

“Desire is a teacher. When we immerse ourselves in it without guilt, shame or clinging, it can show us something special about our minds that allows us to embrace life fully.”

Mark Epstein, Open to Desire

tapping into the richest source of energy and motivation

CONNECTING WITH DESIRE (INTEREST)

Connecting with your desires may be painful at first. It can hurt because desire has a sense of longing to it, mixed with the pain of not having what you want right now.

It may ache to feel this sense of lack. It may trigger feelings of emptiness or disappointment. Yet, once you begin connecting with the emotion of desire, you will find it provides a wealth of information.

Desire is a part of you that let's you know your unique wants, dreams and aspirations. Desire also offers a sense of hope for possibility, a curiosity, creativity, and an expansive excitement. Let's begin exploring your relationship with desire in order to understand your unique desires.

IF YOU DON'T KNOW YOUR TRUE DESIRES YOU ARE, BY DEFINITION, AIMLESS.



DESIRE IS THE EMOTION THAT MOTIVATES AND TELLS YOU YOUR AUTHENTICITY

- 1** Desire tells you your uniqueness, your authenticity, your likes and dislikes
- 2** Desire tells you your genuine wants, interests and motivations
- 3** Desire can energize you to take positive action
- 4** Desire needs your attention, it needs to be heard, it needs your thoughtful guidance
- 5** Desire is felt in your core, your 'gut' and your erogenous zones
- 6** Desire is expansive, energizing, hopeful, curious and creative
- 7** Desire does not require action, however it does offer motivating direction for action

Desire feels like curiosity, hope and creativity. It can be trapped under shame, doubt, limiting beliefs and depression. Therefore, we need to consciously connect with desire in a thoughtful, intentional way. This worksheet provides that.

Every single second is an opportunity to change your life. In any moment you can tap into the powerful emotion of desire and hope offering you energy and direction. It is always there for you within, to feel, to allow to plug into.

connecting WITH YOUR DESIRE

Create the you, you want to be. Desire and interest tells you your likes and dislikes in each moment. This emotion also tells you your long-term vision for your life. You may find your desires are rather simple, calm, and basic. You may find your desires are grand, momentous, and complex. Desires and interests may change and flux, moment to moment. Notice this in each moment. While also pointing yourself in the right direction for your long-term interests and aspirations. Begin understanding your uniqueness and direct yourself towards manifesting all that you desire in life.

What does "desire" mean to you?

What does "desire" and exploring possibilities feel like right now? What types of emotions and beliefs does it ignite?

What benefits has desire brought you in the past?

In what ways has having desire(s) perhaps brought you suffering or pain?

What is the difference between greed and desire, from your perspective?

If you could force yourself to have the certain desires according to what you think you "should" have - or what others say you "should" want - what desires would you have?

We tend to think of desires as something we want but don't have, or as goals. Desire is also an emotion... a feeling. It is similar to one of the five basic emotions: "Interest" or "Curiosity." As an emotion, what does "Desire" feel like to you?

If the feeling of desire were to have a color to it, what color do you think it would have?

Are you willing to allow your desires to be unique, creative, playful, silly, passionate, needy, magical, irrational, or whatever else they happen to be? Remember "desire" is similar to feeling "interest" or "curious." What does feeling curious feel like?

How can you become aware of your unique, genuine desires and dreams (instead of what you think you should desire)?

"Envision the future you desire. Create the life of your dreams. See it, feel it, believe it."

Jack Canfield

imagining IF YOU HAD A MAGIC WAND

Engaging our creative, curious, imaginative mind is the fastest way to ignite and tap into the emotion of desire. Our imagination, pondering images in our mind. Less thoughts, more visualization. Remember 'desire' is also 'interest' and 'curiosity.' Therefore, splurge and allow yourself to be curious about visualizing what you desire, without worrying about facts, limitations and realistic barriers. Read each question, then close your eyes and note the visuals that come to mind. Unfiltered, unedited, stream of consciousness.

If you could open up your back patio door to your most desired backyard, what does it look like, smell like and feel like?

Who or what is there with you on this day, if anyone and/or anything? Partner? New partner? Pet? Friends? Books?

How does this ideal home, backyard, and living situation feel? How do you want life to feel like overall in this moment?

As you turn to go inside your home, what does your home look like? What colors, décor, surround you? Include senses.

Allow yourself to remain in this ideal home scenario and describe your ideal hobbies, interests, career, life purpose, etc.

If you could wake up tomorrow and do ANYTHING with your day, where would you be, what would you do, with whom?

If you could do anything with a whole month of your time, what would you want to do with that time?

What are your thoughts on what you just described? What limits/fears do you have about your desired home, day, month?

How do you feel about what you just described? Describe specific emotions and feelings within your body.

Do you feel a tinge of sadness or disappointment about where you are in life currently? If so, what are you telling yourself about this sadness and disappointment?

What are you scared would happen if you "let go" of this sadness or disappointment?

Allow yourself to think creatively in this moment, how can you balance your desires, values, and realistic expectations?

What other desires, dreams, goals, interests and areas of possibilities would you like to explore in life? Freewrite ideas.

How can you embrace and pay more attention to the emotion of desire (curiosity and interest) on a daily basis?

Now that you understand more about "desire" as an emotion, what value do you see in it? How will this help you in life?

What part of your unlived life do you want to begin living first?

contrasting **GAIN CLARITY ABOUT WHAT YOU WANT BY DESCRIBING WHAT YOU DON'T WANT**

Contrasting gives you clarity about what you want, by realizing what you DON'T want. Contrasting allows you list anything and everything you don't like, doesn't feel good, causes you to feel disgust or sink into a negative gunky feeling. Think about all areas of life, career, relationships, education, experiences, friendships, health, living situation and more.

List of my dislikes (what I don't want)

Example: *controlling boss*

The OPPOSITE of each dislike (what I want)

Example: *boss that respects me gives me autonomy*