Future Possibilites - Step 1 Form

Date:

What are your desires and intentions? What would you like to do, be, have or experience?	Desirability	Difficulty

1. **Gather Your Desires:** Imagine it is a few days before your birthday and you can ask for help or anything you'd like.Write them in column # 1.
2. **Review and Rate Desirability**: Rate each wish on a 1-10 scale (10 is highly desirable and fulfilling wherein nothing is missing) in column # 2
3. **Review and Rate Difficulty:** Imagine you need to accomplish this soon, rate it; 1=not so hard, 10 = it feels nearly impossible, you can't hold a vision of you achieving it, you've never experienced anything close to this. Write the rating in column # 3.

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