



PLAYSHEET | **DISCOVER WHAT YOU WANT**

To bring together many of the things you have learned so far, think of something you want to create in your life, something that is a reach for you right now.

ASK YOURSELF

1. Write down specifically as you can what it is you want to create?
2. Can you ask for something that is even better?
3. What level of intention would it take to get it? (How much time, energy, commitment?)
4. What quality do you hope having this object, sum of money, or thing will help you express? (Peace of mind, aliveness, freedom, love?)
5. List several ways you can experience this quality right now.
6. What are the essences that you expect this object or thing to give you? For instance, a new house may represent the desire for more space, sunlight, privacy, or a quieter environment.
7. Are there alternative ways you might have these essences? What other things would provide the essence of what you want?

**MINDSET FIRST,
ACTION SECOND.**

THE DISTINCTION AGENCY

Gaining clarity about what you want is powerful in bringing something into your life in a way that will truly fulfill and satisfy you. Clarity makes the magnetism you will learn in the next lesson more effective. You will want to magnetize the essence something will give you, the thing itself, and the qualities you are seeking in having it.

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