

The Desires List...Step One to get started with Coaching

The only requirement for getting change is that you have to want something. It takes courage to want something! Give yourself permission to clarify what you want.

Sometimes we think that dreaming about more than what we've got betrays our current reality. As if to wish for something different means that we're unappreciative of what we have. This exercise is designed to honor what is, and at the same time embrace what can be. Often, health can be affected by all the things that are not going well. We often put out attention onto those issues or struggle against the NOT column. Coaching creates a new way of thinking, so action and behavior change follow.

Start with the left column answering the first question. Set a timer. Write for 3 minutes without stopping. Then reset the time and move on to the middle column and then the right column.

Name _____

Date _____

Dare to desire.

What in my life IS going well?	What in my life is NOT going well?	What would I like to be experiencing instead?