

Workshop exercise form

Print your name: _____ Date: _____

Example – Write and visualize yourself: Being (what you desire to be), Doing (what you desire to be doing), and Having (what you desire to be having and enjoying it). The completed form is not shared with others and returned at end of session. (Changes can always be made later).

I desire to Be:

I desire to Do:

I desire to Have:

Read your desires out loud everyday and plan to achieve them (ideas will come). You can set goals for three months, one year, and five years.

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