

The Desire Map

A GUIDE TO CREATING
GOALS WITH SOUL

The Workbook

The Desire Map WORKBOOK
Danielle LaPorte

Copyright © 2014 Danielle LaPorte, Inc.

All rights reserved. No part of this book may be used or reproduced in any manner without written permission from Danielle LaPorte, Inc.

Printed in Canada by Friesens
Fulfillment by Sounds True, Inc. Boulder, CO 80306
Book design by Alex Miles Younger

ALSO BY DANIELLE LAPORTE

The Fire Starter Sessions: A Soulful + Practical Guide to Creating Success on Your Own Terms

DESIRE MAP RESOURCES

There is a small multimedia universe of Desire Map materials to help you make this a practice in your life. In addition to this workbook, and the primary book, *The Desire Map*, there are also numerous audio programs, as well as a printed day planner and journal. There is also THE DESIRE MAP Biggest Book Club, Ever, and digital posters, music playlists, group meeting resources, and a Desire Map online subscription service—that's way cool. Head to DanielleLaPorte.com to explore.

FOLLOW DANIELLE LAPORTE

DanielleLaPorte.com



FACEBOOK

www.daniellelaporte.com/facebook



TWITTER

[@daniellelaporte](https://twitter.com/daniellelaporte)



PINTEREST

pinterest.com/daniellelaporte



INSTAGRAM

instagram.com/daniellelaporte

THE WORKBOOK

This is a companion tool for the main book, *The Desire Map*. The main book contains both this workbook material and the deeper philosophy of desire mapping. It's the best place to start.

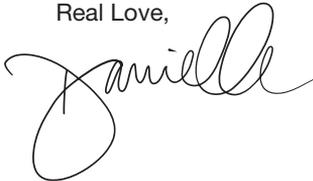
The reason we've created this stand-alone workbook is so that you can have a functional, more compact place to desire map a few times a year. Something more contained, lighter to handle and easy to cozy up with.

We offer the workbook in a 3 pack so you'll be ready to pick it up at least two or three times a year—your birthday, the New Year, summer holidays, September, or before or after a big life transition. And of course, there's always a friend who's ready for some soul-diving so we'd love to see these being gifted.

My wish is that you'll give yourself the space and the honour of reflection, liberating honesty, and dreaming. Go into your heart and bring forth your desires. You're on to something.

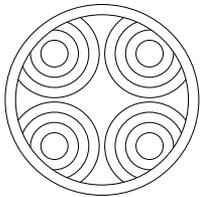
As always, feel your way.

Real Love,

A handwritten signature in black ink, appearing to read 'Danielle', written in a cursive style.

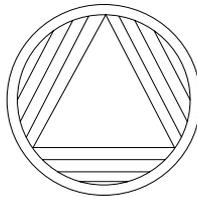
THE DESIRE MAP AT A GLANCE

LIFE AREAS



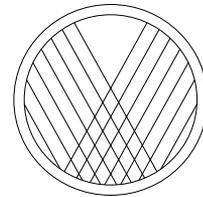
LIVELIHOOD & LIFESTYLE

career. money. work. home. space.
style. possessions. fashion. travel.
gifts. sustainability. resources.



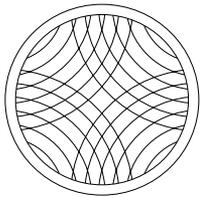
BODY & WELLNESS

healing. fitness. food. rest
& relaxation. mental health.
sensuality. movement.



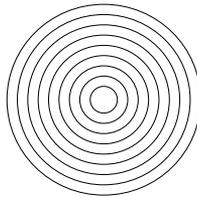
CREATIVITY & LEARNING

artistic and self-expression.
interests. education. hobbies.



RELATIONSHIPS & SOCIETY

romance. friendship. family.
collaboration. community. causes.



ESSENCE & SPIRITUALITY

soul. inner self. truth. intuition.
faith. practices.

Key questions you'll explore:

- › In every area of my life, **what am I grateful for? What's not working?**
- › **What are my core desired feelings?**
- › To generate my core desired feelings, **what do I want to do, experience, or have?**
- › What **three or four intentions and goals** will I focus on **this year?**
- › What will I do **this week to generate my core desired feelings** and fulfill my intentions and goals for **this month?**

OPTIMIZING

MAKE IT SACRED

Let this process be important and sacred for you—because it is. You're a grown-up, so do this in whatever ways feel inspiring to you. You know how you learn best and what you need to hear yourself think. Crank some rock or rock opera if that's what alters your state. Light a honey beeswax candle (because those cheap petroleum-based candles are bad for your lungs). Find a park bench, get a sitter, say a prayer. Do what you need to do to create a container that will allow you to unfold your truth.

And if life is nuts right now for you, forget so-called sacred containers and making Zen space. Do this on the subway, sneak it in between client meetings, do it in the car while you're waiting for the kids to get out of school. **The sacred shows up whenever and wherever you call on it.**

CREATE SPACE

You may be able to do the entire process in one sitting—a quiet afternoon when your head is clear, a late night when you feel most alive. This is a very elastic, personal process. It takes some people a few hours; it takes other people two weeks. You may set out to do it all at once and wind up needing a break, or it could go way faster than you imagine.

But the average time for most people to travel through *The Desire Map* is a few days if they're intent on it. **You'll likely want to pause between some of**

the exercises. Specifically, you'll probably want to take a break once you've identified your core desired feelings and before you move to the next stage of setting goals according to those feelings. You may want to look up definitions of words and let them roll around in your psyche while you're making dinner, or during a good night's sleep.

This is deep work presented in a streamlined way. I like to expedite learning, but not skate over what's most meaningful. And very often, the truth of things needs some time to surface. So stay focused and intent, but know that there's no reason to rush or, on the other hand, draw out the process. Go at your own pace.

Some people prefer to do this with a partner or a group. They find that the interactivity of shared reflection and being seen and heard by another helps make things clearer and more vibrant. For others, this is a solo expedition and they wouldn't have it any other way.

BEND THINGS TO FIT YOU

There are five life areas:

LIVELIHOOD & LIFESTYLE

BODY & WELLNESS

CREATIVITY & LEARNING

RELATIONSHIPS & SOCIETY

ESSENCE & SPIRITUALITY

There are a thousand and one ways to slice life and, to some degree, any division of it into categories is, admittedly, a bit forced. It's all connected and of a piece, really. However, these categories are meant to help you focus. But if these themes overlap for you and you want to rename them so they better suit your lifestyle and interests, please go right ahead. The boundaries are fluid here.

We're going to start with some yoga for your inner self, followed by some gratitude and constructive critiquing, and then we're heading full-tilt toward your desires.

SOUL LIMBER

Take a journey into the things which you are carrying, the known—
not into the unknown—into what you already know:
your pleasures, your delights, your despairs, your sorrows.
Take a journey into that, that is all you have.

—Jiddu Krishnamurti

This is a warm-up. We're circling your desires before we dive straight into them.

The Q&A on the following pages is meant to loosen some of the calcification from your intellect and get you closer to your heart. We need to get you out of your head—because that's not where your truth springs from. Your mind helps you act on your feelings. It's your strategist and your activator. But your core desired feelings come from the center of your heart.

Some of these questions may strike you as abstract or esoteric. They get increasingly poetic as you go. You may not be familiar with a term, or you may be suspicious about a question's aims. That's just fine. This is an open-ended inquiry designed to get you to leap to your own conclusions and be impulsive. I'm nudging you to think deeply and quickly.

You can go with the first answer that comes to mind, change your answers, or jump all over the pages. You can give one-word answers or cram in as many thoughts as you can fit into the space.

Further into the desire-mapping process—especially when we get to identifying your core desired feelings—I'll be asking you to really think things through. So you may want to pace yourself now, plan to do this in multiple sittings, or just prepare to burn some serious Soul fuel—it's a renewable resource. So I say, throw caution to the wind and pour yourself into every step.

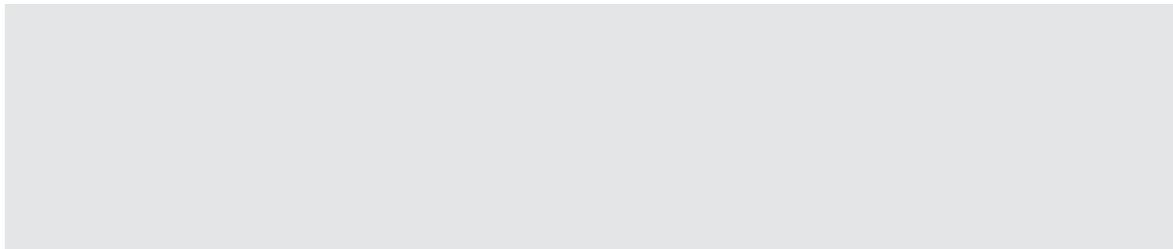
Park your brain, engage your spirit.

Stream your consciousness.

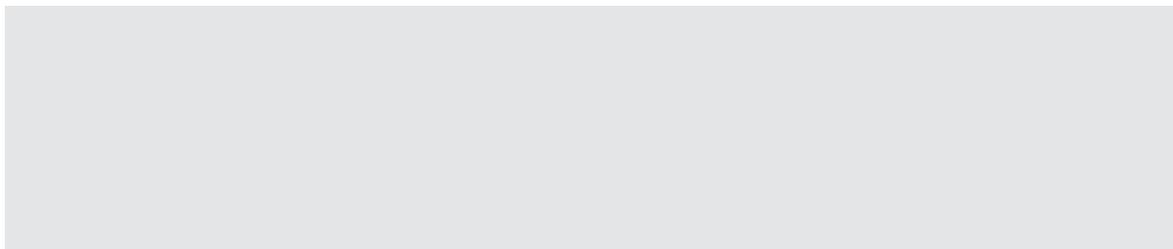
There's no right or wrong, just here and now.

RAPID-FIRE STARTING

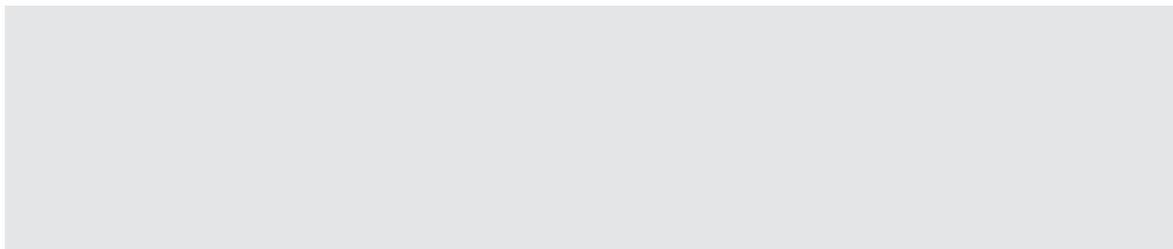
I crave



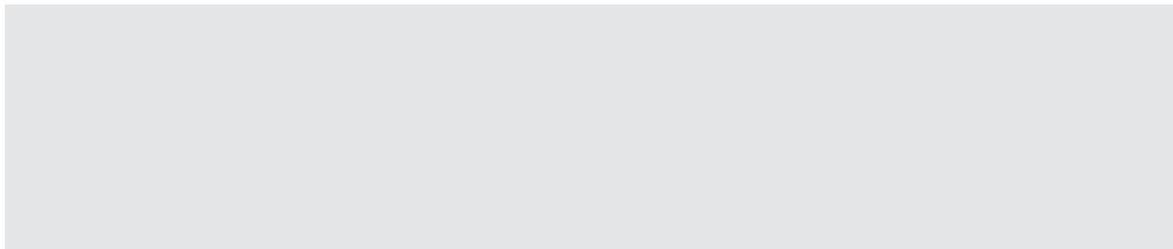
Other than time or money, what I want more of is



I need to give myself more permission to be



What's different about me is that



What do I do most naturally?

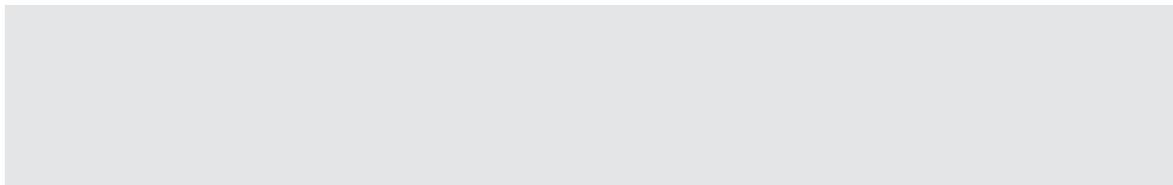
What do I do even though I don't want to?

