

# What Do You Want?

Use this worksheet to track What Do You Want and to notice how it is showing up in your life.

## 1. Set Your Intention

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Answer the question: **What Do You Want?**



## 2. Seek to Notice

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Throughout the day, write down what you notice about how what you want is showing up for you. It can be as big or small – the point is to notice.

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## 3. Secure your Habits

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What new habits are you developing as a result of looking for and finding what you want in your daily life?