



## How to discover what you really want in your life

### Do you know what you want?

Or do you only know what you do **NOT** want?

To get what you want in your life you need to know what you want. That does not mean you need to know how to get it. That will come after you decide what you do want.

To work out what you want, start with a Dream List.

A Dream List is a list of things that you want to BE, DO or HAVE. In creating the Dream List, you assume you have all the money, talents and resources you need for these things. There are no limitations.

To write your list, put down the separate heading of: BE, Do and HAVE. Now under each of these write down the numbers 1 to 50.

Now, for the HAVE list. Write everything you would like to HAVE in your life. This includes all material possessions, people, opportunities and resources. Continue to write until you have the 50 items filled in. If you do not have 50 items, push yourself to find 50 items. It is usually the last 10 items where your subconscious will start to list what you really want deep inside.

After this, move the DO list. Write everything you would like to DO in your life. This includes all the places you would like to visit, skills you would like to learn, concerts you would like to attend and courses you would like to take, etc. Continue to write until you have the 50 items filled in. If you do not have 50 items, push yourself to find 50 items. It is usually the last 10 items where your subconscious will start to list what you really want deep inside.

The last list is the BE list. Write all the characteristics of the person you would most like to BE. If you could be anyone you choose with any personality traits and roles to play then who would you BE Like. Continue to write until you have at least 30 items filled in. If you do not have 30 items, push yourself to find 30 items. It is usually the last 10 items where your subconscious will start to list what you really want deep inside.

Now that you have your lists, identify how long you expect it would take for you to achieve each dream item. The options are: 1 year, 3 years, 5 years, 10 or more years

Highlight those you believe you can achieve in **one year**. These items now become the items you now focus on this year.

Now that you know what you want, you begin to refocus. To do this you:

- Think about what you want. You write it down, say it to yourself as an affirmation, and you imagine having what you want.
- You write out what you believe about what you want. Are your beliefs in alignment with what you want. For example, if you say you want to earn \$1 million. But when you check your beliefs, you do not believe it is right to earn that sort of money, and then you are out of alignment. To correct this you need to change your beliefs about money.

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### David Donahoo

Clin Hypnotherapy, Master Practitioner NLP, Angel Intuitive, Bus Mgmt, Speaker  
1032 Doncaster Road, East Doncaster VIC 3109 Mob: 0419 517 716 Tel: 9842 7033  
Email: [david.donahoo@theeyesofhorus.com.au](mailto:david.donahoo@theeyesofhorus.com.au) [www.theeyesofhorus.com.au](http://www.theeyesofhorus.com.au)



## **The Eyes of Horus**

Helping those stuck negative emotions & behaviors  
to gain freedom through empowering behaviours

## **David Donahoo**

**Dip. Clinical Hypnotherapy, Master Practitioner  
NLP, AI, Speaker**

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- Finally you look at what you value in life. This is usually where you are spending all your energy. To understand your values, look at where you spend most of your energy. If you say that family and relationships are important to you, and when you look at where you spend all your energy and it is on working long hours to make ends meet, then relationships will be missing out. Unless you change your working habits you cannot achieve the relationships you want.

To find out more about gaining freedom from those stuck emotions and behaviours and creating empowering behaviour visit my website. Register for my newsletter: Ideas in creating Empowering Behaviours. To do this just click on the link and register your name and email in the box on the left side: [www.theeyesofhorus.com.au](http://www.theeyesofhorus.com.au)

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