Light and heavy: This brings me alive, enlivens me, reminds me of who I am

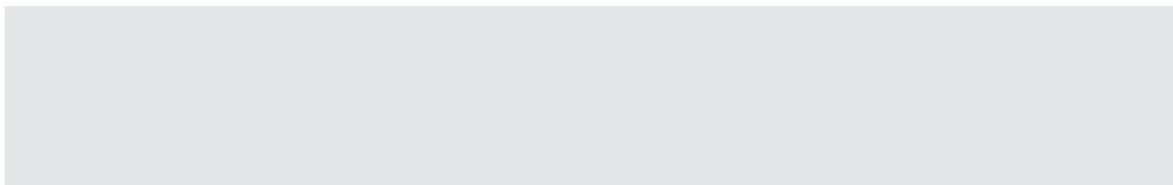
Light and heavy: This depresses my spirit, weighs me down, down, down

PSYCH SURFING

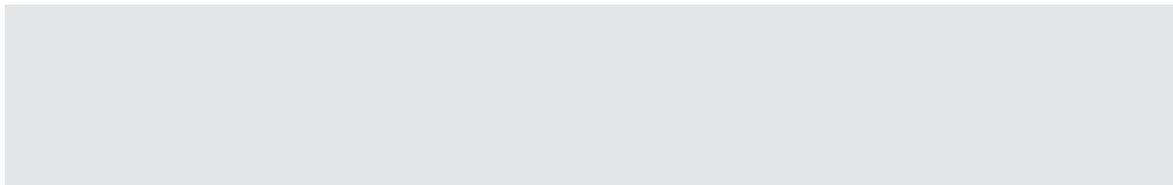
The best advice I've ever given



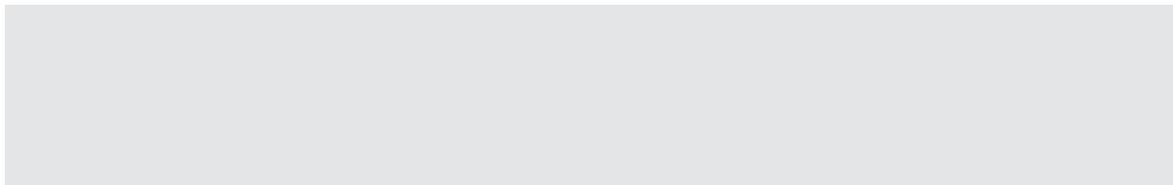
The best advice I've ever received—and I'm glad I took it



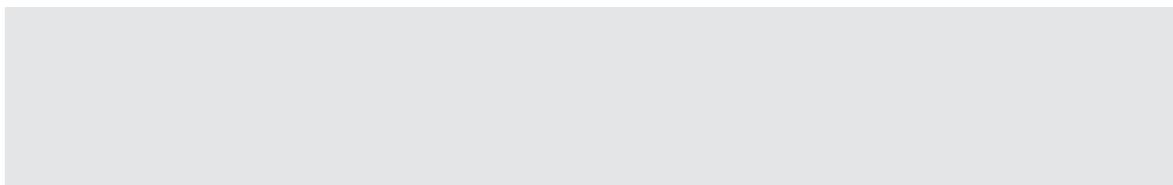
The best advice I've received and didn't follow—and I'm glad I ignored it



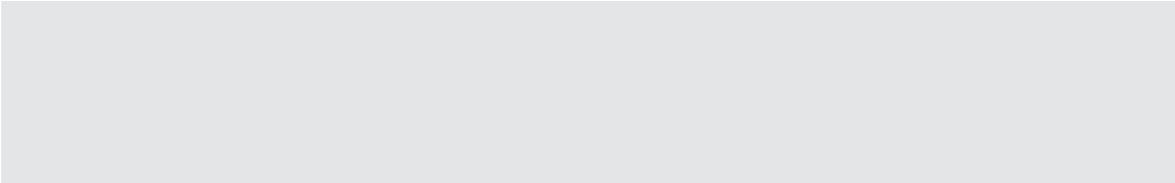
I get through tough times because



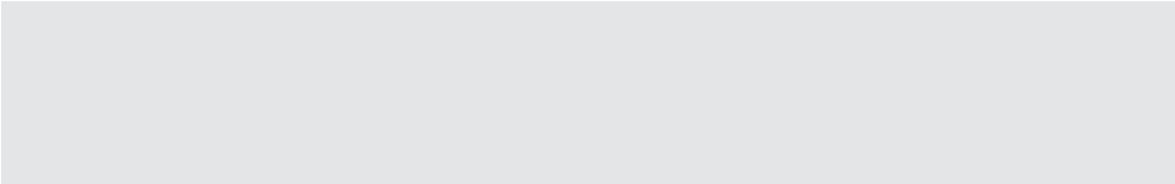
When in doubt



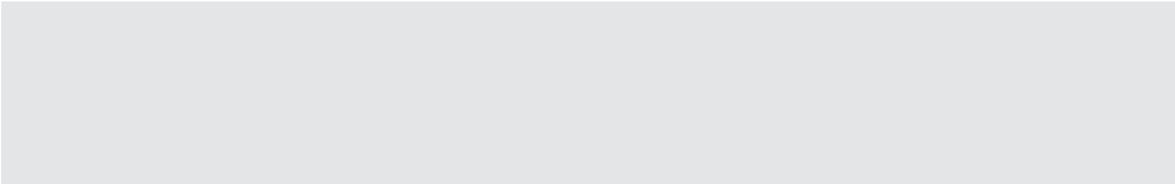
My joy comes from



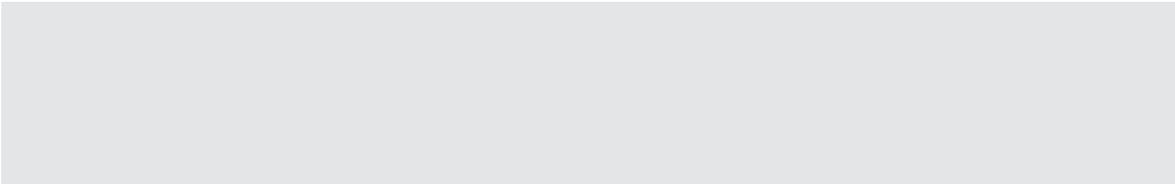
I value



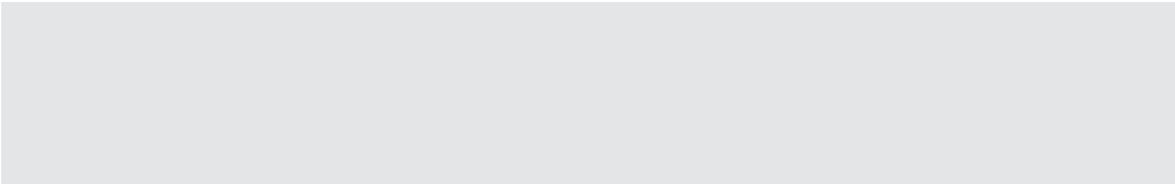
I believe in



I'm dead set against

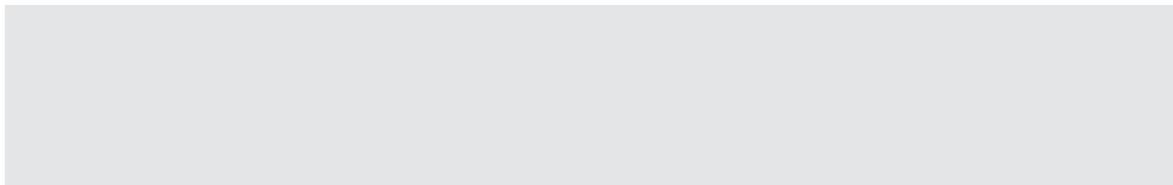


What I know to be true

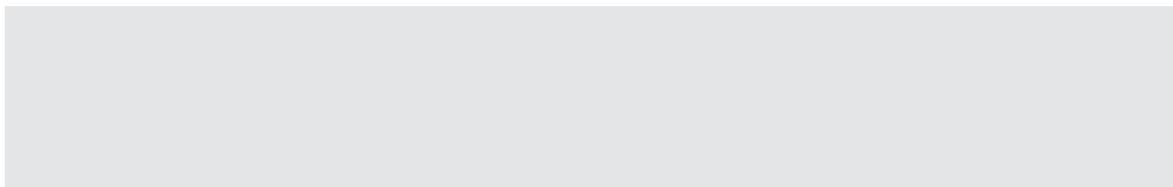


SENSATIONS OF POSITIVITY

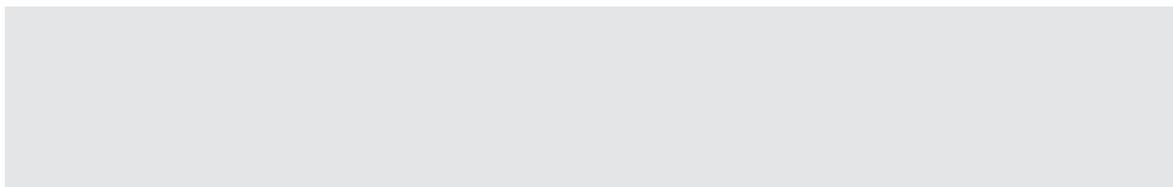
The color of joy



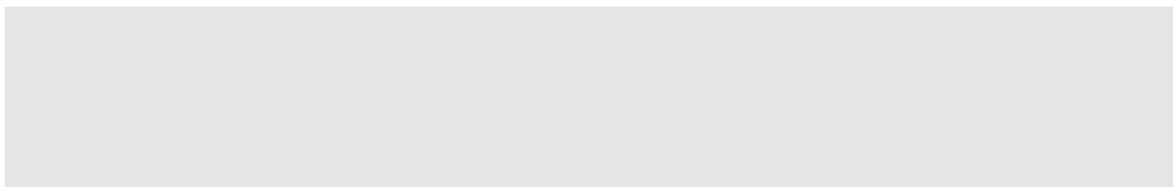
The sound of joy



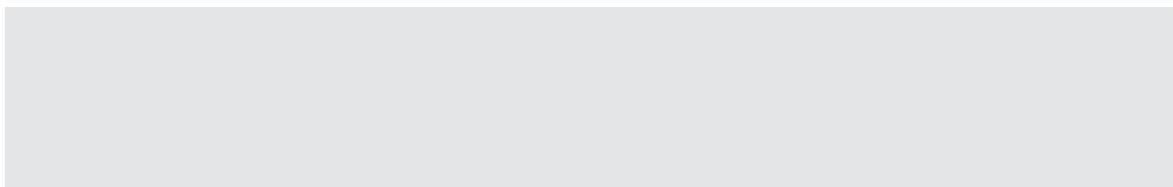
The scent of joy



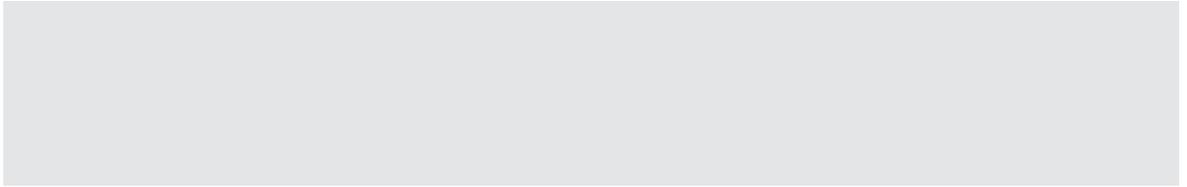
Love smells like



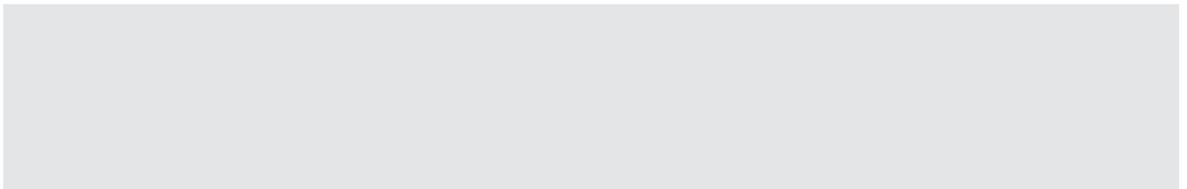
In my body, appreciation feels like



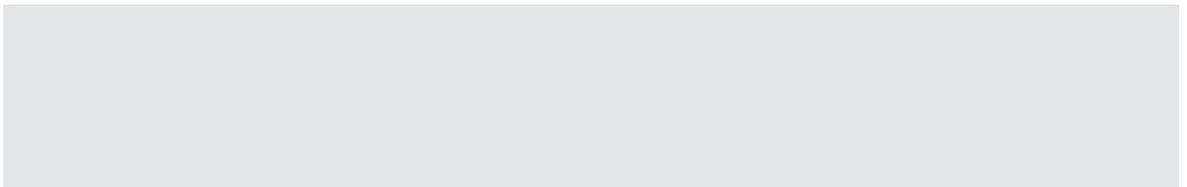
I know I'm happy when



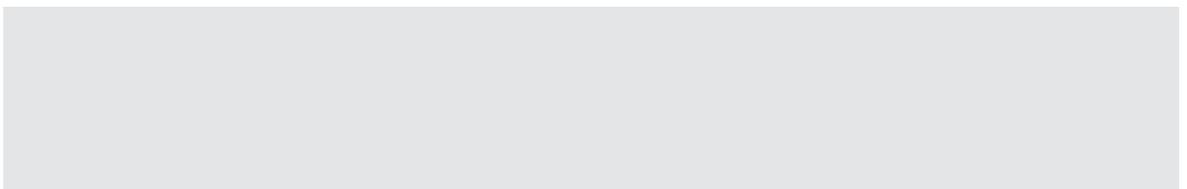
If delight were an animal, it would be



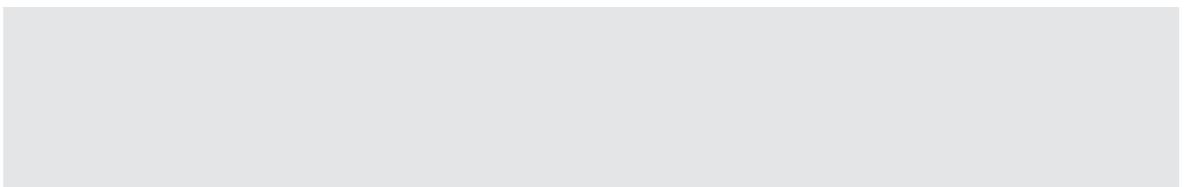
Ecstasy lives



Pleasure feels



When I whisper the word bliss



RELATING TO LIFE

I was on Kauai, reading Eckhart Tolle's *A New Earth* on the beach, and this question of his became my walking, rambling meditation:

“What is your relationship to life?”

