

What Will That Give Me?

This is a diagnostic tool to explore what's going on in your system.

STEP 1: Take a moment and brainstorm a few things you want in your life. This could be material like a convertible or existential like nirvana. Just make a list. Don't censor yourself

I want

- 1.
- 2.
- 3.
- 4.
- 5.

STEP 2: Now work with that want to uncover what you really desire. It doesn't mean you can't have "the thing" - the point is to uncover the thoughts underneath the want.

For each thing you want, work with the phrase "What will that give me" five times.

I want:	What will that give me?
I want a convertible.	Amazing adventures in warm weather
What will that give me?	Opportunity to hang out with my friends
What will that give me?	Fun
What will that give me?	Revitalization
What will that give me?	Inspiration

You can see that as I work with that desire for a convertible, I uncover that is connected to my desire for inspiration, leisure, connection to community. In my mind, the desire for a convertible may remain very strong, but now I know there are other pathways available to me right now that actually get to the same end - perhaps even better than the car might.

What Will That Give Me?

Now you try it!

I want:	What will that give me?
What will that give me?	
What will that give me?	
What will that give me?	
What will that give me?	

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What will that give me?	
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Why, Why, Why, Why, Why

Next, explore why you want different things, by doing another round of exploration around the items that came up in the previous exercise.

Highlight words or phrases from your answers that seem important, and then work through them one by one (italicized in the example).

I want:	What will that give me?
I want a convertible.	Amazing <i>adventures</i> in <i>warm weather</i>
What will that give me?	Opportunity to hang out with my <i>friends</i>
What will that give me?	<i>Fun</i>
What will that give me?	<i>Revitalization</i>
What will that give me?	<i>Inspiration</i>

Now, create a list of highlighted words:

warm weather, friends, fun, revitalization, inspiration

I want:	Why?
<i>Warm weather</i>	It helps me feel less tense
Why?	I move around more in warm weather
Why?	I love being in the sun
Why?	The sun energizes me
Why?	Chemical reaction

Observation: What started as wanted a convertible turns out, in part, to be about my relationship to the sun. This is a jumping off point for me to imagine what structures might I need in my life to experience more warm weather? In this case, for example, it would probably be cheaper to plan an annual winter trip to a warm place than to maintain a convertible.

One by one, work through the highlighted words. Next, I would explore the WHY.

It is surprising how much this simple inquiry can reveal about the structures you have and the structures you need. This is an excellent tool to explore words you are considering for your vision statement.

Why, Why, Why, Why, Why

Go back through your “What Will That Give Me” exercises, and highlight key words and then work them through the WHY.

I want:	Why?
Why?	
Why?	
Why?	
Why?	

I want:	Why?
Why?	
Why?	
Why?	
Why?	

I want:	Why?
Why?	
Why?	
Why?	
Why?	

Observations: