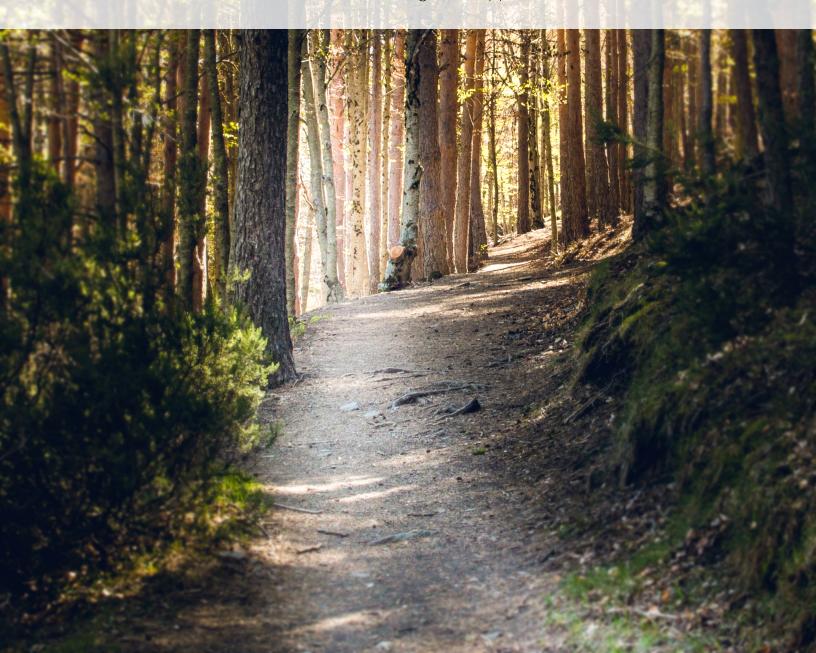


Module 3: What Do You Want?

Mike and Megan Knorpp



Module 3: What Do You Want?

# "If you don't know where you're going, any road will take you there."

Lewis Carol

Take some time to reflect on your dream "normal" day. Where are you? Who are you with? How do you spend your time? What are you accomplishing? Why are you doing it? Keep in mind that this isn't a special day or a vacation day or even a weekend. This is your everyday
life. Remember also not to put ANY limitations on what is possible. This is a DREAM day!

Module 3: What Do You Want?

Module 3: What Do You Want?

If you are feeling unsure or struggling with even knowing what you want, you may want to set aside some time to answer the question, "What do you want?" With a friend or loved one start a timer for 15 minutes and have them ask you the question, "What do you want" every 30 seconds or so. Write down your answers as they come to you - no matter how silly or trivial they may seem. Make sure you spend the entire 15 minutes in this experience because it will give your mind time to dive in deep and find important answers.  (You may need extra sheets of paper to have enough room for all of your answers.)			

Module 3: What Do You Want?

Module 3: What Do You Want?

#### Value Assessment

Past Experience	What you enjoyed or were frustrated by	What you value
Ex: Living in an RV	Being able to move and go wherever we want	Freedom to live on own terms

Additional Notes