Daunting. Galvanizing. Spectacular.

It opened the floodgates of inquiry for me. I spiraled backward to look at my relationship to my man, my child, my families of blood and Soul, my portals of connectivity and communion. This led me to a question of my own that turned out to be just as crucial: how do I relate to people? And it occurred to me that **how we relate to people is how we relate to Life.**

I saw a pattern of truth emerge for myself, a through-line in all of my interactions with everyone. Whether it is my best friend or the dude who hands me my roobois tea at the café, there is a consistent energy and attitude that I bring.

The rhythm of it goes like this: I send out a honey-golden love: “I love you—we’re in this together.” I make an energetic declaration. It’s pure and it’s innocent and it’s graciously global.

Then I start calculating and surmising. “I get you. I see you.” And I can’t tell if it’s intelligence or my heart starting to contract with fear, but somehow a “Don’t fuck with me” vibe slips in there. And I end up at this: “You do your thing and I’ll do mine.”

When I looked at my relationship to people (and I count my dog as a person) it became clear that I am a planet of love with a hair-trigger drawbridge that can close without much warning. I can be—and this was somewhat heart-breaking to realize—somewhat reserved with my love.

And thus, my relationship to Life: Big Love. True Smile. Tricky Lock. My work is in progress.

RELATING TO PEOPLE = RELATING TO LIFE

With people, I'm

I feel vulnerable when

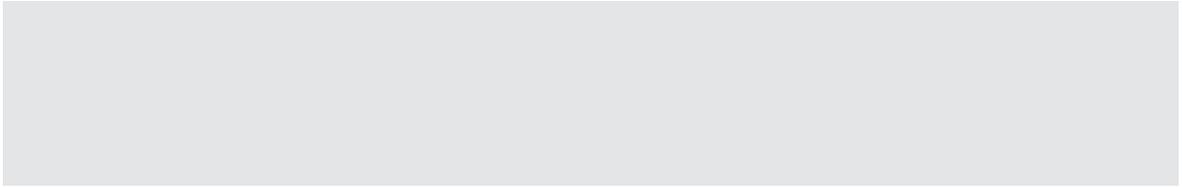
What feels ever-present and steady within me is

When I'm feeling free and strong I tend to

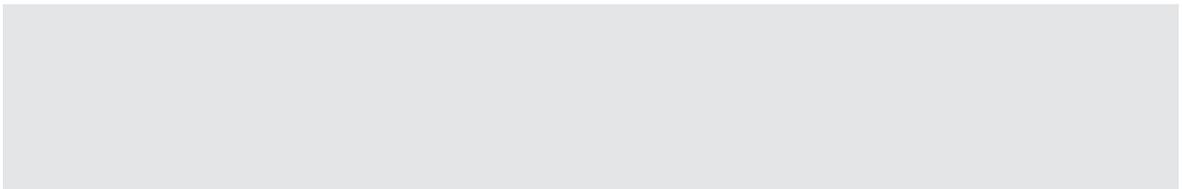
I keep in reserve, locked up, and hidden away

I'm frightened

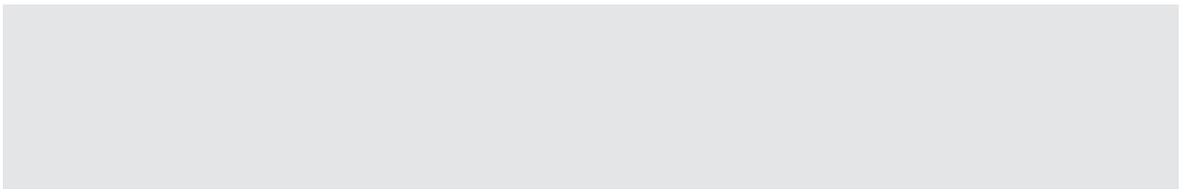
I'm greedy with

A large, solid grey rectangular box intended for the user to write their response to the prompt 'I'm greedy with'.

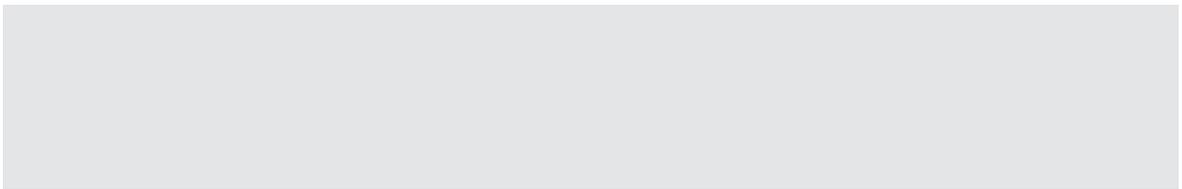
I'm proud of

A large, solid grey rectangular box intended for the user to write their response to the prompt 'I'm proud of'.

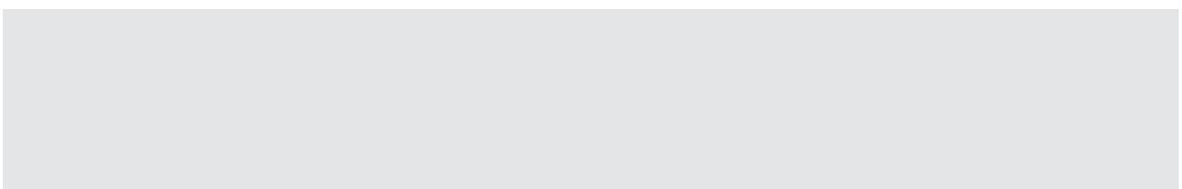
When I engage with people my most frequent motive is

A large, solid grey rectangular box intended for the user to write their response to the prompt 'When I engage with people my most frequent motive is'.

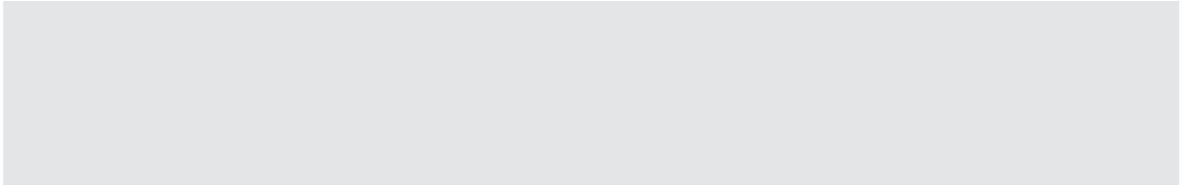
I'm trying to impress

A large, solid grey rectangular box intended for the user to write their response to the prompt 'I'm trying to impress'.

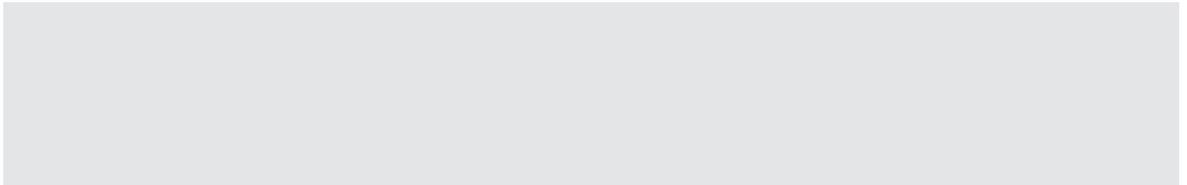
In crisis

A large, solid grey rectangular box intended for the user to write their response to the prompt 'In crisis'.

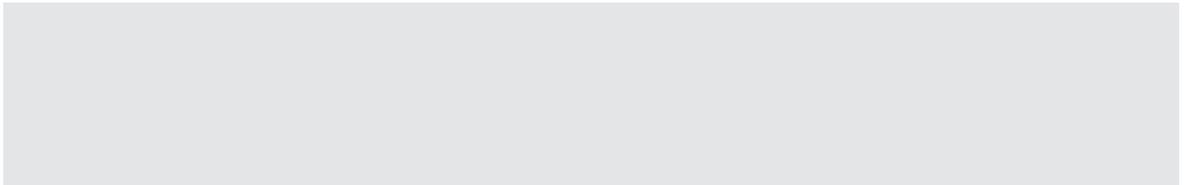
When I'm generous, I



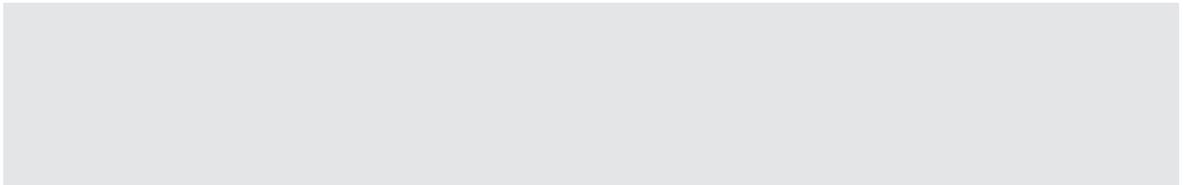
I stop being generous when



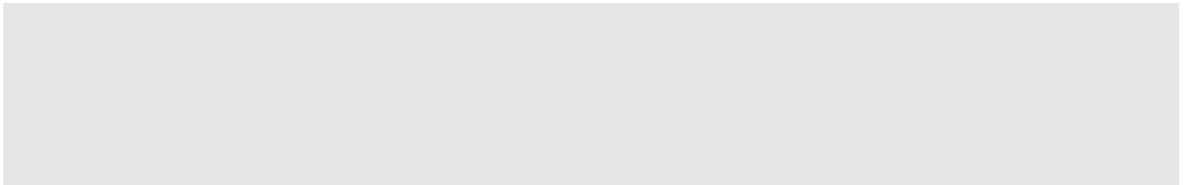
What moves and touches me deeply



My most regular waking thought



My favorite feeling



GRATITUDE & WHAT'S NOT WORKING

I will not hide my tastes or aversions.
I will so trust that what is deep is holy.

—Ralph Waldo Emerson

GRATITUDE PUTS EVERYTHING INTO PERSPECTIVE

We're going to explore what you're grateful for in your life so that you can a) get some positive emotions swirling and bring your vibration up, and b) get clearer about where you want to focus your creative energy.

Make your gratitude lists as long as you want! Yep, the longer the better.

Specificity increases the sensation of appreciation. In the book *The Happiness Advantage*, Shawn Achor suggests that one of the reasons why gratitude lists are sometimes less effective than they could be is because we often list the same things over and over again and they're sort of general, like "my family" or "my house." But if we get more specific, like, "I'm grateful my sister and I fall into fits of giggles every time we get together," or "I'm grateful my house is the perfect temperature today," it creates a deeper sensation of gratitude in us than just general listing does.

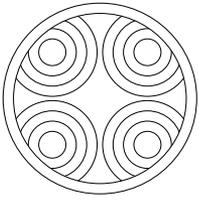
Next to each thing that you say that you're grateful for, you'll be asked to complete this statement: "I'm grateful for this because . . ." The reason I'm asking you to qualify why you're appreciative is because, again, it helps to expand your awareness of gratitude and illuminate positive feelings—some of which you may later discover are your core desired feelings. Again, this is your process, so feel free to skip this layer if it starts to feel like a grind to you.

WE NEED TO GET REAL ABOUT WHAT'S NOT WORKING, SO THAT WE CAN CHANGE IT.

I think it's healthy to get real about the negatives in your life so you can make a plan to transform them, or at least to consciously ignore them and, instead, focus more of your attention on the positives (in which case, some of your so-called problems often tend to disappear).

Next to each thing that you say isn't working, you'll be asked to complete this statement: "Why this is causing me dissatisfaction . . ." Your answers may surprise you.

That said, we don't want to turn this into a bitch fest. So I suggest you keep this part of the conversation brief. We really do want to make a practice of accentuating the positive in our lives, so consider the "What's not working" sections just pit stops along your appreciation highway. Keep your time there to a minimum, focus on the critical issues, and get back to the upside.



LIVELIHOOD & LIFESTYLE

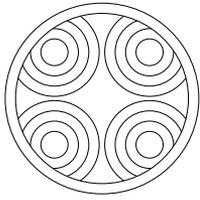
career. money. work. home. space.
style. possessions. fashion. travel.
gifts. sustainability. resources.

GRATITUDE

appreciation. value. cherish. love it.
dig it. adore it. grateful. thankful.
pleased. brings me joy. delight.
comfort. pleasure. thrilled.

In terms of my LIVELIHOOD & LIFESTYLE,
I'm grateful . . .

I'm grateful for this because . . . (How does this
benefit your life or increase your happiness?)



LIVELIHOOD & LIFESTYLE

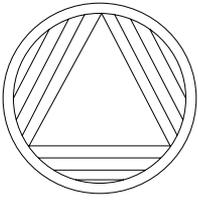
career. money. work. home. space.
style. possessions. fashion. travel.
gifts. sustainability. resources.

WHAT'S NOT WORKING

dissatisfaction. dislike. disdain.
continual hassle. unhappiness. agitation.
discomfort. ineffectiveness. sadness.
frustration. anxiety. disillusionment.
disappointment. falls short.

In terms of my LIVELIHOOD & LIFESTYLE,
what's not working . . .

I'm dissatisfied with this because . . . (How does
this have a negative effect on your life?)



BODY & WELLNESS

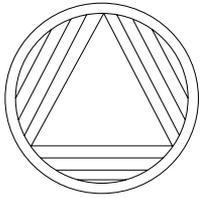
healing. fitness. food. rest & relaxation.
mental health. sensuality. movement.

GRATITUDE

appreciation. value. cherish. love it.
dig it. adore it. grateful. thankful.
pleased. brings me joy. delight.
comfort. pleasure. thrilled.

In terms of my BODY & WELLNESS,
I'm grateful . . .

