

# MONEY *Joyfully*

## **Dare to Desire & Create A New Money Story**

The only requirement for creating change is that you have to want something. It takes courage to want something! Give yourself permission to want. Sometimes, we think that dreaming about more than what we've got betrays our current reality or makes us not content. As if to wish for something different means that we're unappreciative of what we have.

This exercise is designed to honor what is, and, at the same time, embrace what can be. Yes, you can hold both of these states (appreciation and desire) at the same time.

Start with the left column and the first question. Set a timer. Write for 3 minutes without stopping. Then reset the time and move on to the middle column and then the right column. Once you are complete, circle the top three answers that feel the most important or significant and spend some time journaling about your real desires.

Now that you are honest with yourself about what you really want, take one more step towards them by writing them out and putting them in a place where you can see them every day so that they pull you forward towards a new way of being.

These desires are a healthy part of your new money story. Desires are what create change in this world, dare to desire and dare to be a change maker.

