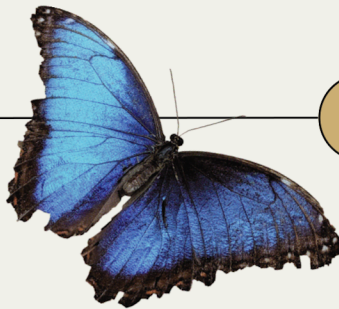




I AM *Becoming*

WORKBOOK 4



THE IN-BETWEEN



The WANT List The CREATION List The LOVE List

I Want ... What do you want?

I Create ... What do you want to create?

I Love ... What do you love?

UNFOLD EACH LIST UNTIL THE LIST FILLS YOU UP



Your Creation List

This isn't just any list; it's a creation list, a connection list. **It's a declaration of what you want to bring into your life.** Feel the excitement each item stirs in you. If it doesn't pull you, remove it and keep exploring. You will know; you will feel it. I make my lists and evolve them; I break it down into GOALS which I then bring to fruition with joyful focus (more on that later).

If you feel stuck here, move ahead to the next section and then come back after you write your "I don't want this anymore" list.

Examples:

- **I want to** create every day, free of stress.
- **Why?** Because the joy of creating is pure magic to me.

- **I want to** travel and have shared experiences with family and friends.
- **Why?** To enjoy watching my family grow, to have a life time of memories, to have joyful moments with all those I love.

Remember, this list is alive. It breathes as you breathe, changes as you change. Sit with it, rewrite it, let it be as fluid as your journey. This list is YOURS. Keep asking yourself WHY you want this and make sure it's motivated by love.



The Love Lists

This is your LOVE LIST. It's not about wishing; it's about connecting deeply with what you already know sparks joy and fills you up.

Feel each statement. Don't just write it, feel it in every fiber of your being.

Examples:

I love who I am becoming.

I love to have creative conversations.

I love dancing.

I love the strength of my body in motion.

I love where I live - I love my home.

I love _____

I love _____

I love _____

I love _____

I love _____

I love _____

I love _____

I love _____



The Love Lists

Repeat this step for a relationship you cherish. Focus on what you love most about this person and write the list feeling all of this love and just watch as it magnetizes your relationship. Don't just say it or write it; feel it within yourself - the love in your body comes from you.

Examples:

I love your strength.

I love hosting with you.

I love being married to you.

I love _____

I love _____

I love _____

I love _____

I love _____

I love _____

I love _____

I love _____



The Love Lists

Repeat this step for your career. What do you do that lights you up?

Examples:

I love to teach

I love to connect people

I love to build systems

I love to write

I love _____

I love _____

I love _____

I love _____

I love _____

I love _____

I love _____

I love _____



The "I Don't Want This Anymore" List

When you cannot write an I WANT LIST, you have to start with a I DON'T WANT THIS ANYMORE LIST. Only do this list if you feel disconnected and stuck, do not spend any time focused on what you DON'T WANT anymore UNLESS you are stuck and cannot write your want list.

Example: "I don't want **to be disrespected** anymore."
Where and when am I disrespecting myself?

Once you identify what you don't want anymore look at what you need to do next. Do I need to set a BOUNDARY? Do I need to SPEAK UP for myself? Do I need to have a difficult conversation? HOW can I PRIORITIZE myself in this area? HOW can I shift my mindset in this area? HOW can I HEAL myself in this area?

I don't want _____ anymore because: _____

I don't want _____ anymore because: _____

I don't want _____ anymore because: _____

Keep going...



Nothing on my CREATION List is emotion. I don't make goals to feel a certain way. YOU CAN'T ATTRACT HAPPY, it comes from inside you.

What EMOTIONS came up? Example: "I want love, I want respect, I want peace, I want freedom"? Put these on your Self Love List

What goes on the SELF LOVE list? I meet My Emotional Needs!

What goes on the ASK FOR MORE list? What are you asking for...

What goes on the BUDGET for this list? What will you PRIORITIZE for yourself?

What DIRECTION are you setting for your savings eg: House Account Travel Account name it? Get Clarity for what and how much.

What needs a TIME BOUNDARY? Make time to create.



Activating the Heart

What do you feel excited to and called to CREATE? What's the VERB? What are you doing when you feel lit up?

Finish these sentences and feel free to write as many as comes up.

I want to **MAKE** something...

I want to **DESIGN** something...

I want to **CRAFT** something...

I want to **LEARN** something...

I want to **STUDY** something...

I want to **MASTER** something...

I want to **JOIN** something...

I want to **BELONG** to something...

I want to **START** something...

I want to **CREATE** something...

I want to **BUILD** something...

I want to **GROW** something...

I want to **CONNECT** to something...

I want to **THRIVE** doing something...

I want to **LOVE** doing something...

SELF *Value*