I'm grateful for this because . . . (How does this
benefit your life or increase your happiness?)



BODY & WELLNESS

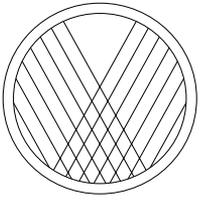
healing. fitness. food. rest & relaxation.
mental health. sensuality. movement.

WHAT'S NOT WORKING

dissatisfaction. dislike. disdain.
continual hassle. unhappiness. agitation.
discomfort. ineffectiveness. sadness.
frustration. anxiety. disillusionment.
disappointment. falls short.

In terms of my **BODY & WELLNESS**,
what's not working . . .

I'm dissatisfied with this because . . . (How does
this have a negative effect on your life?)



CREATIVITY & LEARNING

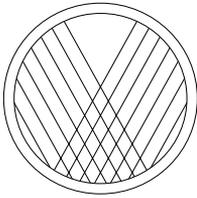
artistic and self-expression.
interests. education. hobbies.

GRATITUDE

appreciation. value. cherish. love it.
dig it. adore it. grateful. thankful.
pleased. brings me joy. delight.
comfort. pleasure. thrilled.

In terms of my CREATIVITY & LEARNING,
I'm grateful . . .

I'm grateful for this because . . . (How does this
benefit your life or increase your happiness?)



CREATIVITY & LEARNING

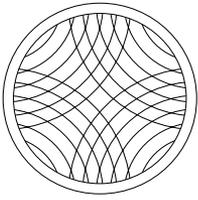
artistic and self-expression.
interests. education. hobbies.

WHAT'S NOT WORKING

dissatisfaction. dislike. disdain.
continual hassle. unhappiness. agitation.
discomfort. ineffectiveness. sadness.
frustration. anxiety. disillusionment.
disappointment. falls short.

In terms of my CREATIVITY & LEARNING,
what's not working . . .

I'm dissatisfied with this because . . . (How does
this have a negative effect on your life?)



RELATIONSHIPS & SOCIETY

romance. friendship. family.
collaboration. community. causes.

GRATITUDE

appreciation. value. cherish. love it.
dig it. adore it. grateful. thankful.
pleased. brings me joy. delight.
comfort. pleasure. thrilled.

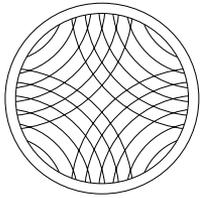
In terms of my RELATIONSHIPS & SOCIETY,
I'm grateful . . .

I'm grateful for this because . . . (How does this
benefit your life or increase your happiness?)

romance. lover. partner. significant other. hot stuff. spouse.

friends. neighbors. community. groups.

work. collaborators. peers. colleagues. clients. customers. mentors. teachers. students.



RELATIONSHIPS & SOCIETY

romance. friendship. family.
collaboration. community. causes.

WHAT'S NOT WORKING

dissatisfaction. dislike. disdain.
continual hassle. unhappiness. agitation.
discomfort. ineffectiveness. sadness.
frustration. anxiety. disillusionment.
disappointment. falls short.

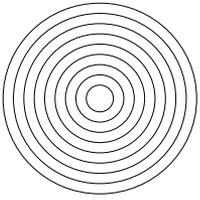
In terms of my RELATIONSHIPS & SOCIETY,
what's not working . . .

I'm dissatisfied with this because . . . (How does
this have a negative effect on your life?)

romance. lover. partner. significant other. hot stuff. spouse.

friends. neighbors. community. groups.

work. collaborators. peers. colleagues. clients. customers. mentors. teachers. students.



ESSENCE & SPIRITUALITY

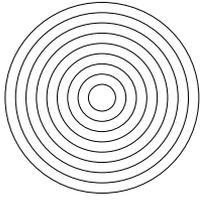
soul. inner self. truth. intuition.
faith. practices.

GRATITUDE

appreciation. value. cherish. love it.
dig it. adore it. grateful. thankful.
pleased. brings me joy. delight.
comfort. pleasure. thrilled.

In terms of who I am, within my ESSENCE & SPIRITUALITY, I'm grateful . . .

I'm grateful for this because . . . (How does this benefit your life or increase your happiness?)



ESSENCE & SPIRITUALITY

soul. inner self. truth. intuition.
faith. practices.

WHAT'S NOT WORKING

dissatisfaction. dislike. disdain.
continual hassle. unhappiness. agitation.
discomfort. ineffectiveness. sadness.
frustration. anxiety. disillusionment.
disappointment. falls short.

In terms of who I am, within my ESSENCE & SPIRITUALITY, **what's not working** . . .

I'm dissatisfied with this because . . . (How does this have a negative effect on your life?)

CLARIFYING YOUR CORE DESIRED FEELINGS. THIS IS THE WHOLE, IMPORTANT, BEAUTIFUL REASON WE'RE HERE.

This is where you feel out the shape of your heart. It's time to put your ear to your psyche and listen to the hum of your longings.

Here's what you're going to do: You're going to riff on how you want to feel in the key areas of your life, and then you're going to narrow down those feelings into some core desired feelings. Shazam. I'm making it all sound very easy. And it can be. But this does require a focused heart and an open mind.

START WHERE IT FEELS EASY

You can start desire mapping in any number of ways. You can go through each life area (wellness, relationships, and so on) one at a time and in sequence, or you can drop into whatever sections feel the easiest, richest, or most fun to you first.

This could be really easy. You don't need to tackle this material. Do yoga with it. Let me plant the seed that this can be an incredibly fluid and energizing process if you just intend for it to be. You can make a wish right now, or an out loud declaration: "I'm going deep with grace, and I'm coming out with plenty of liberating illumination."

This could make you sweat. Toil and fret if you need to. Get frustrated. Grind out your anxieties. Rub words down to their nub. Most worthwhile clarity involves some degree of friction.

You might cry—with relief, with a sense of sadness about being out of your Soul zone, with the beauty of feeling into your heart more than ever. You might

sigh and let out those breathy gasps of *aha* realizations, the pleasure of recognition that you know what you want . . . and you're committing to going for it.

TOOLS YOU MIGHT USE

You may want a dictionary and/or thesaurus to refer to. I'm a fan of dictionary.com, and there are also free thesaurus and dictionary smartphone apps. You might want to have a few colored pens for writing and highlighting.

I also think that a hot pot of herbal tea and some dark chocolate are essential—or whatever your cherished libations are. Silence—ahhh. Or music!

GIVE WORDS THEIR POWER

Words. Feelings. Feeling words. Words that make you feel. Feelings that can be captured in words. We're going to honor the immense power of singular words. Every word is its own universe. Words have never mattered more than they do here.

This exploration is about the vibration of words. You want to home in on the feeling words that *really* resonate with you. They click. They inspire you. They feel juuust right.

KNOW THAT YOU KNOW

This isn't an exam. There's no test. This is a laboratory for your consciousness and a playground for your aspirations. So much of our truth is right under the surface; it only takes a light scratch and a clear wish to evoke it. You know the answer.

If you feel like you might have trouble accessing how you want to feel, then you can warm up by thinking about how you don't want to feel, and then aim for the opposite of that with your desired feelings.

Recall a few times when you DIDN'T feel the way that you wanted to.

You got your hopes up. You had expectations, cravings, ideals—all dashed. You were surprised by how you felt. Turned off. Embarrassed. Sad. Empty. Enraged. Anxious. Disappointed. You just did not feel how you would have liked to in the particular situation.



- feelings.**
- emotions.**
- sensations.**
- states of being.**
- sensing.**
- mood.**
- awareness.**

Recall some times when you felt the way that you were hoping you'd feel.

Yes! A day you'd been dreaming of that turned out ideally. A rush of gratitude when it all worked out. Sweet relief when you got where you were going. A flood of love when you made the connection. Unencumbered positivity.

**feelings.
emotions.
sensations.
states of being.
sensing.
mood.
awareness.**

STEP 1

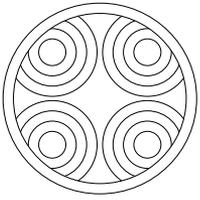
HOW DO YOU WANT TO FEEL IN EACH OF THESE AREAS OF YOUR LIFE? RIFF . . .

Stream of consciousness is the way to go here. Ramble, jam, repeat yourself. Don't be concerned with duplicating words in different areas.

A desired feeling doesn't have to be summed up in just one single word. For example, "turned on" works. So does "at one with nature," or, "passionately engaged."

Anything goes. Get abstract or specific. Do you want to feel *spicy* or *red* or *electric*? Do you want to feel ten different ways of confident? Then just write it down. Close your eyes and tune in. Let your wanted feelings flow freely. Do not censor yourself. Go deep, yet keep it light.

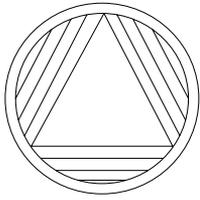
Let it flow, but you don't have to push yourself to come up with a huge number of words for the sake of variety. If you have only a few words in each section, then you might already be close to the heart of your matter.



LIVELIHOOD & LIFESTYLE

career. money. work. home. style.
space. possessions. fashion. travel.
gifts. sustainability. resources.

Within my LIVELIHOOD & LIFESTYLE, I want to feel . . .

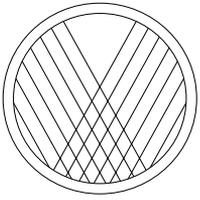


BODY & WELLNESS

healing. fitness. food. rest & relaxation.
mental health. sensuality. movement.

Within my BODY & WELLNESS, I want to feel . . .

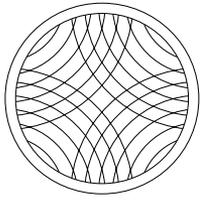
A large, empty gray rectangular area for writing.



CREATIVITY & LEARNING

artistic and self-expression.
interests. education. hobbies.

Within my CREATIVITY & LEARNING, I want to feel . . .

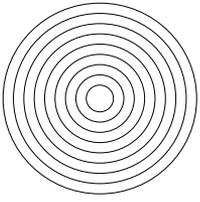


RELATIONSHIPS & SOCIETY

romance. friendship. family.
collaboration. community. causes.

Within my RELATIONSHIPS & SOCIETY, I want to feel . . .

A large, empty rectangular area with a light gray background, intended for writing or drawing.



ESSENCE & SPIRITUALITY

soul. inner self. truth. intuition.
faith. practices.

Within my ESSENCE & SPIRITUALITY, I want to feel . . .

STEP 2

GET INSIDE THE WORDS. LOOK UP THE DEFINITIONS OF THE WORDS THAT YOU WROTE DOWN.

It's dictionary and thesaurus time. Every word is its own world. Dig deeper. When you read the actual definitions, do the words take on a new, or more powerful, meaning to you? Do they feel more masculine or feminine? What nuances are in the words that you relate to? Do the origins of certain words inspire or repel you? Do you have a positive or negative history with that word?

Grow. Add new words if you want to. Do you see new feelings in the thesaurus or definitions in the dictionary that you gravitate toward? Write those down as well.

Official word definitions don't always match up with contemporary understanding or our personal vibe. You may find that some words that you really love have sort of old-school moralistic definitions that turn you off to the words. Ultimately, you have to define each word for yourself; it only needs to fit into your psyche, not Webster's history. You can either let the dictionary definition play into your word choices and impressions of the words, or choose to go with your own intuitive connotations and even revise the dictionary definitions based on your own experiences.

Again, there is no right way or wrong way to approach this. If you're feeling like you're swimming in definitions, then back away from the dictionary and go back to what feels easy. If you're feeling like your words aren't spiritual enough or sophisticated enough by someone else's standards, then give yourself permission to keep it simple, because simplicity can be very freeing.

STEP 3

MAKE YOUR FIRST PICKS.
GO BACK TO YOUR RAMBLE OF
WORDS AND CIRCLE THE ONES THAT
RESONATE WITH YOU THE MOST.

Try to select about ten words or fewer. You can always put a word back in the mix if you pass it over in this first round. Don't stress about it—this is supposed to feel fun and exciting.

Trust yourself here. The truth wants to surface and you are creating space for it to rise up.

Here are some different approaches and questions to help you explore your relationship to various words:

Ask yourself which words make you feel *positive, uplifted, expanded*.

Which words feel like home? Which make you feel inspired, grounded, peaceful, energized, or supported? **Circle them.**

Approach each feeling word from every possible angle.

Ask these questions of each word:

- › What does it **feel** like to be [insert word]?
- › What does it **look** like to be [insert word]?
- › What does it **sound** like to be [insert word]?
- › If I were [insert word], **what would my life be like?**

And this abstract question might unlock some clarity for you:

- › **What's** [insert word] **really about for me?**

For example, maybe “confidence” is really about feeling empowered, or elegant, or it's about respect. Maybe “success” is really about freedom, or love, or being collaborative. Maybe “beautiful” is really about connection or radiance.

Be especially vigilant in looking beneath big, sweeping concepts and words such as “successful” or “confident.” (I can tell you from having this feelings conversation with over a thousand people, just about everybody and their brother wants to feel successful or confident in some way.) These broad types of words might not give you the potency of motivation you’re looking for.

Which words have the same or very similar meanings? To make your binary choices, it can be helpful to look up the definitions of the words—or just follow your heart. Either way, you can’t go astray.

Do you have strong emotions around some words? Some words might make you want to laugh or cry. Pay extra close attention to the words that stir your emotions—those feelings are trying to show you something.

