




BE. DO. HAVE.

An exercise in developing clarity.

Directions: Set aside time to focus on this exercise for 30 minutes. Turn off notifications and just be still for a few minutes to start the process. Clear your mind of all the “to do’s” you have. They will be there when the 30 minutes are up.

Focus on each column specifically for five minutes. Write down all the things you can think of that you want to be, then do, then have. Don’t judge anything that comes up, just write it down. Allow your subconscious to bring things to the surface that you dream of.

I want to BE..... 	I want to DO..... 	I want to HAVE..... 
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After you complete the exercise, reflect on the threads you see between your Be, Do, and Have areas. Where do you see commonalities? What are you drawn to most? What are you most motivated to do? If time and money were no object, what would you take action on?