

**CREATE YOUR AUTHENTIC LIFE BASED ON WHAT REALLY MATTERS!**



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All creative projects really begin with what I call a ‘burning desire.’ Desire is very different than wishful thinking which is more passive like day dreaming. Taking a deeper look at the word desire from its Latin meaning, we find that desire is a specific kind of longing.

A burning desire is our ‘ultimate concern’ and contains insights into what we are most passionate. It is not necessarily just an ego-based want as that could really be more something you got from the culture or messages you picked up from your family and not really what is calling you. So this process is a little like going on a journey or expedition to find and pursue what really matters in order to re-assess and re-align your goals. The pursuit of the right goals for the right reason is what I believe based on my research and practice is what brings fulfillment and real happiness.

For example, if you always had a secret desire to write creatively, your desire would not necessarily be to write so you can become rich and famous, it is because you have a passion and desire to write creatively... to tell your stories and touch other people with those stories. Denying this pursuit would probably surface in some way as negative in an attempt to get your attention. The problem is we don’t know how to read or understand the messages from our inner psyche.

It will help you to get in touch with what really matters to you so that you can re-assess and re-align your goals. It is also the first stage of creating... to decide what it is you want to create. If you can imagine it, it can be and can become real when you re-learn how to use your imagination to bring it forward and transform any resistance or self-doubt that might emerge.

This is what I think we are all really hungry for- we all have a longing to create and we are all creative. By create, I don’t just mean something artistic, I mean anything you want to bring forward in your life, a relationship, health, meaningful vocation (work), something that really excites you is meaningful that you are being called to do even if you are not listening.

So the first step is to identify what it is that you want to create.

**Deciding what you want to create and identifying the right desire is the first step to finding your bliss.**

To begin to identify this, it helps to do some self- reflection. These are some deep questions, but if you don't ask yourself you may not know. Ask yourself these questions then close your eyes and write the answers.

1. What do you think are your strengths what you are good at?
2. What is your vision or picture of how do you want your life to be?
3. What really matters to you the most?
4. What if anything is missing from your life?
5. What would make your life more fulfilling?
6. What are you passionate about and or what excites you about life?
7. What did you want to do when you were a young child?
8. When and where have you been the happiest?
9. Do you feel you are using your greatest strengths in your career or in your life?

10. What set-backs have you had in life and what did you learn from them?

11. Do you or have you ever felt you were living someone else's life?

12. Describe what you think is biggest challenge(s) or obstacle(s) in the way of having a more fulfilling/satisfying life.

Now based on what you answered above, I want you to write down summarize the answers in your mind and write down ONE thing you want to create that would be your desire. Remember, creators start from the knowing the results they want to create. So focus on what you want to create not just what you think is possible. This exercise is something we do before we embark on a creative project because it sets up or sets in motion the tension that fuels the journey. This tension, combined with your focus starts to awaken the imagination to be a partner in your creating.

13. I want to create...

Now you have to go deeper and understand what your motivation and what it is that you might want as a result of creating this. Why?

14. Ask yourself what that is. Write that down.

Now it is time to take ownership of your desire. This is done by putting the words “I choose to create” before what you want to create along with what you answered in question 13.

### **I choose to create....**

In the case of someone who had a passion and desire to write creatively the might answer: “I choose to pursue my desire of writing books and telling stories, in order to create greater wholeness and fulfillment”.

Look, we all need a dream, but to make the dream more than just a wish you have to turn it into a ‘burning desire,’ by understanding how to make what is called ‘creative tension’ work for you.

This is the secret all creators understand- how to use the tension between what you want and your current reality and turn it to your advantage. The difference between a fantasy and reality is making the tension work for you not against you and of course taking actions.

If you want help making this happen, check out [Creative Mindfulness](#).