

IDEASheet Week 33

Meaning-

Which Direction is right for YOU?

Before we get into our direction questions, it is always a good habit to practice a bit of gratitude, it sets the stage for receiving blessings and good intuition. Let's quickly find 5 things to put our gratitude toward:

I am grateful for the following in my life today:

1. _____
2. _____
3. _____
4. _____
5. _____

Now that we have that connection let's get into the 3 QUESTIONS for direction.

THE BIG 3

1. WHAT do I want? _____

Be specific and detailed, this is not an exhaustive list, think more big picture life goals.

2. WHY do I want it? _____

The usual WHY's are connection, variety, stability, love, recognition, sense of giving.....these are a few.

3. Am I GOING there? _____

What is stopping you? _____

Can you change this? _____

What ACTION can you take today that will move you in the direction you intend in question #1??

What else can you do to put momentum behind your DIRECTION? _____

school? save money? make a call? research something?

I will start this on: _____ (date, tomorrow is good)

Signed _____

This feels good because

_____.