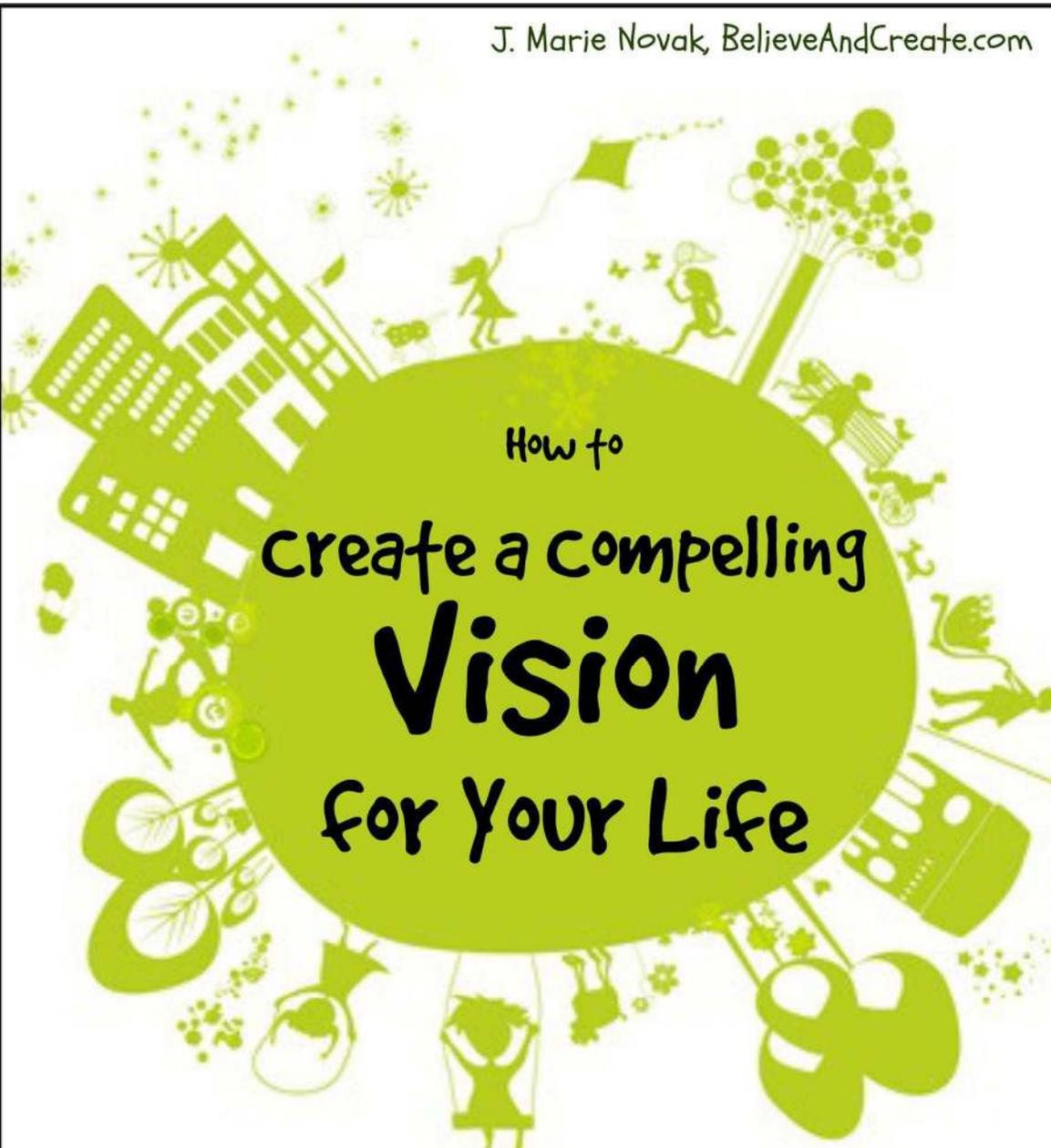


J. Marie Novak, BelieveAndCreate.com



How to
create a compelling
Vision
for Your Life

10 Eye-Opening Questions that
Will Help You Figure Out What
You Really, Truly Want

What I Really Want: A Journal of Self-Discovery

The quality of the questions you ask yourself now will help determine the quality of the rest of your life!

We all hit times in our lives when we face the big questions: “What do I want?” “Why am I here?” “What’s my purpose?” “How can I lead a happier life?”

We suffer from knowing that we want something else ... something more ... yet feel inadequately equipped to figure out what that is, much less how to go about getting it. We live our lives as though we’re on moving sidewalks that never end ... we’re simply shuttled from one day of our lives to the next and the next.

Life doesn’t have to be this way! If you want to experience more joy, fulfillment, and success in your life, it’s time to hop off that never-ending moving sidewalk and take some time at your own pace in your own way to explore what you truly want in your life.

Time spent in thoughtful reflection is crucial. The questions you ask yourself during these self-discovery sessions will make all the difference in what you learn.