Do you have a sense of pressure or proving yourself around a certain word? Let me give you an example of this kind of experience. While desire mapping, Jules kept coming up with the phrase, “fully realized.” She started wondering, what if she did indeed create the feeling of “fully realized” in her life? Might that mean that she was done with her creative growth? What’s left in your life after you’re fully realized? Not much room to grow. But she was still attracted to it and left it on her short list of word choices anyway. This is good. She hung out with the wording a little longer to see what was there for her.

Further on in the process, when she asked herself what the phrase “fully realized” *was really about*, she had a eureka moment. “I was shocked to discover that my desire to feel fully realized was basically about wanting to prove something. My anxiety around that phrase was brought to clarity and I was able to cross it off my list with confidence.”

It may be a process for you of *grapple and examine, grapple and examine*. That’s great, because that will lead to clarity. If you’re confused about a word or having a hang-up about it but still feel compelled to keep it on your list for some reason, trust that the process will take you where you need to go with that word and your relationship to it.

STEP 4

PATTERN RECOGNITION. PREPARING TO HOME IN.

You're going to notice some of the same feelings and words repeating themselves throughout your answers. This is good because, in both theory and practice, we tend to reach for the same feeling states across all areas of our lives. If we want to feel “vital,” we want it in our relationships and in our careers. We want to feel “creative” with our business and with our style. We might want “connection” as much with our Creator as we do with our own bodies.

Focusing on core feelings is a critical part of this practice. Core desires equal unlimited power. If you have a lot of desired feelings on your list, it makes it more difficult to prioritize. Choose the words that are so precise that they feel electric.

We need to zone in on the **core** desired feelings that you want. Ideally, you want to choose three to five core desired feelings. We're not going for a vast array of emotions, rather, we want a compact foundation of feelings. Think of it this way: we want the North, South, East, and West of your compass, not every street that you could turn down.

Now you want to find the redundancies and overlaps between various words so that you can knock some words off your list and zero in on the most empowering selections for yourself.

A gentle cautionary note:

A root theory in this whole methodology is that we're not relying on the external world to make us feel a certain way, nor are we blaming circumstances for our emotions. We're taking charge of our own fulfillment.

I certainly want you to find terms that are not just inspiring, but comforting and soothing. But let me point out something about the subtle but powerful way in which words can orient our energy. They can steer us to look outward, or they can anchor us in looking inward, so we're either consciously looking to our inner power or unconsciously looking to the outside world for what we want.

Say this phrase:

“I want to feel loved.”

Now say this:

“I want to feel love.”

Do those sentences feel different to say? They do to me. *Love* as a noun feels more centered and open, more empowering. *Loved* as a state makes me feel like I’m waiting for someone to love me. And that definitely doesn’t feel as powerful.

Here’s my gentle point: Be really mindful about using terms for feeling states that come from the outside world, as they can set you up to expect that Life (or your partner or your job) is going to make you feel that way.

Here are some examples of feeling states that might depend on external validation: *respected, cherished, admired, honored, seen, heard, adored, treasured, loved*. These feeling words seem to rely on outside sources to make you feel them.

On the other hand, here’s another subtle distinction that I want to bring up. Some of us have a tendency to overgive. This tends to be more common for women. We’re always in the mode of loving or nurturing, organizing, creating, beautifying, motivating.

If overdoing, overperforming, or overgiving is your issue, then you need to be aware of words that keep you in do-mode. Basically, be mindful of verbs. For example:

Say this phrase:

“I want to feel loving.”

Now say this:

“I want to feel love.”

Loving as a verb is something you have to do. Yes, being loving is one of the most delicious and nutritious ambitions a human can have. And for some of us, “loving” as a core desired feeling would be the perfect fit. But if you choose a doing word because you think you need to improve, or catch up, or prove yourself, then you’re shortchanging yourself.

Remember: you know the answer. This is your domain, your spirit. And this is deeply personal work. As Carl Jung put it, “Only the dreamer knows the dream.” The meaning of each word or phrase is for you to own and interpret. It does not have to fit a formula. It doesn’t have to be workable or realistic for anyone else — not even your best friend or therapist. Dream your dream. Feel your feelings. Aim.

STEP 5

MAKE YOUR FINAL PICKS: CHOOSE YOUR THREE TO FIVE CORE DESIRED FEELINGS—AND SHINE, BABY, SHINE!

This is the moment! I'm thinking of you right now, sending light and whispering into your ear: The core . . . desired . . . feelings. Oh yeah.

If you want to keep more than five feelings, go right ahead. If seven is your lucky number, then go ahead, choose seven words for luck. Focus might help you get better results, but doing it in the way that works for you is what's most important.

Write your core desired feelings on the following page.

One more note about the process: I'll be asking you to write down your core desired feelings in numerous sections of the workbook—repeatedly. You'll be writing them out many times. There's a practical reason for this: to make the workbook your own reference. But there's also a psychological reason for it: the repetition of rewriting your core desired feelings helps you to anchor them into your heart and mind. This is a process of rooting and integration.

MY CORE DESIRED FEELINGS

A large, empty light gray rectangular area intended for writing core desired feelings. It occupies the central portion of the page, below the title and above the footer.

BRAVISSIMO!

You've homed in on your core desired feelings. Brilliant. Some people go their entire lives on an autopilot of do-get-do-get, but you've just cracked the code to wide-awake living. In the next chapter, we're going to **weave your inner awareness into your action plans**.

A few thoughts for now:

LET IT STEW

Don't tattoo your core desired feelings anywhere —yet. **Move on to the next phase of desire mapping, but know that this can be a trial run.** You can feel out your words for a few weeks and go back and tweak them for the exact fit. This is an art, not a science. Feelings are fluid and this practice should be as well.

BE OPEN TO CHANGE

Will your core desired feelings change over time? Maybe. I worked with the same feelings for a few years, then refined them more and really landed on the right ones (I'll tell you more about that in a few pages). I suspect some people might want to choose new core feelings every year for the sake of experimentation. On the other hand, what you nail down this week may serve you for the rest of your life. The important thing is to stay curious and alive with your core desired feelings. If they don't keep their glow, you can't use them as a guidance system.

COMPARE NOTES, BUT DON'T COMPARE YOURSELF

Sharing your discoveries with a friend is a great thing to do. Just be sure to avoid the trap of hearing someone else's desires and then changing your own because you've now decided they are less awesome, cool, or noble than the other person's.

TRY THEM ON FOR SIZE

Now might be a good time to write your core desired feelings in your planner, or on some sticky notes. Text them to yourself. Post them on your fridge and your bathroom mirror; keep them by your bed. You want to see them throughout the day and start relating to them.

NOW: REST

Take a breath. Take a hot bath. Walk around the block. Do some kitchen disco.

Have a good cry, call a friend, make an orgasm happen, stretch.

You've just done some good Soul-searching and surfacing. Before you jump into the next phase of writing out your core desired feelings and matching them up with visions and to-dos, it's a good idea to let yourself pause and integrate.

Be gentle with yourself. Your truth is rooting more deeply into your cells. Let your ideas percolate and even infiltrate your thinking and the way you are viewing yourself and your actions and your life.

Take a break—for an hour or two or for a couple of days. I'll be here when you get back.

And please, do come back. Don't stay away for too long—we're now in the valley where ideas meet actions, and dreams are made manifest. The view is stunning from here: miles of desires.

YOUR SOUL

YOUR GOALS

USING YOUR CORE DESIRED FEELINGS TO GUIDE WHAT YOU WANT TO DO, HAVE, AND EXPERIENCE

The fire has its flame and praises God.
The wind blows the flame and praises God.
In the voice we hear the word which praises God.
And the word, when heard, praises God.
So all of creation is a song of praise to God.

—Hildegard of Bingen

Desire presses ever forward unsubdued.

—Sigmund Freud

BRIDGING YOUR DESIRES TO YOUR INTENTIONS

Now we're going to make connections between how you want to feel and what will actually help you feel that way. This is the most critical part of the process. This is where we fully step up to our creative power and potential. I can't overstate this: when you're clear on how you want to feel and you set about generating those feelings, you take charge of your life and your happiness. This is the most consciously creative act of being human.

You're going to go through each of the life areas (wellness, relationships, and so on) and ask yourself what you want to have and experience in each area. But you're going to do it from a fresh mindset, in a new way—you're going to do it with your core desired feelings as the central goal.

Your desired feelings are dictating what you will set out to achieve.

We're working from the inside out, which is the opposite of how we've been trained to organize our lives. Typically we'd be aiming to "own a two-bedroom house in the city," with the unspoken (and often also unconscious) hope that we might feel something along the lines of "vitality" and "connected" when we got it. But that's backward. So we're going to ask ourselves what we need to do, experience, and have in order to feel the way we most want to feel.

It might be tempting in this part of the process to slip back into default goals—those things that we've been chasing somewhat mindlessly, out of social expectation or habit. By virtue of asking yourself what it will really take to feel the way you want, some of your long-held, external ambitions might fall away, or some of them may become clearer and dearer to you than ever before.

An example of desired feelings clarifying one's ambitions.

It might start like this: I want to feel connected, vitality, deeply loving, and prosperous within the Relationships and Society of my life, so I want to own a two-bedroom house in the city.

But then you could realize that if you want to feel connected, vitality, deeply loving, and prosperous within the Relationships and Society of your life, that maybe you *don't* actually need to own a two-bedroom house in the city. Just because it's a mainstream symbol of success, and your parents are expecting you to become a responsible homeowner, and common financial advice counsels that owning your residence is a sound investment doesn't mean it's right for you. When you get honest with yourself, maybe owning a home right now feels like a major burden to you. It doesn't make you feel a sense of vitality or prosperity at all. In fact, it makes you feel constricted and weighed down. What a revelation. So you scratch that goal off your list and replace it with something that is much more likely to help you feel connected, vitality, deeply loving, and prosperous in your Relationships and Society:

"One month with Sam in Costa Rica by the end of next year. Unplugged. Invite a bunch of friends to join us for the last week of the trip."

You keep renting. You start living.

Or, alternatively, your long-held dream might become clearer and dearer to you than ever before. Owning a two-bedroom house in the city is much more than just a material goal. You can see that it will allow you to feel more *connected* to yourself (a place to root and create) and connected to a community,

which adds to your *vitality* in a big way. Creating a safe and beautiful home for your growing family is another way for you to express your *deep love*, and building your equity is definitely going to make you feel *prosperous*.

Indeed, this vision is right on track with your Soul. You decide to ramp up your savings plan for a down payment and meet with a Realtor next week for a chat about the neighborhood.

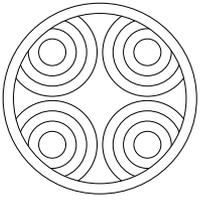
Your most desired feelings are the whole point.

I want you to keep this question in your heart for all time:

What do I need to do to feel the way I want to feel?

That's IT. That's the heart of this next exploration and the *raison d'être* of desire mapping.

In breath. Out breath. Here we go.

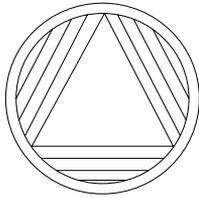


LIVELIHOOD & LIFESTYLE

career. money. work. home. style.
space. possessions. fashion. travel.
gifts. sustainability. resources.

If I want to feel this way [write your core desired feelings here]

within the realm of LIVELIHOOD & LIFESTYLE,
then I want to do, experience, and have the following:

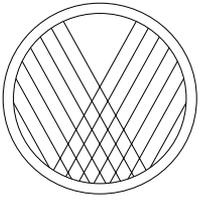


BODY & WELLNESS

healing. fitness. food. rest & relaxation.
mental health. sensuality. movement.

If I want to feel this way [write your core desired feelings here]

within the realm of BODY & WELLNESS,
then I want to do, experience, and have the following:

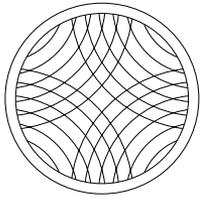


CREATIVITY & LEARNING

artistic and self-expression.
interests. education. hobbies.

If I want to feel this way [write your core desired feelings here]

within the realm of CREATIVITY & LEARNING,
then I need to do, experience, and have the following:

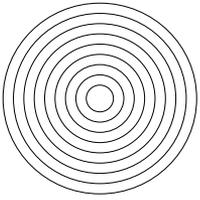


RELATIONSHIPS & SOCIETY

romance. friendship. family.
collaboration. community. causes.

If I want to feel this way [write your core desired feelings here]

within the realm of RELATIONSHIPS & SOCIETY,
then I need to do, experience, and have the following:



ESSENCE & SPIRITUALITY

soul. inner self. truth. intuition.
faith. practices.

