What Do I Actually Want?

Companion to "The Most Important Conversation"

5 MINUTES A DAY, FOR 7 DAYS

HOW TO USE THIS SHEET

1. Each morning, before you read anything you wrote before, fold the previous day's strip back along its dashed line so you cannot see it.
2. Answer one question in a few lines: what do I actually want?
3. Do not reuse yesterday's answer. Let it get more precise each time you ask it.
4. At the end of the week, unfold everything and read how your answer moved.

DAY 1 *What do I actually want?* Date:

(fold this section back before you write the next one)

DAY 2 *What do I actually want?* Date:

(fold this section back before you write the next one)

DAY 3 *What do I actually want?* Date:

(fold this section back before you write the next one)

DAY 4 *What do I actually want?* Date:

(fold this section back before you write the next one)

DAY 5 *What do I actually want?* Date:

(fold this section back before you write the next one)

DAY 6 *What do I actually want?* Date:

(fold this section back before you write the next one)

DAY 7 *What do I actually want?* Date: