCE OF ENERGY AND MOTIVATION

Connecting with your desires may be painful at first. It can hurt because desire has a sense of longing and doubt, mixed with the pain of not having what you want right now.

It may ache to feel this sense of lack. It may trigger feelings of emptiness or disappointment. Yet, once you begin connecting with the emotion of desire, you will find it provides a wealth of essential information. Desire is a part of you that lets you know yourself, your unique wants, interests, dreams and aspirations.



DESIRE IS AN EMOTION LIKE INTEREST AND CURIOSITY

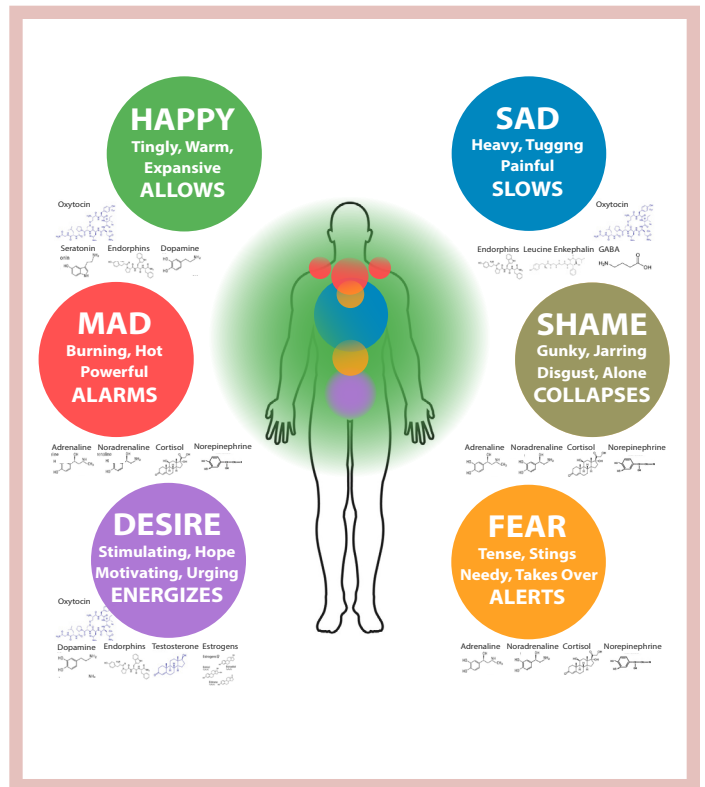
Desire also offers a sense of hope for possibility, a curiosity, creativity, and an expansive excitement. Let's begin exploring your relationship with desire in order to understand your unique, personal, genuine desires.

Desire feels like hope, curiosity and interest.

Desire can feel more subtle than highly activated Protective Emotions like shame, anger, fear and doubt.

Therefore, you may need to consciously connect with desire in a intentional way, the purpose of this worksheet.

Desire and interest tell you your likes and dislikes in each moment. Desire also tells you your long-term vision for your life.



We need to consciously connect with desire in a thoughtful, intentional way to access it.

You may find your desires are rather simple or grand, momentous, and complex.

Desires can also point you in the right direction for your Sense of Purpose, long-term goals, interests, and career aspirations that are aligned with your values and authenticity so you can create the you, you want to be.

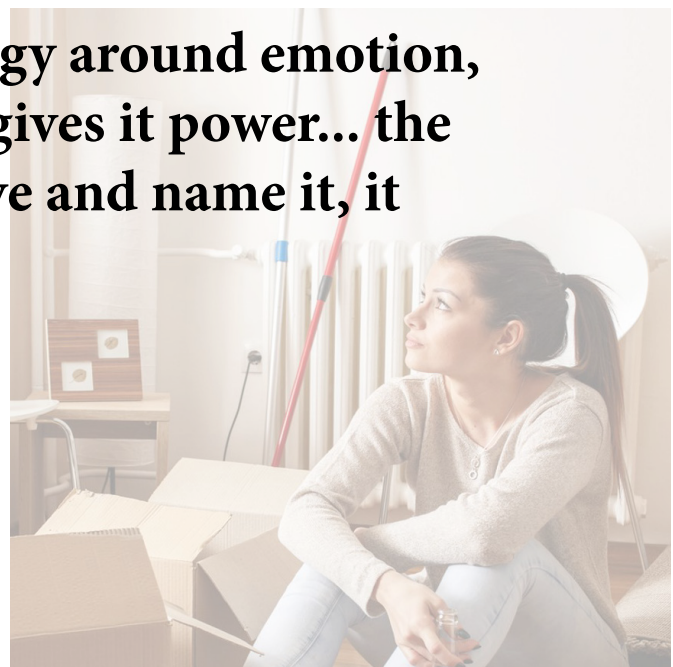


It's a huge part of the mythology around emotion, that if we look it in the eye, it gives it power... the reality is, if we look it in the eye and name it, it gives us power. Brene Brown, PhD

According to psychologists, there is a flawed way of thinking about emotions in our society today. We think we are not supposed to have certain emotions like desire or envy, as if they are "bad."

However, envy has a purpose, as it tells what we want but do not have or feel we should have.

The idea that we should be happy with everything we have, and not desire more, goes against the reality of being human.



Studies show it is the pursuit of happiness that produces "feel good" emotions, neurochemicals and hormones like serotonin, oxytocin and dopamine. So if you're trying to **force** yourself to be happy with everything and not desire more this may feel depressing. We need both Acceptance of where we are at and Intentional Desire of where we want to be.

Desire is also an energizing emotion! If you are resisting 'desire' instead of understanding it and planning for accomplishing desires in a balanced way, it can end up exploding and over-activating leaving you susceptible to uncontrollable urges and binges.



**We work with nutrition and exercise to increase
our energy, but we ignore the richest source of
energy we possess - our emotions.**

Karla McLaren, MEd


INTENTIONAL DESIRE PRACTICE

What does "desire" mean to you?

What does "desire" and exploring possibilities feel like? Describe your feelings and emotions.

What thoughts and beliefs do you notice yourself having about feeling desire and exploring desires?

What benefits has desire brought you in the past?



Desire is a teacher. When we immerse ourselves in it without guilt, shame or clinging, it can show us something special about our minds that allows us to embrace life fully.

Mark Epstein, *Open to Desire*

In what ways has having desire(s) in the past, has perhaps brought you suffering or pain?

What is the difference between greed and desire, from your perspective?

What desires do you think you "should" have according to your family, friends, society or others?

Desire is also an emotion... a feeling. With intention we can activate feelings of desire. It is similar to one of the five basic emotions: "Interest" and is also similar to "Curiosity." As an emotion, what does "Desire" feel like to you? Where do you feel it? Does it have a temperature?

I would rather be able to appreciate things I cannot have than to have things I am not able to appreciate.

Elbert Hubbard

Are you willing to allow your desires to be unique, creative, playful, silly, passionate, needy, magical, irrational, or whatever else they happen to be? If yes, summarize why. If no, summarize why not.

Remember "desire" is similar to feeling "curious." If the feeling of desire were to have a color, shape or even a certain character or other type of visual component to it , what is for you?

Describe at least one aspect, interest or hobby you have been curious about in the past, as a child or as an adult? Ideally, describe the FIRST interest that pops up for you.

Think about how you can become more aware of your unique, genuine desires, curiosities and dreams (instead of what you think you should desire). What are your thoughts?

CONTRASTING TO UNDERSTAND YOUR REAL NEEDS, WANTS, LIMITS

Contrasting: Use What You Don't Want to Figure Out What You Do Want

Aspects I'm not liking recently, or even hating

Opposite (likely what I truly need or desire)

If you don't know your true desires you are, by definition, aimless.


INTENTIONAL DESIRE PRACTICE MAGIC WAND

Engaging our creative, curious, imaginative mind is the fastest way to ignite and tap into the emotion of desire. Our imagination, pondering images in our mind. Less thoughts, more visualization. Remember 'desire' is also 'interest' and 'curiosity.' Therefore, splurge and allow yourself to be curious about visualizing what you desire, without worrying about facts, limitations and realistic barriers.