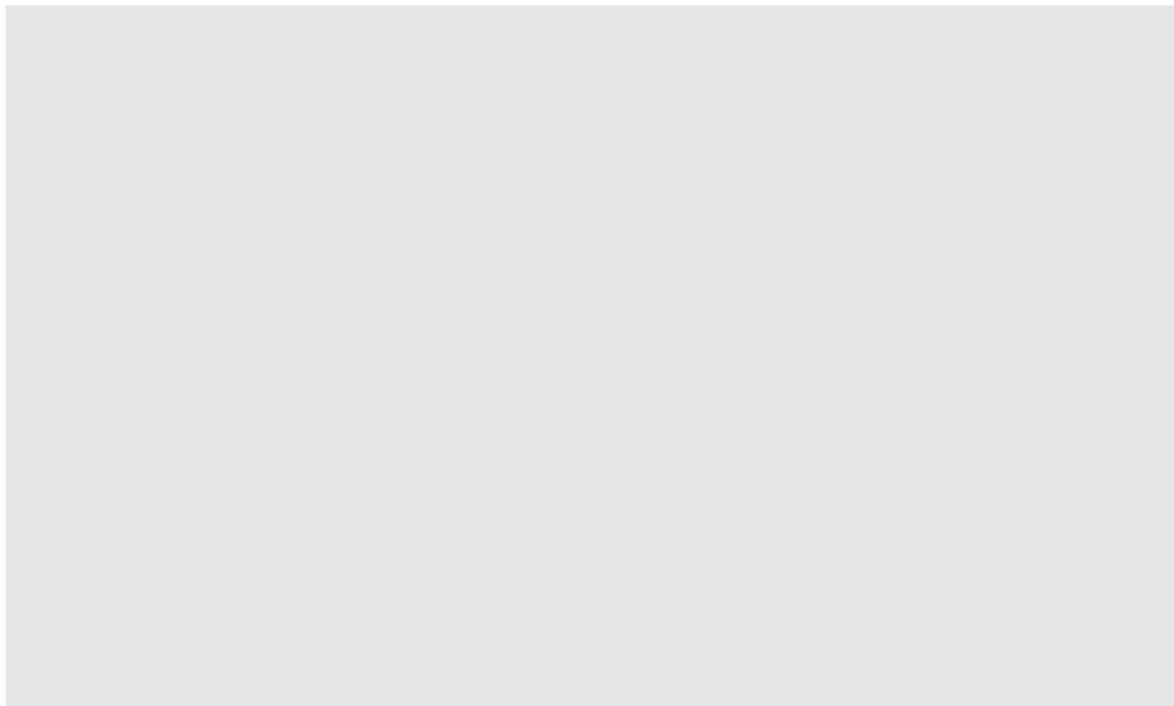
If I want to feel this way [write your core desired feelings here]

within the realm of my ESSENCE & SPIRITUALITY,
then I need to do, experience, and have the following:

What do I need to do
to feel the way
I want to feel?

BRUTAL FACTS AND FEARS ABOUT GETTING WHAT YOU WANT

My core desired feelings



Go to the dark side for a minute. Get it out of your system.

What past failures are plaguing you?

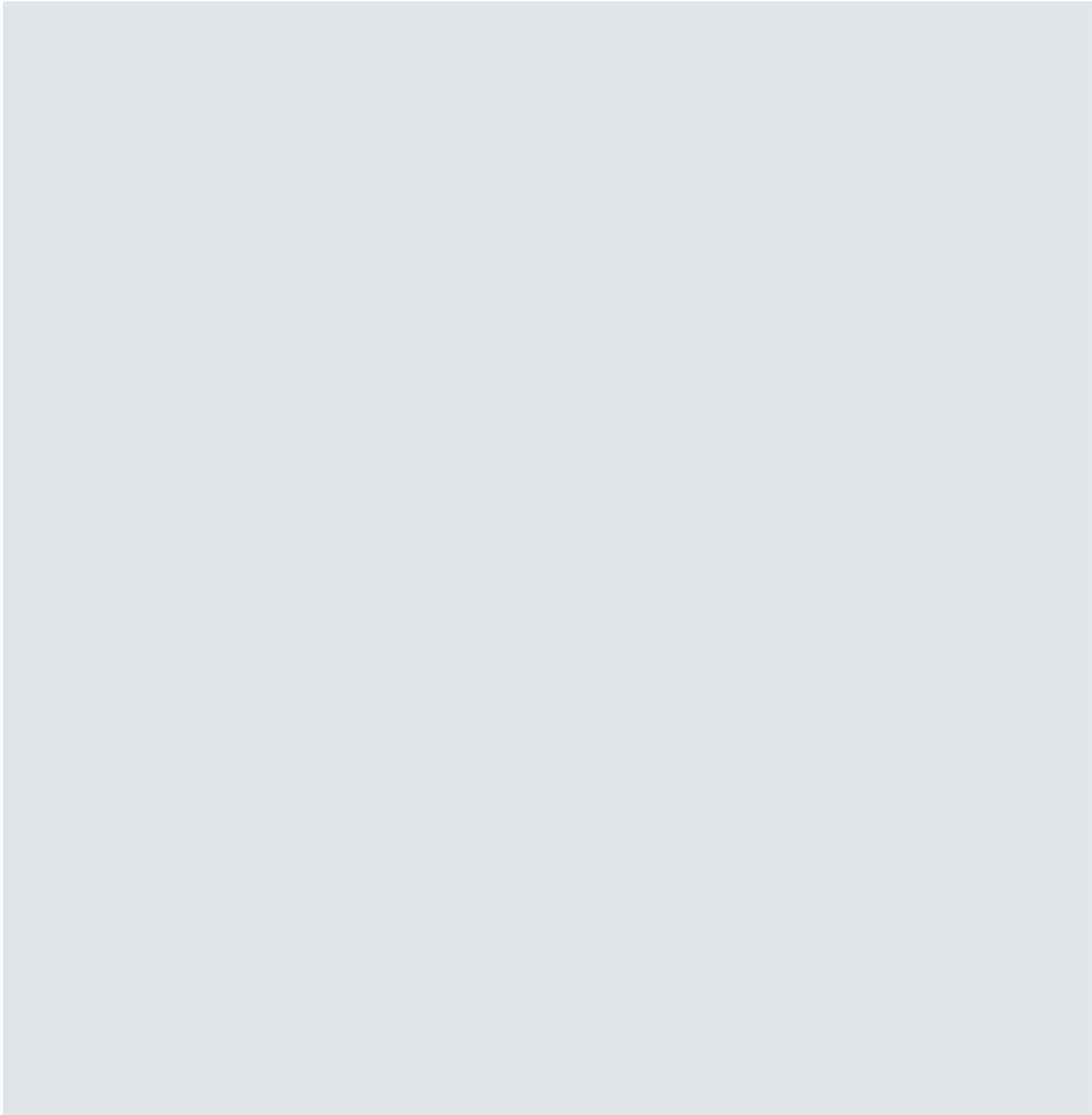
What mistakes are you afraid to make again?

Which wounds are still healing?

What would the naysayers or your haughty inner critic say to stop you?

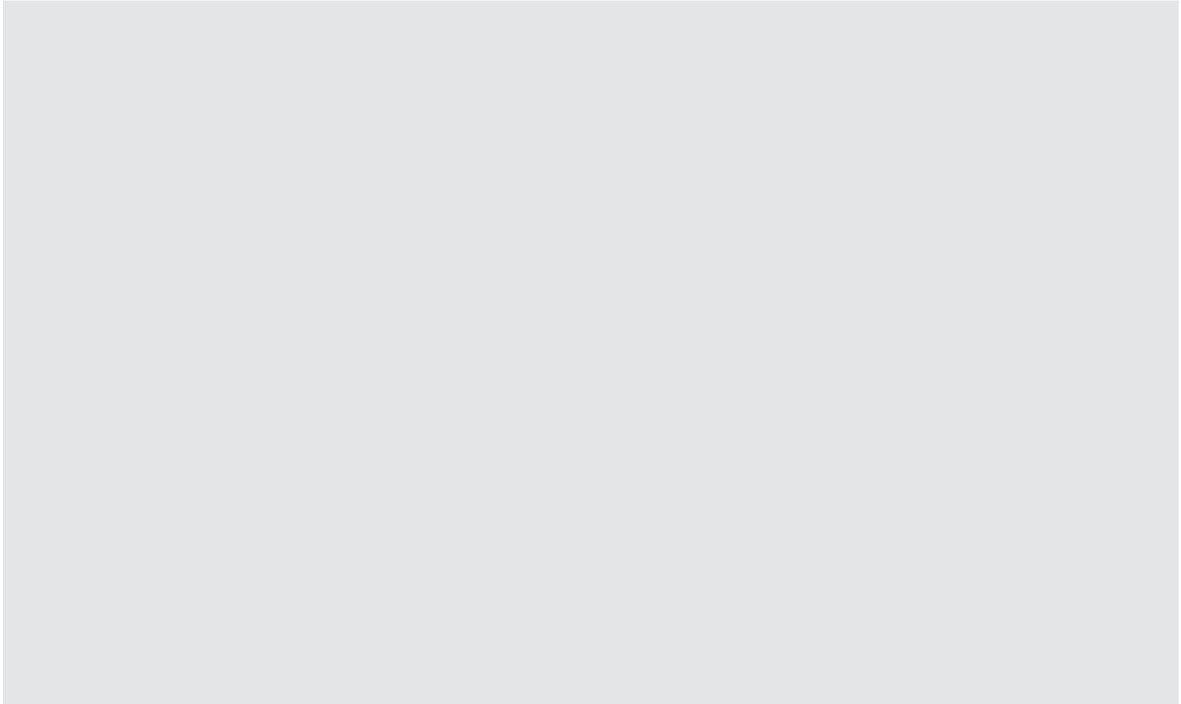
And what are the current tough circumstances, market conditions, or obstacles standing between you and what you want in every area of your life?

Let 'em tumble out however they come to you. Detox time.



POSITIVE AND INSPIRING THOUGHT FORMS THAT WILL ECLIPSE FEAR AND REV YOU UP

My core desired feelings



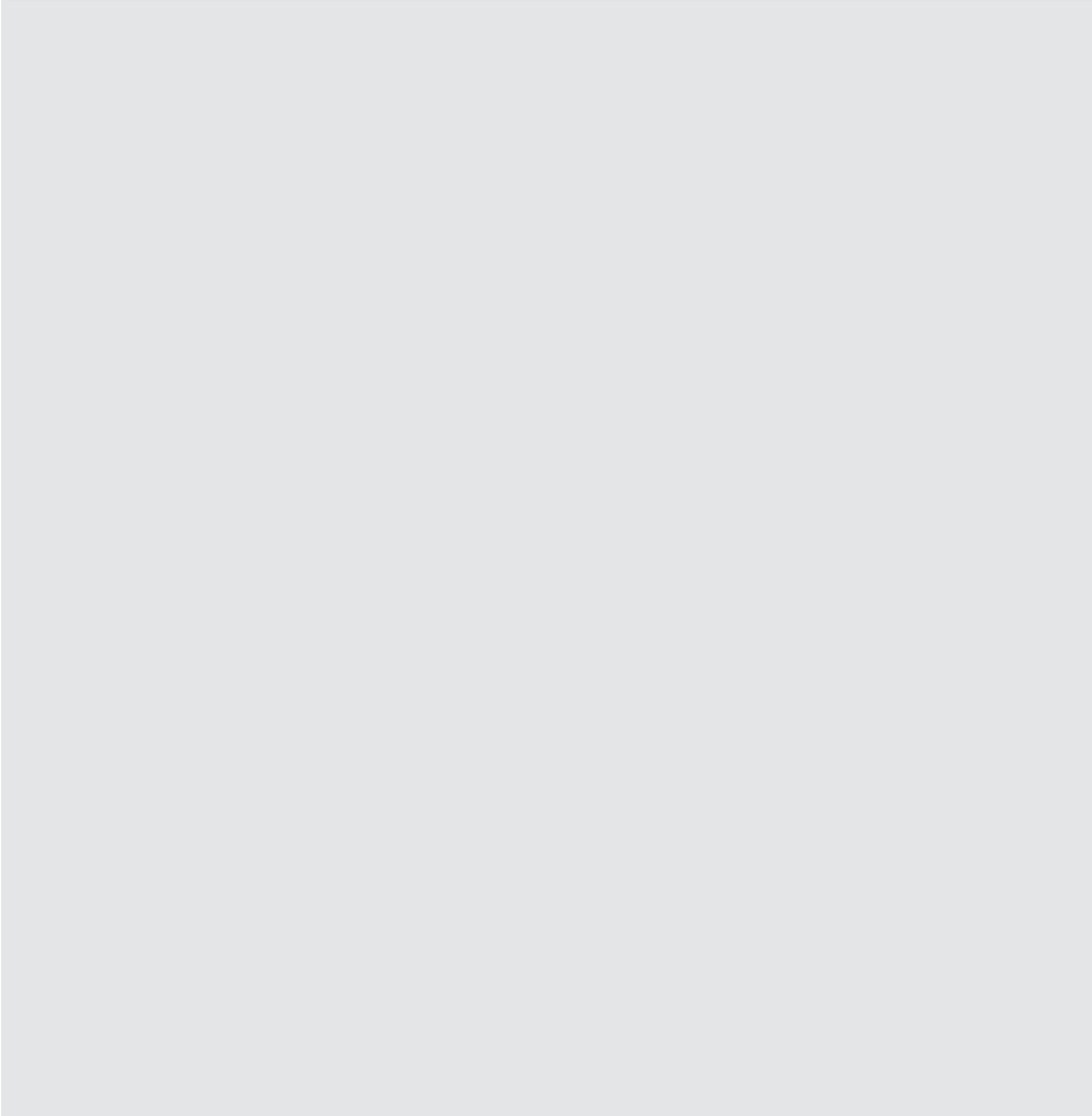
Now's the time to record helpful thought forms that can quell all the negative stuff you wrote out on the previous pages. Choose optimism. Think thoughts that feel good. Cheerlead yourself.

What are your favorite past successes?

Who are the people who adore and support you the most?

Who are the role models and mavericks who've proven that it can be done?

Riff out a list of high-energy, uplifting words. You can make bright, determined, feisty, resounding declarations.



BONUS! YOU GOT WHAT YOU WANT. ALREADY.

Clarity of desire, wants, feelings, havings, doings . . . you're getting the hang of it. Before we move into action mode, here's a beautiful notion to consider: You have a lot of what you want already—in places you may have overlooked, in different packaging than you expect, and hidden in plain sight.

And when you can appreciate the **indirect and subtle** ways in which Life is already delivering on your dreams, then you'll create more direct and obvious pleasures in your life, just the way you've been imagining them.

WHAT DO YOU WANT . . . THAT YOU ALREADY HAVE?