“Questions provide the key to unlocking our unlimited potential ... quality questions create a quality life. Successful people ask better questions, and as a result, they get better answers.”

~ Anthony Robbins

If you’re reading this now, I promise there’s a profound message to be found here, but it won’t come from the words on this journal, but rather from the answers you place on these pages. The questions posed here will help you: clarify what’s most important to you ... uncover clues about what you really want ... and offer amazing insight into how your passions can help lead you to your purpose.

One word of caution: to receive the benefits that this journal can bring to you, you must commit to doing the work, and the work cannot be done hastily. Both patience and diligence are required.

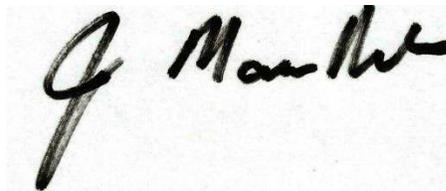
Take your time. Answer the questions thoughtfully. Rushing through this process will only lead to half-accurate results. I suggest that as you go through this journal, note the questions, and their corresponding answers, that trigger the deepest emotions for you. Strong feelings are a sign that you need to pay close attention to what you’re learning about yourself.

After you've been through the journal once, put it off to the side and come back to it in a few days. By distancing yourself from the process, you give your subconscious mind a chance to bring to light potentially important revelations that your conscious mind might not have accessed on your first review of the questions. Your inner guidance system is always trying to help you, but you must be patient in waiting for its wisdom to arrive.

If you need more space than what's allotted in these pages, then by all means, feel free to use more paper so that your answers are as complete as possible.

This process is for you. Give yourself the gift of self-discovery. You never know: it could change the rest of your life in a very, very good way!

Wishing you much love, joy, peace, and
success on your journey,

A handwritten signature in black ink on a light-colored background. The signature is written in a cursive style and reads "J. Marie Novak".

J. Marie Novak

Founder, www.BelieveAndCreate.com

1. How do I want to feel?

From the feelings I listed above, which THREE are the most important to me? What benefit do I get from feeling this way?

1. _____
2. _____
3. _____

Need some ideas? Here's a list of some possible feelings you might choose to embrace (this is not an all-inclusive list, you may come up with others) :

Joyous * Loved * Grateful * Excited * Contented * Valued *
Appreciated * Useful * Worthy * Capable * Important * Safe * Happy *
Comfortable * Confident * Wanted * Respected * Free * Accepted * Energetic *
Serene * Blessed * Loving * Vibrant * Proud * Eager * Courageous * Patient *
Strong * Adventurous * Intelligent * Inspired * Determined * Enthusiastic *
Decisive * Unique * Hopeful * Bold * Brave * Passionate * Warm * Playful *
Encouraged * Tenacious * Daring * Optimistic * Self-accepting * Popular *

2. Personal values: What do I value most in my life?

From the values I listed above, which 3 are most important to me? Why are they so important?

Need some ideas? Here's a list of personal values you might choose to embrace (this is not an all-inclusive list, you may come up with others)

Achievement * Friendship * Family * Growth * Power * Privacy * Community * Faith *
Influencing Others * Inner Harmony * Competition * Success * Service * Religion *
Affection * Fairness * Cooperation * Involvement * Responsibility * Affection * Change *
Certainty * Uncertainty * Personal Significance * Excellence * Equality * Loyalty *
Hard Work * Meaningful Work * Personal Freedom * Money/Abundance * Justice *
Persistence * Knowledge * Competence * Family * Excellence * Openness *
Improvement * Stability * Global View * Generosity * Humility * Professionalism *
Tradition * Trust * Independence * Wisdom * Self-reliance * Resourcefulness *
Creativity * Decisiveness * Discipline * Discovery * Enjoyment * Independence *
Kindness * Love * Peace * Personal Growth * Perseverance * Tradition *
Commitment * Honesty * Individualism * Fulfillment * Status * Vitality *
Self-expression * Love * Meaning * Open-mindedness * Preservation *
Autonomy * Approval * Determination * Spirituality * Abundance

3. What are the gifts and talents that I already possess?

Need help developing your gifts and talents list? These questions might help you:

- What was your favorite subject in school?
- In which subject(s) in school did you excel?
- What skills/behaviors have your employers complimented you on?
- What areas do your friends come to you for advice or help with?
- If you asked your coworkers what your talents are, what do you believe they would say?
- What was your favorite pastime when you were a child?
- When was the last time you lost track of time when working on a project (at home or at work)? What were you working on?
- Do some firsthand research: Consider asking your friends, coworkers and relatives what they believe are your top talents.

4. What would I like to change in my life? Why do I want these changes?

Example:

What I want to change: My weight.

Why I want this change: I want to lose weight so I'll be healthier, have more energy and be able to live longer.

<p>What I want to change:</p> <hr/>
<p>Why I want this change:</p> <hr/> <hr/>
<p>What I want to change:</p> <hr/>
<p>Why I want this change:</p> <hr/> <hr/>
<p>What I want to change:</p> <hr/>
<p>Why I want this change:</p> <hr/> <hr/>

Question 4 Continued ...

