

First, Know What You Want

Read "[First, Know What You Want](#)" by Andrew Halfacre.

This is a summary of the online story on the [First, Know What You Want](#) website.

Follow these steps to discover what you want. Then you can set goals to achieve it.

- Decide first firmly that you do want to know what you want, realizing what you could gain and lose by doing this and by not doing this.
- Practice to always choose your reaction, where to focus and the next action. Take 100% responsibility for your choices. Don't blame. Train your decision making muscles.
 - Play with making conscious decisions on what you want for all the small choices you have in life; turn off the automatic pilot: Decide what you want -> Act -> Get.
 - Stop giving reasons (excuses) and "trying": start delivering results.
 - See the results you achieve or not as data: learn from it what works.
 - Keep the promises you make to yourself.
 - Make decisions based on what you want (your long-term desire), not based on what you feel like at that moment (your mood).
- Play with scoring yourself regularly on a scale from 1 to 10 on "health", "finances", "career", "relationship", "family", "personal growth and development" and "spiritual".
 - Score yourself regularly on each field.
 - The goal is to score rather even and high on all.
 - Think about what a 10/10 would be for you in a certain field. Imagine this 10/10. Visualize how it would look like. What you and others would say and feel.
 - Think about the gap and identify one action that can take you a step closer to the 10/10.
 - Additional: to energize yourself, score your excitement level at that moment and imagine what your energy would be at a 10/10 excitement level.
- Identify, recognize and play with thinking about what you don't want. Then ask: "What do you want... instead?"
 - Communicate to people based on if they are typically motivated by what they want (the carrot) or by what they don't want (the stick).

- Play with making up and identifying your big wishes. Be outrageous.
 - Then see how willing you are to actually work out all the small steps and single actions to get there. That indicates how badly you want that wish.
- Play with the thoughts that before you die, who would you like to meet, where would you like to go, what you would love to see, learn, achieve, experience and own, and what legacy would you like to leave.
- Play with the thoughts about:
 - What you really enjoy seeing, smelling, hearing, touching and tasting,
 - What you like to see, smell, hear, touch and taste more often,
 - How often you see, smell, hear, touch and taste this now and
 - How you could see, smell, hear, touch or taste this more often.
- Play with the thoughts about where you have been in the past at your most joyful and expressive.
 - Put these thoughts together and see what it tells you about the place, surroundings or environment where you will be at your best.
- Your own body starts putting up resistance against the big changes that you want to make and that are threatening the current status-quo.
 - Fear is just data. Treat it as such. Decide and act upon it. Fear is not the boss.
 - Break new things into very small steps that are non-threatening.
 - Follow your resistance: do that thing first that you are avoiding or resisting.
 - Recognize resistance coming from others.
- Turn it into a game to clean up your mess, clutter and unfinished business on your desk and in your home and life to make room for inspiration to land. Be extreme in this.
- Note down or record any thought or idea that comes up in your mind. Then once a day or at least once a week, go through these ideas to categorize or discard them.
- To clear your mind, start regularly the day with writing down by hand any thoughts that come up until you have 3 pages full. Then shred the pages.
 - Keep separate record of any thoughts and ideas that come up that you like to remember.