Review your desires. Look back at what you've said you want to feel, have, experience, and do. Pick a handful of those wants and write them down here.

Now, with each desire, think about where you already have that **quality, feeling, or experience** in your life—you might have to dig deep to find it. That's okay. You'll find it somewhere. Even if it's just a speck or a subtle sensation.

I want: *I want to laugh more with my man.* Currently, you're not laughing much with your man, which is why you're craving it, of course. But! Someone in your life *must* be filling your funny cup.

I already have: *Sally makes me laugh my ass off at least twice a week. Jack at work is good for a giggle every day. (Action note to self: Call Sally more. Thank her for making me laugh. Hang out with Jack at the water cooler.)* Focus on the laughter that you do have in your life.

Super duper appreciate what you've got that makes you feel good. **Resist the temptation to compare it to what you're lacking.** Just keep appreciating, appreciating, appreciating what's working, where it's working.

This practice is not only soothing, but it can also help you to fundamentally lighten the eff up.

I want: *I want an additional \$500 every pay period.*

I already have: *I got money back from income taxes! I get a paid holiday next week. Now that I work at home on Fridays, I save 100 bucks a month on train fare and lunch out. (Affirmative note to self: My money/energy flow is increasing.) You just found about 500 additional bucks in your life. More is sure to come, very possibly from sources you haven't even accounted for yet.*

I want: *I want to spend more time in nature. I'm stuck in a cubicle, in a big city, and I'm going bonkers. Plus I can't get out of town right now.*

I already have: *Well, I'm bringing flowers in to work this week. Sleeping with the bedroom windows open. I'm sitting on my balcony to say prayers every night before bed. I'm framing those photos from my holiday in the Sierras. (Action note to self: Book that hiking trip in Maine NOW. No excuses.)*

Small things can be big acts of self-love that will boost you and help you make the bigger choices required to really go after your desires—like moving out of the city, apropos of the above example.

I want: *I want a good friend to tell my dreams to.*

I already have: *My journal, my dog, and my deaf grandma are all great listeners. I can tell them anything and everything about my dreams and they don't judge me. (Affirmative note to self: Even if I don't have a best friend who gets me, Life hears my dreams. Every single one.)*

Sometimes you really need to reach to find what's working in the realm of your desire. And the practice of identifying some positives might feel like you're collecting crumbs. Do it anyway. It will start to rinse away any lurking victim mentality or despair. Start somewhere.

Here's what happens when you find evidence of fulfillment and pleasure in your current reality (even if it's a stretch to do so):

- › You take the neediness vibe out of your wants, and when you're less desperate, you will think more clearly and act more calmly.
- › You ease up on the people around you.
- › You generate gratitude—and gratitude is a transformative force.

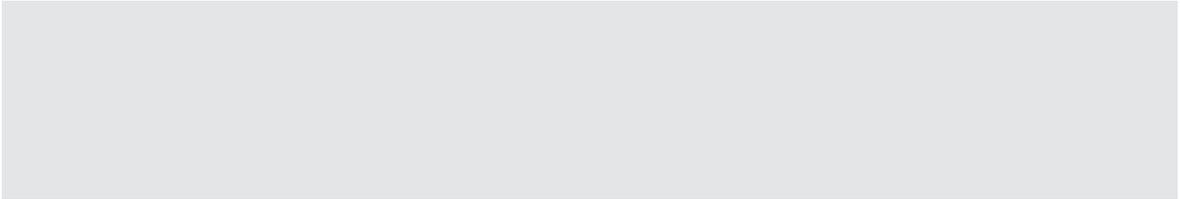
- › You might realize that you—and some of the people you love—are further along than you've been giving yourself—or them—credit for.
- › Because you're appreciating more in your life, you'll cling less to what you want—and a loose grip helps everything breathe and come to life.

HELPFUL PEOPLE AND RESOURCES

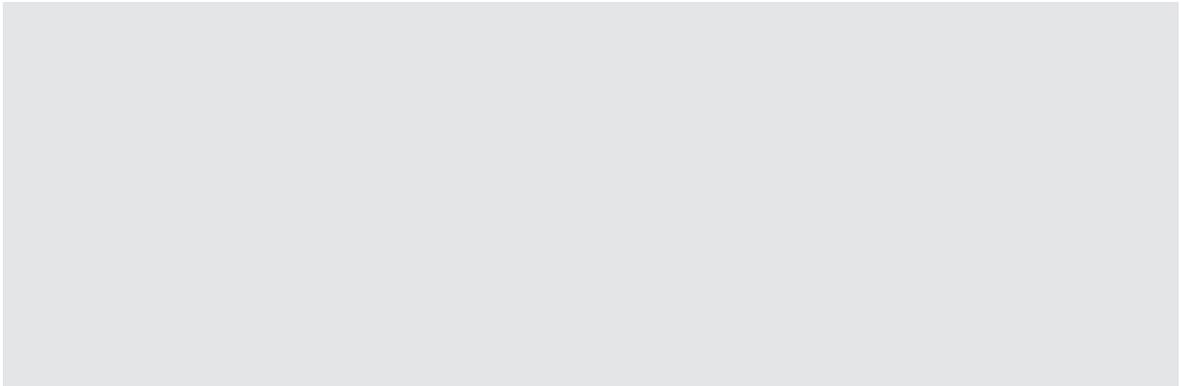
How did the rose ever open its heart and give to this world all of its beauty?
It felt the encouragement of light against its being; otherwise we all remain too frightened.

—Hafiz

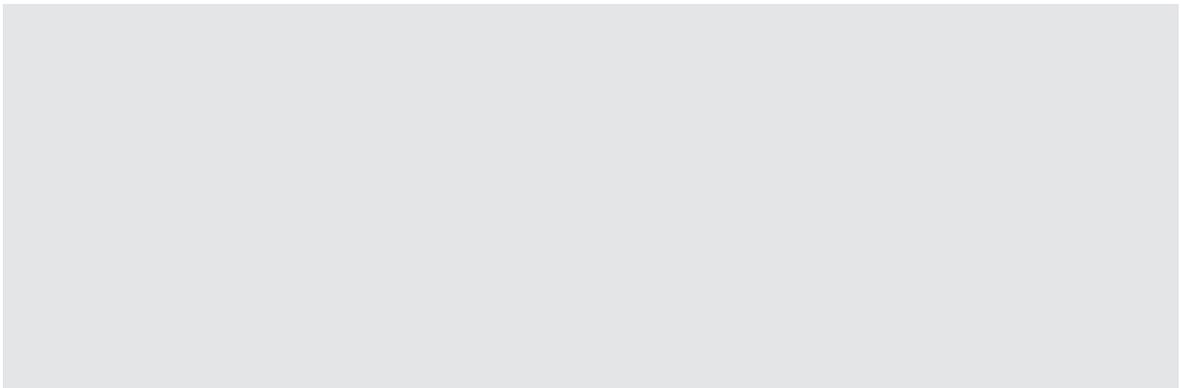
My core desired feelings



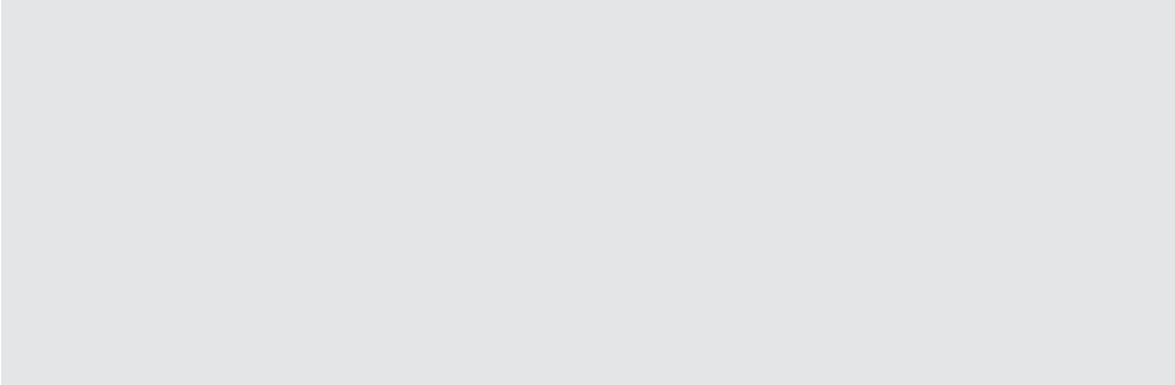
People who can help me live out my core desired feelings



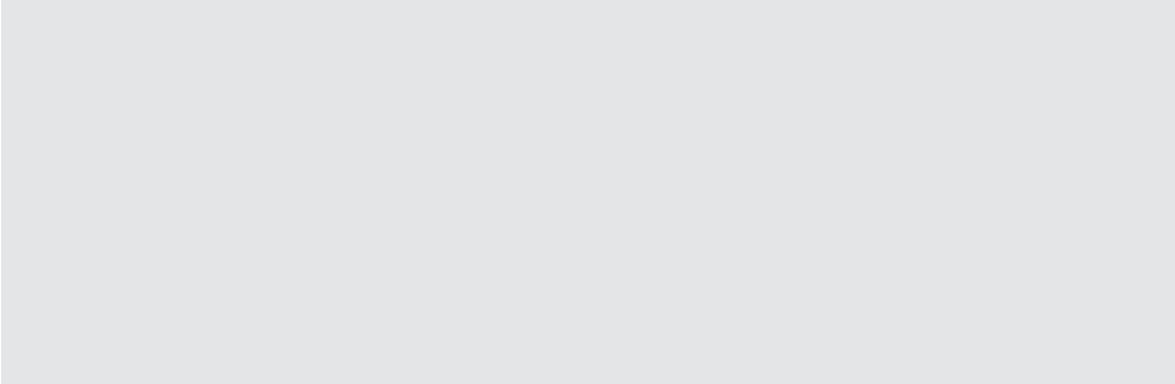
People who are local, near to me, who I know directly and personally



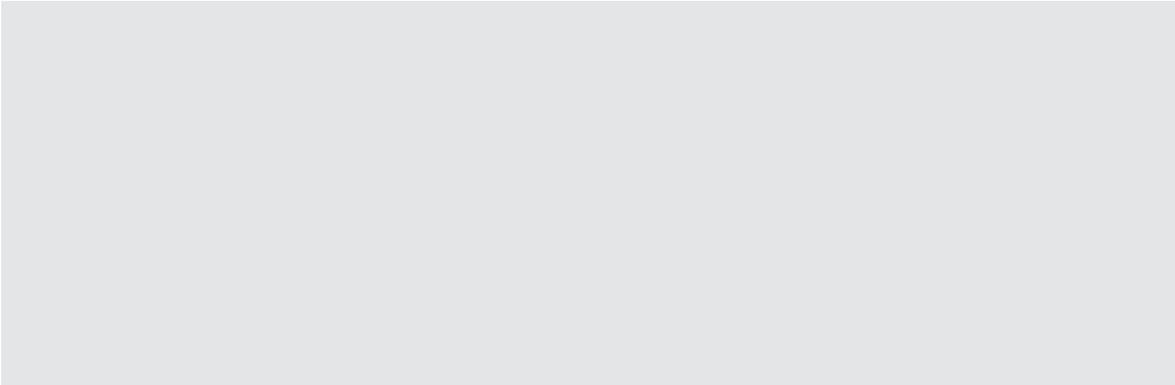
Professionals, experts, service providers



Legendary thinkers and personalities (include their writing, programs, courses)



Deities, angels, spirits, spiritual forces

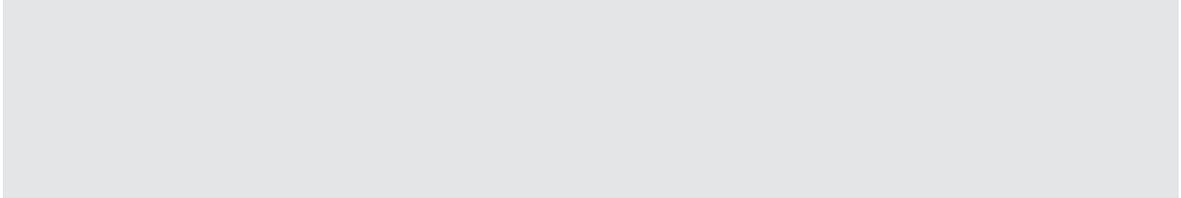


HOW WILL YOU GIVE OF YOURSELF?

To get what he wanted, a man had to give other people what they wanted.

