

For What Purpose?

This activity is to assist you in working out what is it, that you will get, from wanting this outcome.

What is the purpose of desiring that? What will that give you? What is the outcome for that?

What will that give you? _____

What will that give you? _____

What will that give you? _____

What will that give you? _____

What will that give you? _____

Do this as many times, until you reach your CORE reason, or until you cannot go any further.