

## DESIRE MAP RETREAT AGENDA—Condensed version

- Share CDFs and processes
- Read aloud pages 215-217
- Do/Experience/Have worksheets. See page 112 for ideas.
- Revisit Relating to People/Life exercise.
- BREAK (if desired)
- Dark side/Light side of CDFs
- Read aloud pages 229-231. I want/I already have exercises
- BREAK (if desired)
- Read aloud pages 235-238
- ACTION SHEETS
- Read aloud pages 245-248

## **Livelihood & Lifestyle**

Career, money, work, home, style,  
Space, possessions, fashion, travel,  
Gifts, sustainability, resources

If I want to feel this way [write your core desired feelings here]:

within the realm of LIVELIHOOD & LIFESTYLE,  
then I want to do, experience, or have the following:

## **Body & Wellness**

Healing, fitness, food, rest & relaxation,  
Mental health, sensuality, movement

If I want to feel this way [write your core desired feelings here]:

within the realm of BODY & WELLNESS,  
then I want to do, experience, or have the following:

## **Creativity & Learning**

Artistic and self-expression,  
Interests, education, hobbies

If I want to feel this way [write your core desired feelings here]:

within the realm of CREATIVITY & LEARNING,  
then I want to do, experience, or have the following:

## **Relationships & Society**

Romance, friendship, family

Collaboration, community, causes

If I want to feel this way [write your core desired feelings here]:

within the realm of RELATIONSHIPS & SOCIETY,  
then I want to do, experience, or have the following:

## **Essence & Spirituality**

Soul, inner self, truth, intuition,  
Faith, practices

If I want to feel this way [write your core desired feelings here]:

within the realm of ESSENCE & SPIRITUALITY,  
then I want to do, experience, or have the following:

**Re-read your Relating to People/Life exercise. Does your current method of engaging with people generate your CDFs? Can you make changes to feel the way you want to feel in the way you relate to people?**

## **Brutal facts and fears about getting what you want**

My core desired feelings:

Go to the dark side for a minute. Get it out of your system.

What past failures are plaguing you?

What mistakes are you afraid to make again?

Which wounds are still healing?

What would the naysayers or your haughty inner critic say to stop you?

And what are the current tough circumstances, market conditions, or obstacles standing between you and what you want in every area of your life?

Let 'em tumble out however they come to you. Detox time.



## Positive and inspiring thought forms that will eclipse fear and rev you up

My core desire feelings:

**Now's the time to record helpful thought forms that can quell all the negative stuff you wrote out on the previous page.** Choose optimism. Think thoughts that feel good. Cheerlead yourself.

What are your favorite past successes?

Who are the people who adore and support you the most?

Who are the role models and mavericks who've proven that it can be done?

Riff out a list of high-energy, uplifting words that will remind you of your core desired feelings when negativity shows up. You can make bright, determined, feisty, resounding declarations.

# MY CORE DESIRED FEELINGS

**I WANT:**

**I ALREADY HAVE:**

**I WANT:**

**I ALREADY HAVE:**

**I WANT:**

**I ALREADY HAVE:**

# MY CORE DESIRED FEELINGS

**I WANT:**

**I ALREADY HAVE:**

**I WANT:**

**I ALREADY HAVE:**

**I WANT:**

**I ALREADY HAVE:**

# MY CORE DESIRED FEELINGS

WHAT DO I NEED TO DO TO FEEL THE WAY I WANT TO FEEL?

(You can use these categories as guideposts: Livelihood & Lifestyle, Body & Wellness, Creativity & Learning, Relationships & Society, Essence & Spirituality)

**DAILY:**

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PEOPLE TO CONNECT WITH

PEOPLE TO BE OF SERVICE TO

# MY CORE DESIRED FEELINGS

## WHAT DO I NEED TO DO TO FEEL THE WAY I WANT TO FEEL?

(You can use these categories as guideposts: Livelihood & Lifestyle, Body & Wellness, Creativity & Learning, Relationships & Society, Essence & Spirituality)

### **WEEKLY:**

PEOPLE TO CONNECT WITH

PEOPLE TO BE OF SERVICE TO

# MY CORE DESIRED FEELINGS

## WHAT DO I NEED TO DO TO FEEL THE WAY I WANT TO FEEL?

(You can use these categories as guideposts: Livelihood & Lifestyle, Body & Wellness, Creativity & Learning, Relationships & Society, Essence & Spirituality)

### **MONTHLY:**

PEOPLE TO CONNECT WITH

PEOPLE TO BE OF SERVICE TO

# MY CORE DESIRED FEELINGS

## WHAT DO I NEED TO DO TO FEEL THE WAY I WANT TO FEEL?

(You can use these categories as guideposts: Livelihood & Lifestyle, Body & Wellness, Creativity & Learning, Relationships & Society, Essence & Spirituality)

### **QUARTERLY:**

PEOPLE TO CONNECT WITH

PEOPLE TO BE OF SERVICE TO