

What Would You Like?

I would like: (state in the positive and something do-able by you)

What will having that do for you?

What good will come to you when you have it?

What stops you? (from having it?) (write down all the possible reasons)

Step into that slightly future version of you that is already having that experience (of having what you want.)
What is he/she thinking, feeling and doing that is different than the you here, now, not having that?

What comes up for you, that earliest experience, that brings up lots of emotion related to the above?
