

Things I Couldn't Wait to Have

Think back over your life.

What did you once really, really want?

Maybe it was a particular job. A relationship. A degree. A house. A car. A phone. More money. A promotion. Something for your appearance. An accomplishment. Something you saved for. Something you thought about constantly.

And then you got it.

List some of those things below.

I really wanted	How badly did I want it? 1-10	How exciting/satisfying is it now? 1-10

cont. on next page

Things I Couldn't Wait to Have (cont.)

Remember Wanting It

Choose one thing from your list that once felt especially important.

Why did you want it so badly?

What did you imagine would change once you had it?

How did you feel when you finally got it? _____

How long did that feeling last? _____

When did it start feeling ordinary? _____

Do you sometimes forget that you once desperately wanted something you now barely notice? _____

Look Around

Find two things in your life right now that a past version of you would have been thrilled to have.

1.What is it?

Why did the old you want it?

How often does the current you consciously appreciate it?

2.What is it?

Why did the old you want it?

How often does the current you consciously appreciate it?

And Now?

Write down three things you currently want.

1. _____
2. _____
3. _____

For each one, ask yourself:

What do I expect this to change?

How do I expect it to make me feel? _____

How long do I realistically expect that feeling to last?

And finally:

What do you already have that you once thought would make you happy? _____