

WILLINGS VS WANTS

Instructions: Choose one thing that you are committed to creating in your life. Write down ten reasons why achieving this goal is an all-out commitment for you. These reasons should be deeply personal and meaningful to you. Then, reflect on your answers and consider how they relate to your willingness to achieve your desires.

<p>①</p> <p>What is the thing that you are committed to creating in your life?</p>	<p>②</p> <p>Why is achieving this goal an all-out commitment for you? Write down ten reasons.</p>	<p>③</p> <p>Reflect on your answers. How do these reasons relate to your willingness to achieve your desires?</p>

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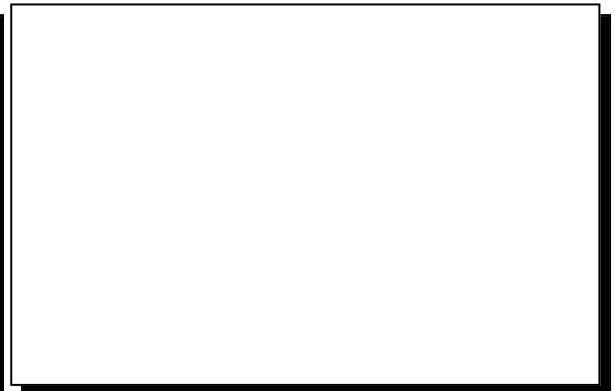
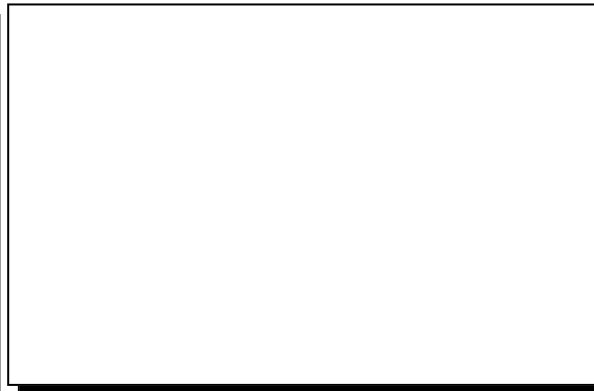
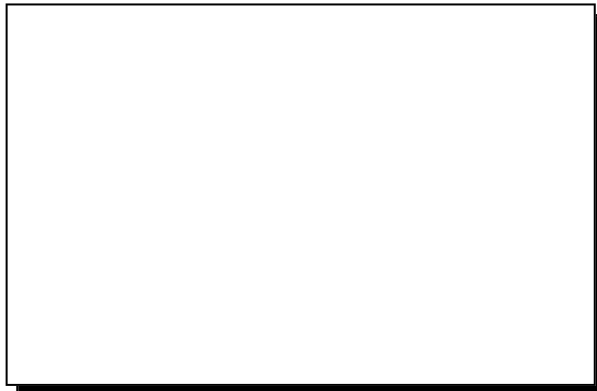
If you find yourself unable to follow through on your commitment, what might be the reason? Have you truly connected with your deeper sense of purpose and commitment?

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How can you stoke the fire of your willingness? What actions can you take to remind yourself of why this goal is important to you?

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If you find that your desires are not truly aligned with your values or purpose, what steps can you take to let go of the want and focus on something that resonates with you?



Remember, wanting without willingness is a recipe for inner civil war. By understanding your "why" and stoking the fire of your willingness, you can create a sense of purpose and drive that propels you towards your goals. Take the time to connect with your deeper sense of purpose and commitment to achieve what you truly desire.