

MY I WANT LIST.

YOU'VE GOT THIS, **ROCKSTAR!**

Hi there!

You're ace going out and proactively getting closer to what you want in life! Very cool.

These I Want List worksheets are designed to help you identify what things would get you closer to feeling ace in work and in life.

Check out happinessconciierge.com.au/iwant for a step by step tutorial with examples to guide your thinking. Remember, the smaller the step, the more likely you will achieve it.

Once you've completed the I Want List, let me know how you're tracking. Consider setting a date four weeks from now to check in with yo'self to make any tweaks or changes.

Want some love and support? Share your #iwantlist on social media and join us as we share the highs and challenges we all share in getting closer to what we all want (and deserve) in life. It takes a village to help us all ace life and know you are certainly not alone!

There is a team out there (in the internet and in real life) all wanting you to succeed and to ace your life and work. Because when you succeed, other people find inspiration and hope, too.

Good luck. **Remember: you've got this, rockstar.**

I WANT LIST

I WANT TO
FEEL

I WANT TO
HAVE

I WANT TO
ACHIEVE

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STEPPING STONE

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HABIT

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IMMEDIATE

LONG TERM

I WANT LIST

I WANT TO FEEL

I WANT TO HAVE

I WANT TO ACHIEVE

Happy, energised at work
.....
Not exhausted
.....

A job that I like
.....
Friends who support me
.....
My own apartment

A blog for my own writing
.....
A pay rise
.....

STEPPING STONE

Commit to leaving at 6pm
once a week this month.
.....
.....
Make a note of tasks that
energise me and those that
deplete me.
.....

Start talking to recruiters to
get feedback on my skills
.....
People audit
.....

Sign up for a free account
.....
Create the time
.....
Start researching going rates

HABIT

Leave work at 6pm
.....

Save a small \$ each pay day
.....
Practice saying no
.....

Prioritise time that serves ME
.....
.....

IMMEDIATE

LONG TERM

Let's make a plan.

What small steps will I take at work and in my personal life that will get me closer to a job and life that rock my world? Who will keep me accountable?

	WORK	SPONSOR	PERSONAL	SPONSOR
Example:	I would love to develop my writing skills. I'll ask what opportunities there are to contribute to the blog or writing tasks at work. If there aren't any immediately, I'll look into a part time writing course and talk to work about supporting it.	I'll ask my manager to keep me accountable and keep me in mind for writing tasks or opportunities to upskill.	I want more time in the evenings. I want to leave work by 6pm every night instead of leaving stuff to the last minute and staying late.	I'll ask my colleague to keep me accountable to leave work on time!
Month 1 Small step or habit I am going to take				
Month 2 Action / habit Notes				
Month 3 Action / habit Notes				

YOU'RE ACE.

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