Read each question, then close your eyes and note the visuals that come to mind. Unfiltered, unedited, stream of consciousness.

If you could open up your back patio door to your most desired backyard, what does it look like, smell like and feel like?

Who or what is there with you on this day, if anyone and/or anything? Partner? New partner? Pet? Friends? Family members? Books? Music? Other objects?



In any moment you can tap into the powerful emotion of desire and hope offering you energy and direction. It is always there for you within, underneath your protective emotions.

How does this ideal home, backyard, and living situation feel? How do you want life to feel like overall in this moment?

As you turn to go inside your home, what does your home look like? What colors, décor, surround you? Include senses.

Allow yourself to remain in this ideal home scenario and describe your ideal hobbies, interests, career, life purpose, etc.

If you could wake up tomorrow and do ANYTHING with your day, where would you be, what would you do, with whom?



The starting point of all achievement is desire.

Napoleon Hill

If you could do anything with a whole month, what would you want to do with that time?

What are your thoughts on what you just described? What limits/fears do you have about your desired home, day, month?

How do you feel about what you just described? Describe specific emotions, doubts and feelings within your body and mind.

Do you feel a tinge of sadness or disappointment about where you are in life currently? If so, what are you telling yourself about this sadness and disappointment?



**Envision the future you desire. Create the life
of your dreams. See it, feel it, believe it.**

Jack Canfield

What are you scared would happen if you "let go" of this sadness or disappointment?

Allow yourself to think creatively in this moment, how can you balance your desires, values, and realistic expectations?

What other desires, dreams, goals, interests and areas of possibilities would you like to explore in life? Freewrite ideas.



How can you embrace and pay more attention to the emotion of desire (curiosity and interest) on a daily basis?

Now that you understand more about "desire" as an emotion, what value do you see in it? How will this awareness help you in life?

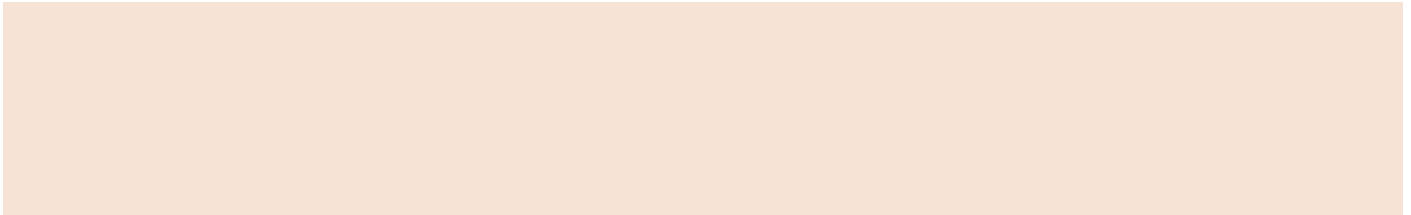
What part of your unlived life do you want to begin living first?

