

Exercise I: Inventory of Desires

I want less	I want more
Activities, behaviors and feelings that drain me (i.e., frustration when I am stuck in traffic).	Activities, behaviors and feelings that uplift me (i.e., breathing deeply, and affirming out loud, “I am free of frustration.”)
Self-criticism (i.e., those repeated inner messages that I am not good enough, happy enough, beautiful enough, etc.)	Self-assurance (i.e., claiming my gifts and strengths by repeating aloud to my mirror, “I am good enough, happy enough,” etc.)
Working 70 hours per week	Working 40 hours per week (i.e., mentoring others to take on the 30-hours of responsibilities that are not my joy or strength.)
Debt of \$90,000.	Be debt free in five years (i.e., reduce my debt by the required amount for each of those years)
Fighting with my life partner	Peace, love and joy in my life-partner relationship (i.e., using an independent third party to help us improve our understanding of and communication with each other.

Now it is your turn. Brainstorm your inventory of desires below.

Spiritually

I Want Less:

I Want More:

Notes to Myself:

Physically

I Want Less:

I Want More:

Notes to Myself:

Intellectually

I Want Less:

I Want More:

Notes to Myself:

Communally

I Want Less:

I Want More:

Notes to Myself:

Emotionally

I Want Less:

I Want More:

Notes to Myself:
