

Your Heart's Desire playsheets

Let your Authentic Self out to play ...drag out the Crayolas or markers or colored pencils. Write or draw with your non-dominant hand (left if you are a right-hander, right if you are a leftie). You don't have to use words; draw, paste, cut – whatever tickles your fancy. Use more paper if you like. And do this at your leisure; read through the questions once, then let them sift through your mind for a few days. Your answers are a clue to your deepest dreams – the ones that are ready to re-emerge in your life!

1. When you were a child, **what did you want to be when you grew up** (before anyone told you it was impossible)?

2. What did you do during **summer vacation** that thrilled you?

a) What did you look forward to when you jumped out of bed (or whenever you came 'alive' during the day or night)?

b) What were your favorite playthings or toys?

3. When you are bored, how do you entertain yourself?

What do you think about or do? (this includes eating, internet, sex, smoking, wine, reading, shopping, sleeping, TV, driving, gardening, puzzles, you-name-it).

4. In the past five years, what has captured your interest?

What is compelling? An article about pandas, a new techno-toy, a call to spirituality, a child, a project – etc etc etc.?? (the answer “nothing’ is not an answer ... something has fascinated you in the last five years...what was it? – notice this is NOT a question about what captured your TIME!)

5. Imagine for a moment that you have no responsibilities to anyone or anything – no place you have to be, nothing you have to do. You have unlimited resources – money, time, health.

You only task is to make yourself deliriously happy.

What would you do tomorrow? Where would you do it? Anybody else involved? Let yourself dream BIG....

6. **Look for a thread** that runs through the things that have fascinated you throughout your life.

For instance, your interest in miniatures may be connected to your tenderness toward animals (protection) or your longing for order (a neat-nik dollhouse).

Look beyond the “I like to...” items to the common feeling associated with them. *Skiing can be exciting, satisfying, challenging; it can be a place for teaching, for competency – what attracts you MOST about it?*

If you're ready to “live into” your dreams, [talk to Linda](#) about one-on-one coaching or attending her [Sea Change women's transformational retreat](#) at Emerald Isle, NC in September, 2009!