

# SUCCESS INSIGHTS

## **#1 Stumbling Block – Most people don't get what they want because they don't know what they want!**

This reminds me of a man I knew years ago who told me that he would breakup or continue dating a woman based on her answer to this question:

"What do you really, really want?"

Those who said, "I want to be happy," he would further inquire, "And what would make you happy?" If they couldn't give him a clear, specific answer, he would end the relationship.

His rationale was that if someone didn't know what they wanted and what would make them happy, their chances of achieving it were slim. He felt that someday they would look at him and say, "I'm not happy" and there would be nothing he could do to change that.

So how does one figure out what they really, really want?

I believe that the answer is within each of us. For some, it's obvious and apparent. Haven't we all met those people who know without a doubt what they want to do with their life? But what about the rest of us?

Sometimes it's helpful to think back to a time when our interests and passions were uncensored and uninhibited. That may be college, grade school or even younger – our childhood.

Taking an example from my own life, when I was 8 or 9 years old I loved my Barbie and Ken dolls. That in of itself isn't so remarkable for a young girl. But my interest in them went WAY beyond dressing them up in the latest fashions and spinning them around in the Barbie corvette. No, my dolls had a relationship! I used to make them talk about their feelings, opinions and differences. My dolls used to fight and I would have them negotiate the conflict and come to a compromise.

Is it really a surprise that I would grow up to be a behavioral analyst and that one of my most fulfilling roles is that of a relationship coach?

For years, my dream career and corresponding passions and interests were buried under other's expectations, the need to make a living, and self-limiting beliefs. It wasn't until I did some guided self-discovery that I was able to get back to what I loved and then find a calling that fulfilled me.

It doesn't matter how far you think you are from what you really want, it is possible. But first you must clarify it.

The following two downloads will guide you in examining what you want in different areas of your life. I encourage you to take an hour, go somewhere quiet, and reflect on your answers.

## **QUOTES**

"The unexamined life is not worth living."  
- Socrates

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