



# Creating the Life of Your Dreams

**A Guided Workbook for Women to Gain Clarity,  
Build Confidence, and Manifest Their Desires**

# 50 Common Wants for Women

## What Do Women Often Desire?

<ol style="list-style-type: none"><li>1. Financial security</li><li>2. Career fulfillment</li><li>3. A loving partnership</li><li>4. Improved physical health</li><li>5. Emotional balance</li><li>6. Stronger relationships with family</li><li>7. Time for self-care</li><li>8. Travel opportunities</li><li>9. Creative outlets (writing, painting, etc.)</li><li>10. Inner peace</li><li>11. A sense of purpose</li><li>12. A close-knit group of friends</li><li>13. Confidence to make life changes</li><li>14. Spiritual growth</li><li>15. A clutter-free home</li><li>16. Flexible work schedules</li><li>17. More "me" time</li><li>18. Quality time with grandchildren</li><li>19. Better sleep</li><li>20. Debt-free living</li><li>21. Meaningful hobbies</li><li>22. A fresh start in a new city or town</li><li>23. Giving back to the community</li><li>24. Starting a new business</li><li>25. Improved fitness levels</li></ol>	<ol style="list-style-type: none"><li>26. Financial security</li><li>27. Career fulfillment</li><li>28. A loving partnership</li><li>29. Improved physical health</li><li>30. A sense of purpose</li><li>31. A close-knit group of friends</li><li>32. Confidence to make life changes</li><li>33. Spiritual growth</li><li>34. A clutter-free home</li><li>35. Flexible work schedules</li><li>36. More "me" time</li><li>37. Quality time with grandchildren</li><li>38. Better sleep</li><li>39. Debt-free living</li><li>40. Meaningful hobbies</li><li>41. A fresh start in a new city or town</li><li>42. Giving back to the community</li><li>43. Starting a new business</li><li>44. Improved fitness levels</li><li>45. A new wardrobe that fits their style</li><li>46. Learning a new language</li><li>47. Pursuing higher education</li><li>48. Mastering a new skill (cooking, gardening, etc.)</li><li>49. Positive body image</li><li>50. A deeper connection with nature</li></ol>
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# Identifying What You Truly Want

## Exercise 1: Brainstorm Your Desires

Write down everything you currently want—no matter how big or small. Don't hold back! Let your imagination run wild.

**Prompt:** What does your dream life look like? List anything that excites or inspires you.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
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- 22. \_\_\_\_\_
- 23. \_\_\_\_\_
- 24. \_\_\_\_\_
- 25. \_\_\_\_\_

# Identifying What You Truly Want

## Exercise 2: Digging Deeper

For each item you listed, ask yourself the following:

- **Why do I want this?**
- **Does this desire come from within, or is it influenced by others?**
- **How will achieving this improve my life?**

Space: Write your reflections here.

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# Narrowing Down Your List

## Exercise 3: Prioritize Your Top 10 Wants

Review your brainstorm list and circle the 10 most important desires. Use the prompts below to guide your choices:

- Which of these would bring me the most joy?
- Which align with my values?
- Which feel achievable and exciting right now?

Write your top 10 below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# Taking Action

## Exercise 4: Set Clear Goals

For each of your top 10 wants, create a clear and actionable goal using the following structure:

**“I will [specific action] by [specific date].”**

**Example** "I will start a yoga practice by joining a local studio by February 15."

Write your goals here.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



# Taking Action

## Exercise 5: Your Next Steps

Break down each goal into smaller, actionable steps.

**Prompt:** What is the first thing I can do today to move closer to this goal?

**Example:** If your goal is to "write a book," your first step might be to create an outline.

## Exercise 6: Visualize Your Dream Life and Journaling

Spend 5-10 minutes each day visualizing what achieving your goals will feel like. Write a short description of your dream life as if you're already living it.

**Prompt:** What does a typical day in your dream life look like? How do you feel?

Who is with you?

## Exercise 7: Daily Affirmations

Choose affirmations that resonate with your goals and desires. Repeat these daily to keep your mindset focused and positive.

### Examples:

- "I am worthy of achieving my dreams."
- "I attract opportunities that align with my goals."
- "Every day, I take steps toward my ideal life."

## Conclusion

This workbook is your tool to uncover what you truly want and start taking the steps to create the life you've always dreamed of.

The number of dreams is not what is important, what truly matters is how this list makes you feel. Even if there is only one dream you identify that excites you – go with it! You know you're on the right path when you can't stop thinking about it and the thoughts running through your head are so exciting, so inspiring you want to think about it all day long and feel an intense urgency to take action.

Review this list often and revise as needed. Do not be surprised if what you thought you wanted is losing its luster. Most likely some of the items on your list will only give you external validation and not truly fulfill what your heart desires.

Finally, consistency and repetition are key! Review and revise your list, set goals, take action, visualize, journal, affirm and then do it again. Weekly, monthly, it's totally up to you. The more time you spend reflecting on what you want the easier it will become to identify your dreams quickly and discover what truly aligns with what is important to you.

Remember, the journey begins with you—and you're capable of achieving anything you set your mind to!