

A No Brainer Answer To What Do I Really Want

What do I really want? Success is about choosing what you want in life and taking the necessary steps to achieve that goal. But how do I really know what I want in life? Most people go merrily through life doing what is expected of them and never honestly answer this question. Many people do not even ask it and therefore never achieve the success and happiness they would like in life. Not achieving success in life many times can be directly attributed to the fact that we let our own minds limit our possibilities.

What do I Really want and how do I know I really want it? There are three questions you can ask yourself which can help answer this basic question and get you started on the path to success. The key to this exercise is to answer these questions totally honestly and not let anyone else influence you.

First, visualize what is important to you. Close your eyes and actually picture it. If your dream is a house on the lake don't just picture any house on the lake. Describe it fully. Does it have shutters or a garage? How many bedrooms? Can you feel and hear the water of the lake? Are the windows open or close?

Next ask yourself, "If money was no object what would I want?" This is the age old question many people have asked, however have they really answered it? Again, the key is being honest about yourself, serious about the question and not letting anyone else influence you.

Third, when you think of describing yourself what can you say and then what do you wish you could say? This is an important question. Take a piece of paper and draw a line down the middle. On the left side write down any words that come to mind that describe you. It does not have to be sentences, just keep writing. Then take the left side of the paper and scribble anything at all that you wished you did or where. Consider everything, brainstorm and let your mind wander. Remember, no one but you will see this.

Are you starting to see the point? At this time, it is important not to judge yourself or let anything get in the way of your dreaming. Remember, this is what you want so let yourself go and remove all inhibitions. Get your senses involved. See it, feel it, smell it, hear it and even taste the food coming out of your dream kitchen. While you are visualizing be selfish and think about you and only you.

Finally, what does your gut feeling tell you? Are you queasy when you are visualizing what you want or do you have a warm fuzzy feeling? This is important. If you are queasy or feeling unsettled is it because something is holding you back or is it because what you are visualizing is not really what you want but what someone else wants for you?

Choose to remove whatever is holding you back. Has something happened in the past to affect your self esteem? Do you immediately have negative thoughts as soon as money and success come to mind? If you are not choosing success then it is likely that something is blocking your ability to change and follow a new path. Let yourself go and by all means, be emotional. You never know what may pop into your head that was never a consideration in the past

Important to remember is anything can happen. Oprah explained it very well when she said as she was growing up all she wanted was to someday own a house with two trees in the yard. By being open with herself and honest about her abilities she now has a multi-million dollar home with fifty trees just in the front yard. This was something she believes she never could have imaged herself. The key, she explains, was that she did not let her own mind limit her possibilities.

Don't let your own mind limit your possibilities. Let your feelings and emotions tell you what you want and not your brain. That is the no brainer answer to the mind blowing question, "What do I really want?"

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