

Learning to Want More

Your Keys to Living an Extraordinary
Life



Date:
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Your Host:
Traci Duez

Learning to Want More Workbook

“Wanting is why people get up in the morning. It gives them something to dream of at night. The more I wanted, ...the more real I became.”

TO WANT OR NOT TO WANT

Notes:

WHAT HAPPENS WHEN WE STOP WANTING?

Enter your answers below:

WANTING MYTHS

#1: IT IS SELFISH TO WANT.

Truth is

#2: WE SHOULD WANT MORE THINGS.

Truth is

#3: WHAT FEELS GOOD IS GOOD FOR ME.

Truth is

#4: WANTING IS ABOUT THINGS YOU DON'T HAVE

Truth is

#5: I HAVE NO WILLPOWER.

Truth is

BE x DO = HAVE

Notes:

YOUR BACKWARDS BUCKET LIST

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YOUR BUCKET LIST



**“WHEN WE STOP WANTING FOR OURSELVES,
WE STOP BEING OURSELVES.”**

UNACTION ITEMS

Empty box for listing unaction items.

ACTION ITEMS

Empty box for listing action items.

NEXT STEPS:

Check out <http://MindworxOnline.com>



Thank you for attending this web event. I hope that you found great value and will use this workbook to implement the things that you learned.

I would love to connect with you on social media so please friend, connect, follow, and/or stalk me online.

All the best,

Traci



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