



STEP ONE: KNOW WHAT YOU REALLY WANT

an eCourse Based on the book:

Willing Change

by Jane Collins

***Willing Change* has received the Curriculum Services Canada
CERTIFICATE OF RECOMMENDATION**



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PART ONE – WHAT YOU THINK YOU WANT

MODULE 1 - WHY YOU NEED TO KNOW WHAT YOU REALLY WANT

The value you receive from this ecourse will be determined by the goals that you set before you begin. Knowing what you hope to learn, gain, or achieve as a result of taking this course will keep you focused and interested. Your attitude about how much you can hope to learn and about how easy it is for you affects how much you can gain as you go through the exercises. Knowing what you really want can benefit your life and the lives of the people around you in many ways. The more you believe that you can benefit from this course, the more you will.

EXERCISE: My Reasons

Take a moment now to think of 10 reasons for how knowing what you really want can help you.

Here are some reasons you can benefit from knowing what you really want:

- Understand yourself better - Your desires help to define you and your life.
- Learn more about your life purpose - For those who believe we all have a reason for being here, it makes sense that you have talents, skills, and circumstances that assist you in fulfilling your purpose. It also makes sense that you want them.
- Set better goals - Desires are the basis of all goals and the more clarity you have about what you want the better your goals.
- Direct your actions better - By asking yourself regularly throughout the day whether your actions are helping you to meet your goals, you can adjust your actions to work towards the results that you want.
- Know what skills to acquire ahead of time - When you realize you plan a career change to be a writer, you can get the education that can help you to get published and to sell your work, and you can practice your skills in preparation for the time when you begin your new career.
- Know the mindset changes you need - With clarity of desires and goals you can determine the mindsets you need to develop or improve. You may need to be more courageous, make better decisions, or believe that you deserve what you want, and your mindsets can be adjusted accordingly.
- Make plans - You can map out a life plan when you know what you want to have in all areas of your life.
- Adapt - There will be times when your plans don't work out the way that you expect and you may find yourself in the position of starting over or switching to a new plan. When you know ahead of time what other plans you would like to pursue, you can get going on your new goals sooner and leave the past behind.
- Take advantage of opportunities - When you know what you want you can recognize great opportunities as they arise. For example when you know that the house that just came up for sale meets the criteria you set, you can act immediately.
- Live life your own way - The people around us can influence, cajole, or command us in their efforts to have us live our lives to suit their needs. When you already have a plan, you are less likely to follow.

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

Willing Change, Chapter 2, explains that the thoughts we have determine the actions we take, and that the actions we take determine our results.

THOUGHTS >> ACTIONS >> RESULTS

We can reason that to get the results that we think of as good, we need to begin with thoughts that lead to those good results.

Here are some guidelines to keep in mind as you define the results that you want.

1. **State your desires in positive ways.** Positive thoughts lead to positive actions and positive results. Choose to define what you want rather than what you want to avoid or rid from your life.
2. **Your desires are for your personal changes alone.** Desires to change others, try to control them in any way, or force them to do what they do not want to do leads to actions that can leave bad feelings and often unwanted results.
3. **Let go of your rules.** Any time you think about what you should or should not want, you are censoring your list of desires. What you consider to be unacceptable for some reason at this moment, may at a future date be acceptable because circumstances can change and your viewpoint can as well.
4. **Look within as well as without.** It makes sense to look at what others have to help you to see what you want, but check within to know if it is something you really want. It is possible you think you want it because others are happy with it, but it may not be for you.
5. **NO LIMITS!** You should consider anything that comes to mind as you create your list of desires. This list is for you and you do not need to worry about the judgement of others. For now do not think about what the desires may mean, or if they are possible, good or bad. They are just your desires.

Knowing what you want gives you direction and the basis to prepare for change. Willing Change

EXERCISE: Identify Desires

Read the following case studies and create a list of 5 desires for each person or persons in the case from the information you have. Rate them in importance on a scale of 1 to 5, with 5 being the most important. At the same time, think about what you want for yourself. The first case has been completed as an example.

Lexy was 26 years of age and learned about a possible job transfer with her company to Vancouver, a city she had always enjoyed visiting. It was not a promotion but she knew it would certainly put her in a favourable position the next time one was offered. Unfortunately she was not the only one who could be considered and she had to act quickly if she wanted her name added to the list of potential candidates. There were many considerations for her. She would have to leave her family for two or three years and her current relationship would be strained. She had a home she loved and she was involved with her community. Lexy never had a clear vision of what she wanted for her life and only knew that she was happy now, and so let the opportunity go.

DESIRES	RATE
Promotion	4
Happy relationship	4
Live near family	3
Community involvement	2
Nice home	3

Landon was the father of two when he lost his job. He was sure he could find another good job soon, but he could only think of his dream to take a year off with his family and travel around the world. His past job would allow him to learn and return to his position, but he did not expect to have that benefit with a new job. He wished he had made the trip a year ago.

DESIRES	RATE

Les gained a national reputation for his scientific and technological abilities and was pursued by several top schools as he finished high school. Les would like to make a difference in the world through his skills but he also wanted to become an actor. No one in his life understood how he could consider turning down his opportunity to go to a top school, and he wished someone would listen to him. His parents were clear that they wanted him to become a doctor and live nearby, but this idea did not appeal to him. He had a close family and felt the pressure to conform.

DESIRES	RATE

Larissa was angry with her husband, again. She disliked his unorganized ways and every time she noticed anything out of place, she had to move it to where it belonged. She never shared her displeasure though, believing it best to avoid a confrontation and angry words. She wished he would develop some better habits. She had the same difficulty at work with her boss and co-workers.

DESIRES	RATE

THE NEXT MODULE: OPEN-MINDEDNESS