



BODYMIND THERAPY

EXERCISE

From visions to 100 desires

To turn your visions into concrete desires, you can follow these steps:

Step 1: REFLECT ON YOUR VISIONS

Think about what you envision for your future. What are your goals, dreams and ambitions? Imagine different scenarios and visualize what your ideal life could look like.

Step 2: PRIORITIZE YOUR DESIRES

Think about which aspects of your vision are most important to you. Are there certain goals you want to achieve first? Prioritize your desires accordingly to have a clear focus.

Step 3: VISUALIZE YOUR DESIRES

Use the power of imagination to vividly visualize your desires. Close your eyes and imagine how it feels to get closer to your desires and make them a reality. This can help you strengthen your motivation and keep your focus on your goals.

Step 4: ORDER YOUR DESIRES

Arrange your wishes into the 10 categories on page 3.

Step 5: BE SPECIFIC

Be as specific as possible about your desires. The more specific you are in describing your goals, the clearer you can work toward them. Make sure your desires are realistic, measurable and achievable.

Follow these rules

- Phrase each desire as "I want... or I will..." Example: "I want to become an excellent chef."
- Do not use negatives such as "not." Example: instead of saying "I don't want to be inactive," say "I want to be active."
- Make feasible wishes. Example, "I want to learn to play the guitar."
- Focus on the goal, not the means. Example: instead of saying "I want to buy an Italian book," say "I want to learn Italian."
- Don't make wishes for others. Example: instead of saying "I want my sister to be happy," say "I want to contribute to my sister's happiness."
- Avoid comparisons. Example: instead of saying "I want to be like Bill Gates," say "I want to be successful in the technology field."
- Each wish should be new. Example: Don't repeat wishes like "I want to travel to Japan." Each wish should be unique.
- Do not use diminutives. Example: instead of saying "I want a small dog," say "I want a dog."
- Each wish should be no more than 14 words long. Example, "I want to write a successful book about my life experience."
- Don't wish for romantic encounters with certain people. Example: instead of saying "I want to date Maria," say "I want to find a loving and understanding partner."
- Avoid serial wishes, such as a red motorcycle, a black one, a blue one, etc. Example: instead of saying "I want a red motorcycle," then "I want a blue motorcycle," and then "I want a black motorcycle," formulate a single, unique wish such as "I want a motorcycle that reflects my style."

1. Career

Set professional wishes to advance your career, develop yourself personally and professionally, and expand your skills.

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2. Financial

Set financial wishes to improve your financial situation, increase your financial freedom and realize your dreams and desires.

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3. Health

Set health wishes to live a healthy and fulfilling life by taking care of your physical and mental health.

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4. Relationships

Set wishes for your relationships to improve or deepen them and maintain a happy and fulfilling relationship, whether with your partner, family or friends.

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5. Personal Growth

Set wishes for your personal growth to develop your skills, interests and personality and make a positive change in your life.

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6. Leisure and Hobbies

Set wishes for your leisure activities and hobbies to develop and deepen them and enjoy a pleasant and fulfilling leisure time.

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7. Family Happiness

Set wishes for family happiness to have a loving and supportive family based on values such as trust, cohesion and respect. This may include creating close ties with relatives or creating a consciously chosen family.

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8. Personal fulfillment

set desires for your personal fulfillment to pursue your passions and dreams and achieve your own desires, regardless of your marital status or ability to have children.

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9. Education and Self-Development

Set desires for your education to expand your knowledge and skills, promote lifelong learning, and satisfy your intellectual curiosity.

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10. Community and Sustainability

Make wishes to support your community and work for sustainability to create a better future for all and to take responsibility for the environment.

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