DESIRE MAPPING

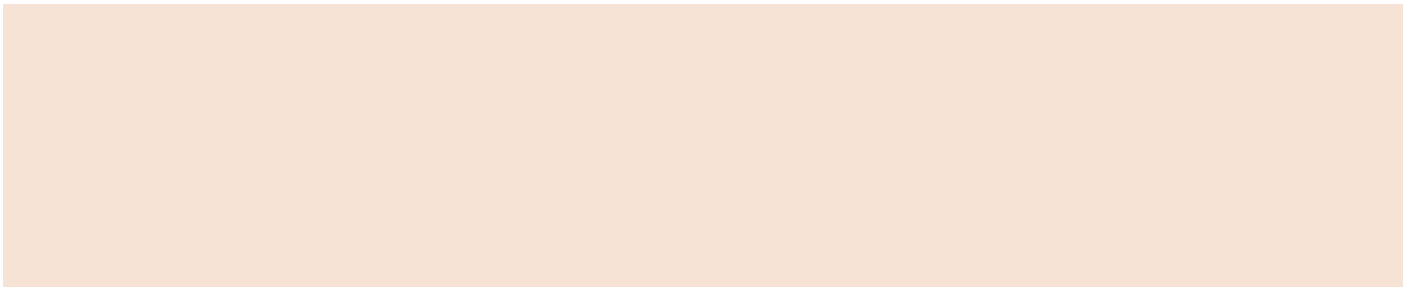
OBSTACLES AND SOLUTIONS

Planning for One Desire, Aspiration or Dream at a Time

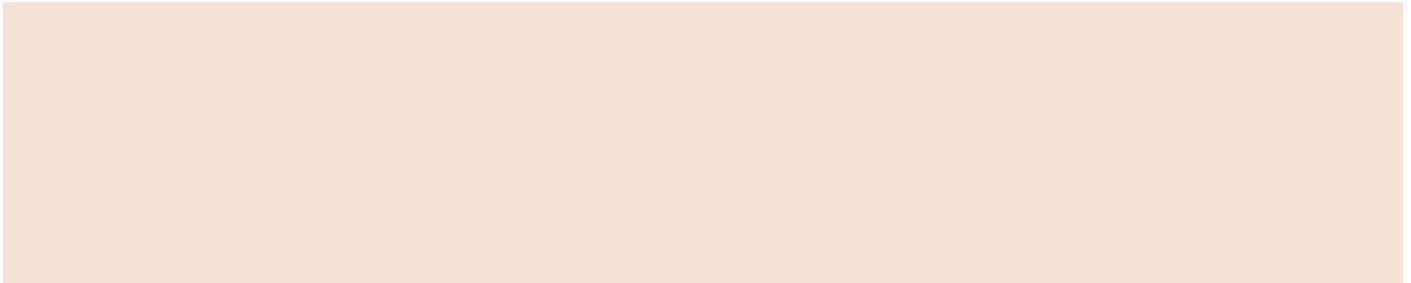
Describe the Long Term Goal or Huge Dream



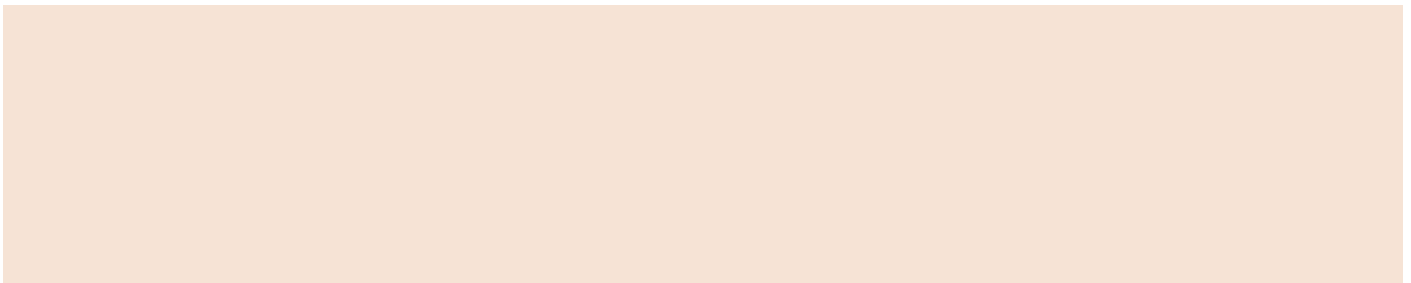
What is in your way of attaining this currently? Describe both short term and long term barrier.



What can you do to accomplish or remove these barriers to your long term goal or dream?



What action steps can you realistically take on a daily/weekly/monthly basis to achieve this goal?





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Content provided and presented in this document or otherwise is not a substitute for professional medical advice, diagnosis or treatment. Content is intended for educational purposes only. It should not be used as a substitute for medical or psychiatric advice, cannot diagnosis or treat any medical or psychiatric condition and does not replace care from your physician. Always consult a healthcare professional if you suspect you require medical or psychiatric treatment.

If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line www.crisistextline.org

Suicide Prevention 988lifeline.org

National Domestic Hotline www.thehotline.org