

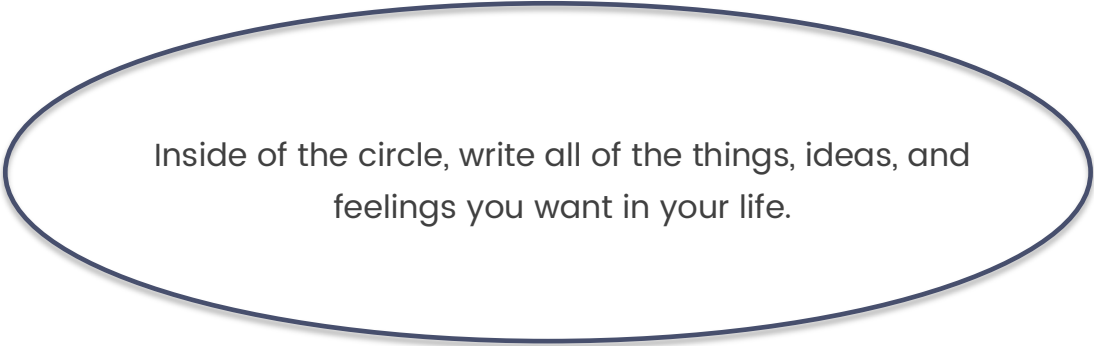


LIGHTYEAR  
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## The Power of Knowing What You Want

It is all too common that people focus on what they don't want in their lives instead of getting clear about what they do want.

*It is essential to create this clarity before writing a vision and goals. By completing the circle exercise on the following page, you can begin to clarify what it is you do want in the future.*



Inside of the circle, write all of the things, ideas, and feelings you want in your life.

Outside of the circle, write anything you don't want in your life, creating a clear boundary.



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