



STEP ONE: KNOW WHAT YOU REALLY WANT

an eCourse based on the book:

Willing Change

by Jane Collins

Buy *Willing Change* in print www.willingchangepublications.com
and in ebook formats from usual outlets

Willing Change has received the Curriculum Services Canada
CERTIFICATE OF RECOMMENDATION



This eCourse is presented by
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WILLING CHANGE ECOURSE INSTRUCTIONS

WELCOME!

Thank you for taking a Willing Change eCourse. We endeavour to make your learning experience meaningful as well as useful.

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COURSE NAME

Step One: Know what you Really Want

PREREQUISITE COURSES - None

RECOMMENDED

This eCourse is based on the book *Willing Change* and a complete reading of the book enhances your learning experience. *Willing Change* is available in print through Amazon, Chapters, and General Store Publishing House and in regular Ebook sales outlets (Amazon, Apple, Sony, Barnes & Noble, Chapters etc.).

ESTIMATED TIME – One hour per module

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STEP ONE: KNOW WHAT YOU REALLY WANT

E-COURSE OUTLINE

INTRODUCTION

PART 1 – WHAT YOU THINK YOU WANT – THE LIST

MODULE 1 – Why You Need To Know What You Really Want

MODULE 2 – Open-Mindedness

MODULE 3 – The List

PART 2 – EXPAND YOUR LIST

MODULE 4 – Understanding the Sources Of Desires

MODULE 5 – Expand Your Comfort Zone

MODULE 6 – Life Purpose

MODULE 7 – Life Balance

MODULE 8 – Thoughts > Actions > Results

MODULE 9 – What You Really Don't Want

MODULE 10 – Prioritize the Expanded List

PART 3 – ADAPT AND REVISE

MODULE 11 – Adapt and Revise

Note: Quotes from the book *Willing Change* are in italics throughout the eCourse materials.

INTRODUCTION

Only you can know what you want and what is right for you, so invest in the time it takes to learn more about your desires. Willing Change

Most people believe that the changes in our lives happen to us rather than believing that we create our lives. *Willing Change* is a personal development book that helps you to create the future you want and to do it with less effort than you believe. It shows that you can will your chosen changes in your life using a 5-step model for changing and developing mindsets. The purpose of this ecourse is to help you with step one of that change model – Establish a desired change.

It is essential to know what you want before you set goals. Willing Change

Your goals are based on your desires and therefore to set goals that make a positive difference in your life, you need to know what you really want. Take time to consider this basic and important question:

WHAT DO I REALLY WANT?

In this ecourse you will explore ideas about:

- open-mindedness
- the limits you set and why
- your life purpose
- the needs that are the basis for your desires
- striking a life balance in your desires
- why your character is more important than the physical things you want
- using what you do not want to add to your list of what you do want
- setting priorities
- adapting your list to life changes

Carry your own compass. The direction you need to move in is not always clear from looking at a map, and you cannot rely on others to know what is best for you, although they might be happy to tell you. We each have an internal compass to point us in the right direction and help us to find the right way for us. Know where you want to be, make plans to get there, and keep looking for it.

Willing Change