

**In a world of infinite choices, how do you decide what you really want? Now, at last, there's a way...**

# **7 Ways To Figure Out What You Want™**

**by Andrew Halfacre**

**How to Discover What  
You Really Want**

The thing is you already know...


No man can reveal to you ought but that which already lies half asleep in the dawning of our knowledge.

The teacher who walks in the shadow of the temple among his followers, gives not of his wisdom but rather of his faith and his lovingness.

If he is indeed wise he does not bid you enter the house of wisdom but rather leads you to the threshold of your own mind.

Kahlil Gibran  
The Prophet

What we're going to do is help you find out what you already know...



## The First Way: Start Small

Make a list of five things you want to achieve BEFORE YOU SLEEP tonight

1

2

3

4

5

Now five things you want to achieve BY THE END OF THE WEEK

1

2

3

4

5

Now five things you want to achieve BY THE END OF NEXT WEEK

1

2

3

4


5

Achieving even very small goals will get you into the habit of being a person who knows what they want and achieves it...

Now one thing you want to achieve BY THE END OF THE MONTH



## The Second Way: Focus On What You Don't Want

Life area: (Example: my job)		
I don't want...		I do want...
START HERE - Make a list of all the things you DON'T want in your job.		FINISH HERE - Fill this side up with what you want instead...
<div style="border: 1px solid black; border-radius: 50%; width: 150px; height: 100px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"><p><b>What do you want instead?</b></p></div>		



### The Third Way: Make A Wish List

I wish	How could I? (Options)	What would I need to do? (Steps)
<input checked="" type="checkbox"/>		
<input checked="" type="checkbox"/>		
<input checked="" type="checkbox"/>		
<input checked="" type="checkbox"/>		
<input checked="" type="checkbox"/>		
<input checked="" type="checkbox"/>		
<input checked="" type="checkbox"/>		
<input checked="" type="checkbox"/>		
<input checked="" type="checkbox"/>		
<input checked="" type="checkbox"/>		




## The Fourth Way: Learn To Keep Score

Career & Business	1	2	3	4	5	6	7	8	9	10
<p>What would 10/10 be like?</p> <p>SEE:</p> <p>HEAR:</p> <p>FEEL:</p> <p>What is <b>one thing</b> I can do to improve my score?</p>										

Family	1	2	3	4	5	6	7	8	9	10
<p>What would 10/10 be like?</p> <p>SEE:</p> <p>HEAR:</p> <p>FEEL:</p> <p>What is <b>one thing</b> I can do to improve my score?</p>										


Relationship	1	2	3	4	5	6	7	8	9	10
<p>What would 10/10 be like?</p> <p>SEE:</p> <p>HEAR:</p> <p>FEEL:</p> <p>What is <b>one thing</b> I can do to improve my score?</p>										



Personal Growth/Development	1	2	3	4	5	6	7	8	9	10
What would 10/10 be like?										
SEE:										
HEAR:										
FEEL:										
What is <b>one thing</b> I can do to improve my score?										

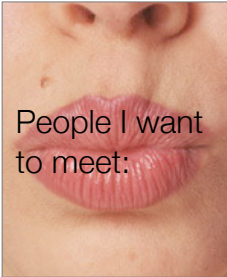
Health & Fitness	1	2	3	4	5	6	7	8	9	10
What would 10/10 be like?										
SEE:										
HEAR:										
FEEL:										
What is <b>one thing</b> I can do to improve my score?										

Spirituality/Purpose/Contribution	1	2	3	4	5	6	7	8	9	10
What would 10/10 be like?										
SEE:										
HEAR:										
FEEL:										
What is <b>one thing</b> I can do to improve my score?										



## The Fifth Way: Before You Die

My average life expectancy:	
My age now:	
Number of years I have left are:	


 <p>People I want to meet:</p>	
Places I want to go:	
Experiences I want to have:	
Things I want to learn:	
Contribution I want to make:	



## The Sixth Way: Stop Thinking And Come To Your Senses

Do this exercise without thinking about it...

I most love LOOKING at:	How can I SEE more?
I most love TOUCHING:	How can I FEEL more?
I most love TASTING:	How can I TASTE more?
I most love HEARING:	How can I HEAR more?
I most love SMELLING:	How can I SMELL more?



## The Seventh Way: Follow Your Joy

List at least one thing you accomplished in each age category listed below that gave you the greatest sense of joy. These are accomplishments that you personally felt good about regardless of what others thought at the time. Use the questions below to really understand the important aspects of what you did.


(If you don't get an answer right away, don't dwell on it, it probably doesn't apply to your situation.)

Approximate age categories:

### Between 0 - 12

- What did you accomplish that gave you the greatest sense of joy at the time?
- What did you actually do?
- What specifically was the sense of joy?
- What abilities did this demonstrate?
- What general type or category would you put this in?
- What were the wider circumstances?

### Between 13 - 17

- What did you accomplish that gave you the greatest sense of joy at the time?
  - What did you actually do?
  - What specifically was the sense of joy?
  - What abilities did this demonstrate?
  - What general type or category would you put this in?
  - What were the wider circumstances?
- 


**Between 18 - 22**

- What did you accomplish that gave you the greatest sense of joy at the time?
- What did you actually do?
- What specifically was the sense of joy?
- What abilities did this demonstrate?
- What general type or category would you put this in?
- What were the wider circumstances?

**Between 23 - 30**

- What did you accomplish that gave you the greatest sense of joy at the time?
- What did you actually do?
- What specifically was the sense of joy?
- What abilities did this demonstrate?
- What general type or category would you put this in?
- What were the wider circumstances?

**Between 31 - 40**

- What did you accomplish that gave you the greatest sense of joy at the time?
  - What did you actually do?
  - What specifically was the sense of joy?
  - What abilities did this demonstrate?
  - What general type or category would you put this in?
  - What were the wider circumstances?
- 

**Between 41 - 50**

- What did you accomplish that gave you the greatest sense of joy at the time?
- What did you actually do?
- What specifically was the sense of joy?
- What abilities did this demonstrate?
- What general type or category would you put this in?
- What were the wider circumstances?

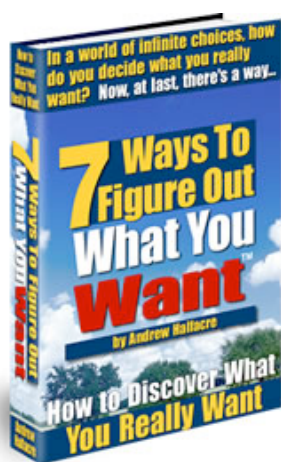
**Between 51 - 60**

- What did you accomplish that gave you the greatest sense of joy at the time?
- What did you actually do?
- What specifically was the sense of joy?
- What abilities did this demonstrate?
- What general type or category would you put this in?
- What were the wider circumstances?

**Between 61 - 70+**

- What did you accomplish that gave you the greatest sense of joy at the time?
- What did you actually do?
- What specifically was the sense of joy?
- What abilities did this demonstrate?
- What general type or category would you put this in?
- What were the wider circumstances?

What are  
the common  
themes here?



Get the full ebook and more...

- ✓ 100 page ebook
- ✓ 7 part e-course
- ✓ free updates for life
- ✓ 50% discount

[www.7waysto.com/7w\\_offer.html](http://www.7waysto.com/7w_offer.html)

