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TOOL LIMITED VISION

What do you really want?

"I don't know!"

If that's your answer or you struggle to answer this question concretely, don't worry: You're not alone and also nothing is wrong with you. In fact, this is one of the most difficult questions people struggle to answer and assumingly 99% of my clients and all people I talked to could not answer it or only with limitations - whether when it comes to their general life or for certain areas of their life. To give you a general understanding of what matters to YOU, defining your personal success is a great help ([you can find a guide on my website which helps you to do it "successfully".](#)). But to break your mental limitations regards your desires, removing your fears for a moment is crucial.

So, here is a simple hack that makes it easier to get an answer to this question: By asking a different question: **Wouldn't it be cool, if ...?**

How does it work?

It's pretty simple. Make a list of 10 possible responses to "Wouldn't it be cool, if ...? Period.

Wouldn't it be cool, if I earned money while drinking a smoothie in a beach cafe?
Wouldn't it be cool, if my parents were proud of me even if I didn't do what they pushed me to do?
Wouldn't it be cool, if I didn't smash my little toe against my furniture for once?
...

But before you start asking yourself this question here are some brief reminders on how to approach it mentally:



This is not to set a goal.



It doesn't have to be realistic.



It does not have to be achievable.



You don't have to do anything to make it happen.

Instead: Relax. It's simply about, what would be cool.

When you're done, take a moment and reflect on it. How do you feel when thinking about those things could be real? What did you learn?

Was it helpful? Take the next 20 seconds and share this exercise with your friends who you know are also struggling with what they want in life.

You don't want it to be just a dream, but make it a reality?

Check out our website to find ways how to do it or reach out to our support team to get 1:1 support.



www.christianschnepf.com/tools