<p>What I want to change:</p> <hr/>
<p>Why I want this change:</p> <hr/> <hr/>
<p>What I want to change:</p> <hr/>
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<p>What I want to change:</p> <hr/>
<p>Why I want this change:</p> <hr/> <hr/>

Question 4 Continued ...

<p>What I want to change:</p> <hr/>
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<p>Why I want this change:</p> <hr/> <hr/>
<p>What I want to change:</p> <hr/>
<p>Why I want this change:</p> <hr/> <hr/>

IMPORTANT: When you've finished your list of what you want to change in your life, go back through your list and check the THREE changes you'd MOST like to see .

5. What are the FIVE sources of greatest joy in my life right now ?

Rank these in order of what's most important to you – with #1 being the most important.

(Family can only count as one and friends can only count as one also!)

1. _____

2. _____

3. _____

4. _____

5. _____

6. What are the 5 things I'm most unhappy about in my life right now?

1. _____

2. _____

3. _____

4. _____

5. _____

From the list above – which ONE are you MOST UNHAPPY about and why?

8. What skills could I improve or acquire that would help me live a happier and more successful life?*

Example of a hard skill: Learn web design.

Example of a soft skill: Learn how to be confident and speak up for myself.

****When selecting your “skills” to gain or improve upon, think in terms of both “hard” and “soft” skills.***

Examples of hard skills *(which typically relate to expert knowledge):*

Computer software knowledge * Technical ability * Machine knowledge * Industry knowledge * Math * Grammar * Customer Service * Presentation skills * Finance * Project management * Professional skills (e.g., medical, legal, accounting, engineering, science, programming, marketing, human resources, etc.)

Examples of soft skills *(which typically involve personal/self-management skills and/or interaction with others):*

Positive attitude * Verbal communication * Interpersonal skills (e.g., handling difficult people, dealing with awkward situations, etc.) * Resilience * Stress management * Self-confidence * Persistence * Patience * Perceptiveness * Networking * Collaboration * Adaptability * Inquisitiveness * Tenacity * Confidence * Flexibility * Problem-solving * Creativity * Teamwork * Analytical skills * Organization * Time management * Listening * Relationship building

9. What am I most passionate about and what can I start doing immediately so that I begin living in my “passion zones” more often?

I'm passionate about _____ and this is
what I can start doing immediately so I spend more of my life in this passion
zone: _____

I'm passionate about _____ and this is
what I can start doing immediately so I spend more of my life in this passion
zone: _____

10. What are the most important insights I've gained from asking myself the preceding 9 questions? (*see notes below)

Finally, ask yourself ...

What's the MOST important thing I've learned about myself from this journal? How am I going to use that knowledge to help me attain what I now know I really want in my life?

*As you answer question 10, be sure you think about:

- What gifts and talents do I possess that I'm not really using? How can I start using them more fully?
- Have I been devoting my efforts and time to what matters most to me? If not, what can I do about this?
- What is making me the most unhappy and what can I do about it?
- What makes me happy? What am I most passionate about? How can I bring more happiness and passion into my life?
- What do I need to learn in order to live the life I'm dreaming about? What's a good first step to gaining that skill?
- What do I most want to change in my life? How am I going to make that change? Do I need to get some help to do it, and if so, how can I find that help?

9 Bonus Questions

If you'd like to continue to exploring what you "really, really" want in your life, consider answering these bonus questions to gain additional insight:

1. If today was my last day on earth, what if any regrets do I have about how I lived my life?
2. What are the 3 things I most want to be remembered for?
3. Who is a person I've known personally who I really admire (he or she could be living or have passed on)? What did he or she do that made me admire him/her so much? Which traits would I like to emulate in my life?
4. What are three accomplishments that I'm most proud of? What is it about each accomplishment that makes me feel so proud?
5. What am I most grateful for in my life (this question gets you in touch with what really matters most already in your life)?
6. What little things (or big things) would I like to do to make this world a better place? What's one thing I can start doing right away?
7. Are there things in my life that I feel I really should do but have been avoiding? What are they? (Make a list.) Which of these items are truly important for me to do? What can I do now to get started on the most important item on my list?
8. What are the most important lessons I've learned this past year? Why are they so important and how will this knowledge help me improve my life from now on?
9. What bad habits have I fallen into? Which if any of these bad habits could keep me from experiencing the future I want? What action can I take now to begin to overcome these habits?

CLOSING THOUGHTS ...

Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love?' These are the real questions. I must trust that the little bit of love that I sow now will be many fruits, here in this world and the life to come. ~ Henri Nouwen

Who questions much, shall learn much, and retain much. ~ Francis Bacon

We thought that we had the answers, it was the questions we had wrong. ~ Bono

*For true success ask yourself these four questions:
Why? Why not? Why not me? Why not now?*
~ James Allen

The important thing is not to stop questioning.
~ Albert Einstein

This self-discovery journal was brought to you by ...



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