



CORE DESIRED FEELINGS

Most people think that if they “do” the right things, then they’ll “have” what they desire, which will, in turn, allow them to finally “be” what they want to be. For example- if I work hard (do), and make a lot of money (have), then I’ll be successful, worthy and finally happy (be). The problem with this thinking is that your happiness is always outside of you. It’s based on exterior circumstances that will always be out of your control.

Even if you do get the “money” or the “house” or the “partner,” the initial high of the win eventually wears off because WHO YOU ARE BEING is still the same. You’ve banked your happiness on that outside “thing” or person, but YOU haven’t changed. For sustainable happiness, the equation must start with YOU.

It’s not “DO. HAVE. BE.” it’s “BE. DO. HAVE.”

The Universe only gives you a DIRECT reflection of what you’re BEING, therefore, to have the life you truly desire, you must BE what you desire. So if you desire LOVE, you must BE love. If you desire more confidence you must BE it.

At the end of the day, it’s never the actual GOAL that you are after; it’s the FEELING that goal will bring to you when you achieve it. Therefore, in order to have the life you most desire, you must find out what that life FEELS like. So, what do you truly desire to feel? Is it happiness? Love? Significance? **Complete the prompts on the next page to uncover what your soul is truly seeking.**

HOW DO YOU WANT TO FEEL?

1. My TOP 3 goals I want to achieve are:

- a. _____
- b. _____
- c. _____

2. When I achieve these goals I will finally FEEL: (name 3 feelings for each goal)

- a. _____
- b. _____
- c. _____

3. Choose the TOP 3 FEELINGS that resonate most for you. What feelings do you want MOST out of life?

- a. _____
- b. _____
- c. _____

4. Make a list of at least 10 things that make you FEEL this way (your top 3 feelings). It could be anything from music, to reading, to volunteering.

Your Core Desired Feelings start and end with YOU. They don't live in the "perfect" job, relationship, house, amount of money, etc. They start and end with who you are BEING on a moment to moment basis. You can BE "happiness" in the face of a challenging circumstance. You can BE "love" in the face of hate. You can choose to BE whatever it is that you desire to feel, in any given moment.

YOUR STEP OF GREATNESS:

One way to put your Core Desired Feelings into action, is to ask yourself at every decision: **WILL THIS DECISION BRING ME CLOSER TO, OR FURTHER FROM, MY CORE DESIRED FEELINGS?** Try this asking this question today as you make decisions, both big and small. (With food, conversations, opportunities, relationships, etc)