My Want List

Take a moment to list all of what you want without thinking too much. Just keep writing "I want..." and then fill in the blank with whatever comes into your awareness. As you write the list, interchange the word "want" with such words as "desire", "wish" or "hope". It doesn't matter how big or small the want is, whether it is "things" or states of being, what you want from another person or whether it seems reasonable or not. Just keep your pen writing until you can exhaust your list...

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