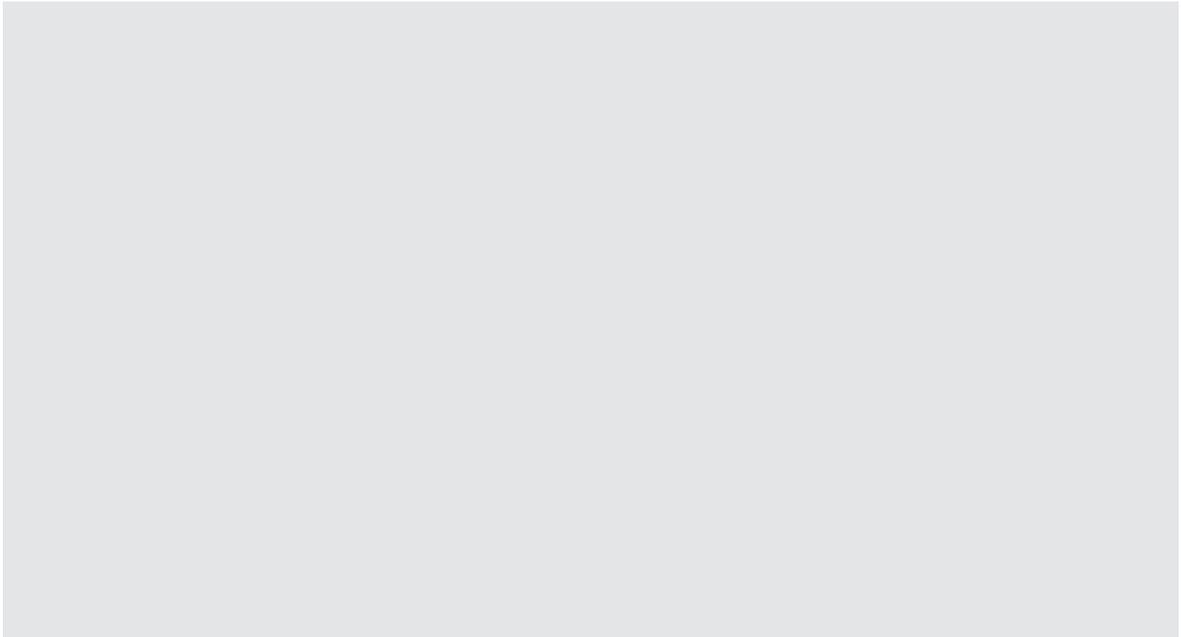
—Dashiell Hammett, *Red Harvest*

My core desired feelings



You should be basking in the abundance of who you are by now. You have so much to give.

Where would you like to give your love and talent? Where can you pour out your talent and expertise in a way that will light you right up?



You don't have to commit to giving in all these ways or to all of the outlets you can give to. You can turn some of this into an intention or goal later in this process. For now, just free-flow about what's possible—it generally feels quite regenerative to look at where and how you can give.

DESIRE, MEET ACTION

Planning is essential. Plans are useless.

—Winston Churchill

If you want to be clear, act.

—Marcus Buckingham

This is where you sift through everything that you said you want to **do, experience, and have** in your life—and you choose **the most important of those intentions and goals** to go after.

We're going to keep this really simple.

ONLY CHOOSE THREE OR FOUR MAJOR INTENTIONS OR GOALS FOR THE YEAR

Here's my theory—feel free to burn it down or to make it your new religion: Significant intentions and goals take time to achieve, and a year flies by, so you have to FOCUS. It might ache a bit to put some intentions on the back burner. Naturally. But those wants can circle back for attention. And the momentum and satisfaction you'll gain from pulling off just a few amazing endeavors will far outweigh anything you could gain from doing a bunch of things halfway.

Set out to do three or four things this year with gusto and excellence, rather than doing a dozen things just sufficiently. Trust me on this.

CHOOSE LESS IF YOU NEED TO

And hey, if you're aiming to do something Herculean and stupendous this year, then by all means, make that your **singular focus**. This could be The Year of the Concert Tour; The Year We Built the House; The Year I Got a Promotion; The Year of Healing; The Year I Finished My Book.

TRUST YOUR HEART

And as I suggested when we started this journey, you can let the goal selecting be easier if you allow yourself to **trust your inner guidance and don't worry so much about getting it "right."** Yes, there could be some deliberation over choosing the best goals, and you might let out a heavy sigh when you decide to put one of your wishes on hold in favor of being able to focus on another. (Focus. It hurts so good.) But don't back down from the process at this stage. This is the crest of your creativity. Ride it.

CHOOSING

The most powerful question to ask yourself when you consider which intentions or goals to focus on:

WHAT AM I MOST EXCITED ABOUT?

That's the key. This is about what lights you up the most. It's about what thrills you the most. Never mind that it may also be daunting and unreasonable. Out of your various intentions or goals, what are you the most enthusiastic about? Enthusiasm is a special emotion. It tends to stir up and carbonate all other positive feelings.

Other questions to vet your intentions by.

Your selections should not hinge solely on the following questions, but these questions will help you get clearer on what excites you the most.

- › How will this affect other people?
- › How can I work with people I like to get this done?
- › Does this help me generate more than one of my core desired feelings?
- › How would I feel if I died without doing this?
- › What will take the least amount of effort to pull off?
- › What has the highest earning potential?
- › What will require the largest amount of money?

- › How could this affect the next five to ten years of my life?
- › What is the scariest thing to do?
- › Do I feel I was born to do this?

IN CASE YOU'RE SCARED TO MAKE SOME CHOICES

Everything is progress. I've said it before, I'll say it again, and again: the universe is always expanding—that includes you. Errors, missteps, detours—it's all progress.

I chose and my world was shaken. So what? The choice may have been mistaken; the choosing was not.

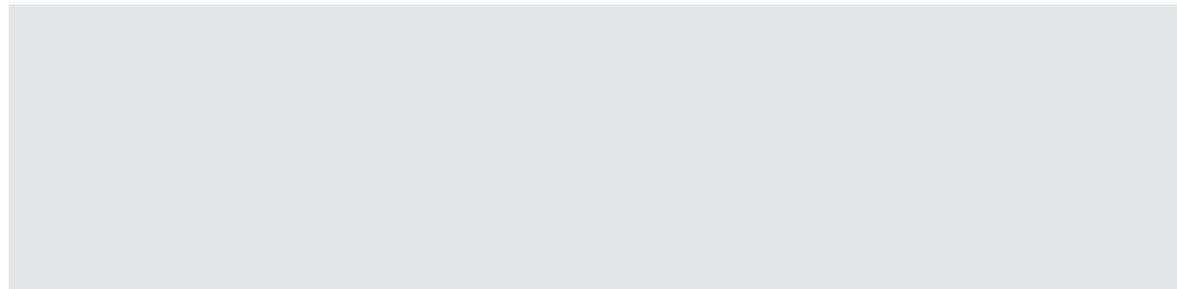
—Stephen Sondheim

You can change your mind, anytime. Just like that.

Just do something. Motion is better than stasis. When you take action, you learn, you build skills, you get freer. When you stay still because you're afraid to make a move, your self-worth wanes, your doubts fester and breed more doubts, your courage atrophies. It's not pretty. Suit up and head out.

CHOOSE THREE OR FOUR MAJOR INTENTIONS AND GOALS FOR THE YEAR

My core desired feelings



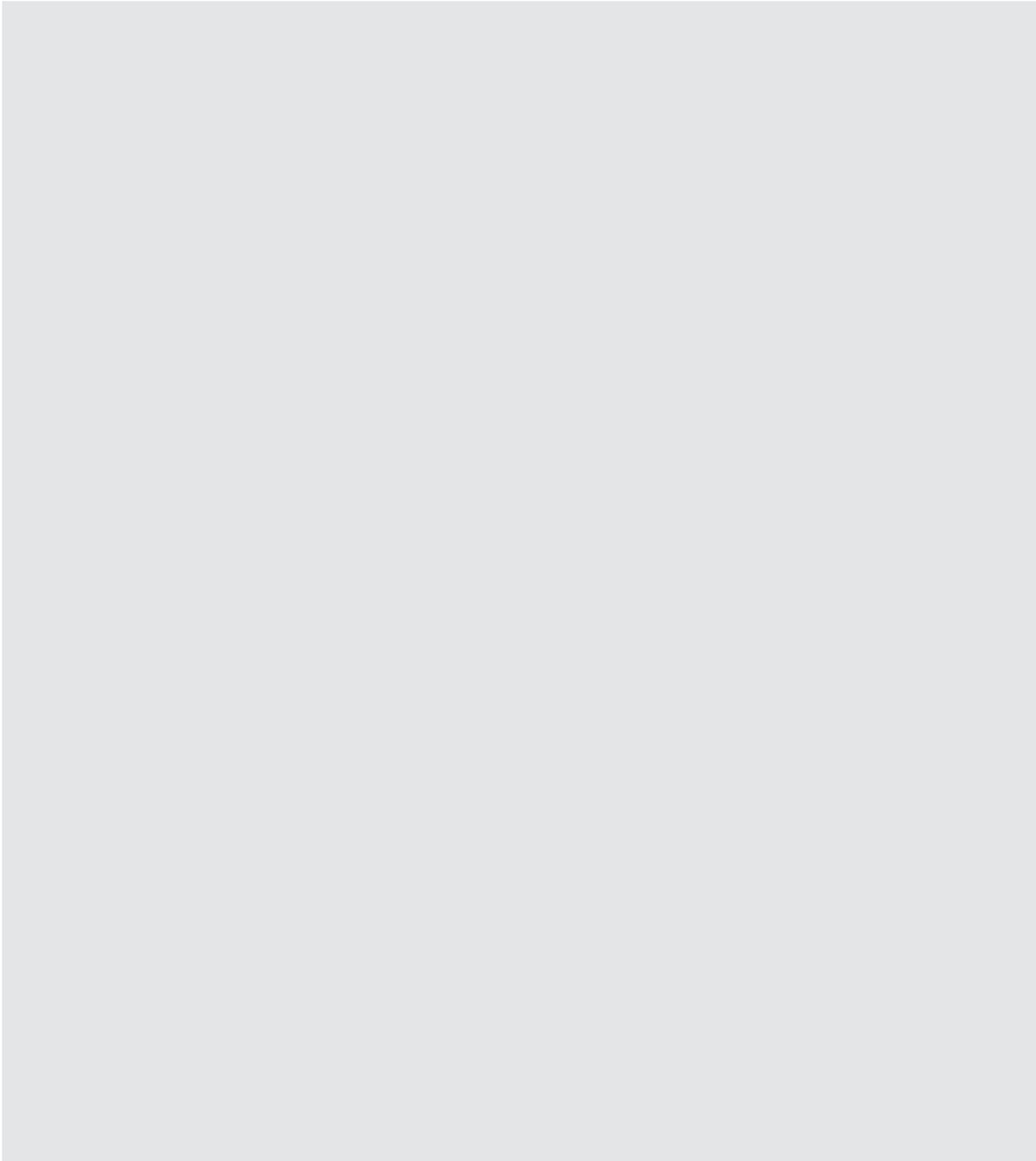
You're putting your core desired feelings at the center of your life. Yes, yes, you are. You know how you want to feel. And you've got a really good idea of what you can do, have, and experience—and think and believe—to help yourself feel that way.

Now you're going to take aim and devote yourself to actualizing what you want the most.

Go through each of the life areas (LIVELIHOOD, SPIRITUALITY, and so on) and REVIEW what you said you want to do, experience, and have in that area in order to feel your core desired feelings.

Out of all these things, which are the most exciting to you? Which of them makes you feel the way you want to feel? Now home in on three or four of the most potent feel-good opportunities that you would like to actualize this year.

MY INTENTIONS AND GOALS FOR THIS YEAR



ACTION SHEETS

Yearly achievements happen through daily choices and monthly aims.

I suggest you do a MONTHLY CHECK-IN and a WEEKLY action list. I've created formatted sheets you can write on directly within this workbook or refer to while writing your answers on a separate sheet of paper. (You can also print these out from *The Desire Map* website in a variety of sizes.)

Decide what you need to do each month to move closer to your three or four intentions or goals for the year. I prefer to do this just one month at a time, rather than filling in objectives for twelve months at once.

For many of us, core desired feelings are an entirely new way of steering our lives and setting goals. **You'll have to keep reminding yourself:** your primary intention is to feel good, and all of your external objectives exist in order to help you feel your core desired feelings.

So when you sit down for this monthly check-in, you're going to look at your desired feelings as the driver.

Keep this important question in mind every week and month when you ink out your to-dos:

How can I reach my long-term vision in ways that feel [insert your desired feelings here]? What you're feeling along your journey is what creates the result.

This question will help you adjust your actions and behaviors in order to get to your goal. You evaluate, affirm, or adjust your to-dos and your intentions according to what you think will generate your desired feelings.

Using your desired feelings as a guidance system isn't about being loosey-goosey with your intentions so that you give up when the going gets rough. It's about finding a way to feel good every step of the way. It's about accomplishing things in life-affirming, rather than Soul-sucking, ways.

MONTHLY CHECK-IN

MONTH:

My core desired feelings

My intentions and goals for this year

My intentions and goals for this month

THIS WEEK

What I'll do to generate my core desired feelings
and help myself reach this month's intentions and goals

My core desired feelings

LIVELIHOOD & LIFESTYLE

BODY & WELLNESS

CREATIVITY & LEARNING

RELATIONSHIPS & SOCIETY

ESSENCE & SPIRITUALITY

A few positive declarations

Helpful people to connect with

People to be of service to

DESIRE AS A PRACTICE

Don't stop here. Bring this into your life, into your thoughts that turn into realities, your calendar, your declarations.

Plan your week or month by your core desired feelings. “What do I need to do this week to generate my core desired feelings?” or, “What can I do this month to feel . . .”

I like to keep this really simple. I write out three to five actions each week that are on track with both my desired feelings and my goals (goals which are sourced from my desired feelings to begin with). I like to scope out the coming week on Fridays, because weekends are good for my mental health, and planning for the week on a Monday is the surest way to get behind the eight ball. (Never, ever plan your week out on a Monday.)

Use your own calendar system. Or get yourself a Desire Map Day Planner from DanielleLaPorte.com. It's a whole-life approach—a calendar that includes your heart and your day-to-day. Dreams + practicalities. Of course.

However you organize your days and months, put your core desired feelings and goals on the altar of your life and say, “THIS. THIS is what I am living in to!”

Go forth. And desire.

you are more than your name
your frame
your DNA
more plenty than all that you have
given birth
to
big big wishes!
you are even bigger
imagine that
(imagine anything)
and you are more
you are gone gone gone beyond
the beyond of what
started This All
I pray you
desire temples of peace
and benevolent tsunamis of love
and that you realize your size in relation to this universal
declaration:
I desire . . .
you are the that
and the and
the core
and the more
ever expanding
desire . . .