



“How Do I Figure Out What I Want?”

Let me ask you a question...

Have you ever been in (or are you currently stuck in) the

“I Don’t Know What I Want” Syndrome?

Trust me, I get it. I completely relate. And I suffered from the syndrome myself -- as millions of people do!

It seems that there are times in our lives where we feel the itch, the need, the desire to do SOMETHING...

...We just don’t know exactly what it is.

It’s like having an itch but not knowing where to scratch. And it’s *extremely frustrating*.

I find these type of “itches” usually start to happen during transition times in our lives:

- between jobs,
- between relationships,
- retiring,
- empty nest syndrome,
- during mid-life crisis,
- becoming a stay at home Mom,
- being bored with our job and our mundane routines,
- or, just wanting another stream of income.

Whatever the reason is that you’re contemplating “*What do I really want?*” – I’m here to help you figure that out!

The “*want*” in “*I don’t know what I want*” is probably an upgrade to your current life situation (*obviously right? I mean, no one desires a downgrade.*)

So whether it’s...

- your body (your weight, health, appearance),
- your business (current or something completely new),

- your finances,
- your relationships
- or your lack of all of these things...

...there is a sense of just *struggling* to identify what you really want to have, be and do.

These are the classic symptoms of the “*I don’t know what I want*” syndrome.

Let’s think about it logically...

How can it be that YOU don’t know what YOU want?

If YOU don’t know, who does?

And if you don’t know what you want – you’re gonna end up with a lot of what you DON’T want.

Without CLARITY of what you want – deep in your heart – everything will seem random.

Perhaps the truth is that you KNOW what you really want but your limiting beliefs, and subconscious mind are telling you:

“That’s not possible – it’s too huge! ... it’s a fantasy!”

So you’re trying to figure out “What would be next best?”

Hmmm? True that?

Often your fears, beliefs, habits, or attachments keep us from even *acknowledging* what it is that we really want.

We’re afraid of disappointment:

- What if your hearts get broken?
- What if you get rejected?
- What if you’re just not good enough?
- What if you look stupid?

Since your fears and limiting beliefs say “*You can’t have what you want,*” your conscious mind is trying to figure out which of the “*leftovers*” would be best.

It'd be like this:

I go to a restaurant and I know that what I want is pasta Primavera, a kale salad, and a large slice of calorie-free double-chocolate-swirl cheesecake.

My waitress (playing the role of my limited mind) says, "That's impossible - What I CAN serve you is the week-old Velveeta macaroni-and-cheese, and an overly-dressed iceberg lettuce salad with a slice of cheesecake - made of lard - containing 5000+ calories."

Blech! Ewww.

If what I WANT isn't available ---and THOSE are my choices?!?

I DEFINITELY don't know what I want!

None of her options thrill me. I've even lost my appetite (and my drive.)

Does this make sense?

If I knew I could have the pasta, kale, and the vegan calorie-free super-fudgy strudelly delicious cheesecake... then I would obviously want THAT!

But since my limited thoughts, fears and doubts... playing the role of the waitress... said, "not possible" - there is confusion in deciding what I want from the "leftover" choices.

So I say "I don't know what I want".

The solution?

Say what you REALLY want! Even if it seems impossible.

Respond to the call that excites your spirit. And Get rid of that waitress :-)

Albert Einstein says,

"Logic will get you from A to B. Imagination will take you everywhere"

So Imagine that *NOTHING IS IMPOSSIBLE!*

Like Audrey Hepburn says *“The word itself say I’m Possible.”*

So let your fantasy BECOME the reality...

And of course there will be challenges - there will be struggles – there will be roadblocks ... they aren't REALLY roadblocks... just surprises pointing you in a slightly different direction than you had thought.

Don't take these things as an excuse to say *“Maybe this isn't what I really want”*.

Be courageous enough to claim it and do it.

Clarity and admitting what you really want - even to yourself - without filters and fears... is the key.

It's is like my mentor Yoda says *“Already know you that which you need.”*

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As always thanks for watching. And until next time:

Keep learning. Keep laughing. Keep loving.