

# What I Really Want to Do

As an older male, there is no point me wanting to win a Gold medal in swimming for females. Those who are indecisive about knowing what they want to do in life need a starting point about which they can become intentional. It has been said that you can't make your dream happen if you do not have a dream. Some people are wired with a temperament and have been socialised in such a way that they just do not have much of a passion for anything, *and this bothers them*. Here's where you can start!

Thus said, you will need to work WITH your temperament, and you will need to ADDRESS some of the self-limiting beliefs which hold you back...

First ask yourself these five pivotal questions:

- ✦ To which significant other(s) might I want to **bestow great honour**? (no more than two or three people or types of people whose names are not yet known)

---

---

---

- ✦ With whom do I want to have **rich, meaningful and rewarding relationships**? (again, no more than two or three people or types of people whose names are not yet known)

---

---

---

- ✦ To what extent do I wish to be and live **ethically above reproach**?

---

---

- ✦ To what extent might I want to **serve and invest in close family**?

---

---

---

- ✦ To what extent might I want to contribute to **humanity's greater good**?

---

---

---

If you have drawn a bit of a blank on some of these, ask yourself and write down what YOU CERTAINLY DO NOT WANT, then consider the opposite. This will begin to create the framework for 'What you Really Want to Do.'

And if you were thinking, *"I really just wanted to buy a boat!"* then how does the purchase and use of the boat you have in mind, stack up against these questions? People have actually used this sheet to build (and modify), then present to a partner to highlight to them the worth of a particular course of action.

## Next Steps:

- 1) **Congratulate yourself** for taking time to consider your potentials. We hope it has benefited you.
- 2) Like all Tools, it is only effective when put into practice! To begin, just **spend 5-10 minutes to reflect** of ways you might implement this into your day to day routines.
- 3) Over the next day or two, realize it by creating **an action point** / goal you want achieved.
- 4) The next step is to **share your** Learning, Insights and Intentions on the MIP Forum. Log in to <http://www.miprofessionals.com.au>. If not a member, join as a Guest to post on the public Forum.
- 5) Our experience shows that YOUR forward movement is greatly increased as you post on YOUR Forum using our I-M-P-A-C-T approach:
  - I = Issues I am facing
  - M = My to do list right now
  - P = Plans to implement in the next one to three months
  - A = Attitudes right now; what I am feeling
  - C = Clarity needed on some issues
  - T = Thankfulness to those who have helped me to becoming a better person

You might like to make a start here by jotting down what you will transfer to your Forum. (Or your fridge magnet☺)

---

---

---

---

---

---

---

---

---

---

- 6) If you are a Member, you can participate in “Active” forums, where your Coach can communicate and monitor your progress in this journey together.
- 7) Many people get to the point where they realise nothing will change until they engage a coach to bring out their best. Members can book a call to discuss this, or call 1300 90DAYS

*...on track with work-life balance in 90 days*