

Clarity Exercise

This exercise is intended as a brainstorm exercise. Make sure that you have a good 90 minutes for yourself without distractions and that you are in an easy/relaxed frame of mind.

This is intended to be playful and not full of significance. The more you can get yourself "in the zone" and writing from the heart, rather than head, the better. Sometimes it helps to play loud, upbeat music and dance about, as you write whatever comes to mind. It gets that "thinking" part of you and the "gremlins" out of the way, bringing in the insignificance.

No paragraphs, just short, quick and direct statements at this stage.

<p>ALL that I desire, regardless of opinion, judgement, feasibility and possibility; a totally selfish list.</p> <p><i>30 responses min. for this list and the other 3 lists</i></p>	<p>The list of MUST HAVE items. I would not negotiate on these. What I want, MUST HAVE these attributes. These are feasible, possible, in my sights and I'm clear that I'd not bend on them.</p>	<p>These are MAYBE elements of what I want, however they are negotiable and I'd be willing to compromise on parts of or totally, on these attributes.</p>	<p>Definitely NOT...items. Once this part of the list is complete: Against each item, ask the question, "<i>Well, if not this, then what DO I want?</i>" My question responses are then to be added to one of the first 3 lists.</p>