



Getting Clear On Your Deepest Desires vs Your Should Desires

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Three questions to ask yourself:

- 1. What do I want more than anything?*
- 2. What can I never ever let go of?*
- 3. What will not leave me alone no matter how alone I leave it?*

How To Know When You're Shoulding Yourself vs Actually Desiring Something

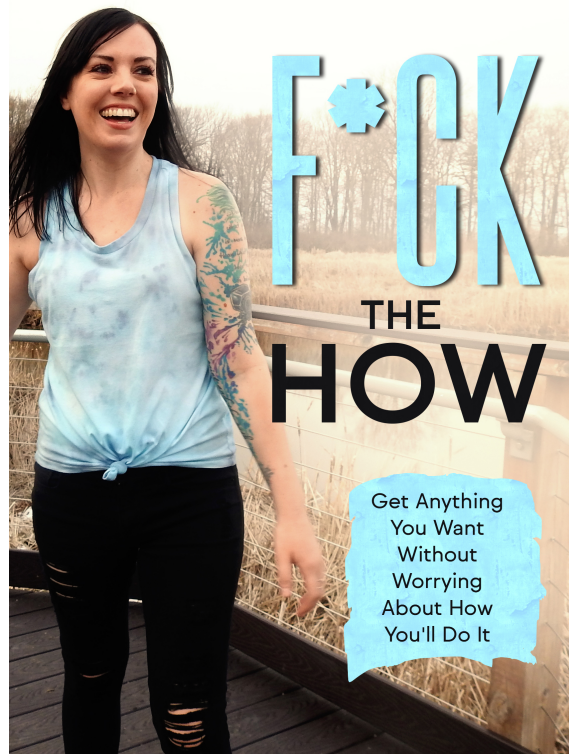
- **There's no doubt**—you know you want it, even if you're afraid you can't have, it, that it won't happen, that you don't know how, etc. If you're back and forth on it, it's likely because you're shoulding yourself.
- **It's something society/other people have told you that you should want**—but you don't really care all that much about it; that's a should desire
- **It fully lights you up and excites you**—if it doesn't or if the idea of going for it drains your energy, it's likely a should desire
- **You're willing to do whatever it takes, give it your all and keep going until you get it or something better**—if you're not putting any or willing to put any skin in the game or invest your time/energy/focus/money into it, it's a should desire

Here's What To Do Next

- **Write down every single thing you desire, think you desire, think you might desire, think would be cool to desire, etc.**—just write it all down
- **Go through that list and ask yourself: *if this desire didn't come true by the end of my life, would I feel like my life was a total waste?***—while potentially scary or confronting to think about, the clarity you'll get from asking it is everything
- **Give yourself permission to ONLY desire what you truly desire**—and let everything else go
- **Go all in on the deep desires**—whatever that looks like for you
- **Reconnect to those desires often to stay clear on them**—this also helps you make sure you don't get distracted by life chaos, shiny object syndrome or another should desire

**Now that you know what you want, it's
time to get it by saying: F*ck the How**

JENNIFER BLANCHARD
FORWARD BY MARY DEROSA



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