



Desire Pack

A View from Impact Factory

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**Use with Caution
This could change your life
(Or at least make you think a lot about it)**

Instructions:

- ♥ There's no right way to answer these questions.
- ♥ Do this on your own, with a group of friends or with a partner (if you have one).
- ♥ It's OK to have more than one answer to the multiple-choice questions.
- ♥ Be honest.
- ♥ Think of this as a journey: do it at your own pace; think about it.
- ♥ This isn't about scoring yourself; this is about life!
- ♥ These sections aren't in any order. Skip around, answer in bits and pieces; it doesn't matter, this is for you.
- ♥ Your answers may be contradictory. Just like life.

Shopping

I (fill in the blank) _____ shopping.

When I think of 'shopping' I mean:

- | | | |
|-----------------|------------------|--------------|
| Cars | Food | Knick knacks |
| Gifts | Clothes | Furniture |
| In a store | Books | CDs/videos |
| On the Internet | From a catalogue | |
| Other _____ | | |

My favourite kind of shopping is:

My least favourite kind of shopping is:

Shopping makes me feel:

I shop:

- When I need to
- When I don't need to
- When I want to
- To make me feel better
- Carefully
- Carelessly
- To excess
- Just the right amount

I like to window-shop:

- A lot
- A little
- Not at all
- With friends
- On my own

I save for what I want:

- Always
- Often
- Sometimes
- Occasionally
- Never

I spend before I save:

- Always
- Often
- Sometimes
- Occasionally
- Never

My friends would say this about me and shopping:

This is what I buy to make me feel better:

I feel guilty when I shop:
Always
Often
Sometimes
Occasionally
Never

I am able to return
something to a shop
when I'm unhappy
with it:

Always
Often
Sometimes
Occasionally
Never

Do I buy things I decide I don't want and then return them? _____

Do I buy things I decide I don't want and keep them? _____

Am I comfortable returning things? _____

Other shopping habits I have are:

Have I got lots of stuff I don't want/need anymore? _____

What could I throw/give away right now?

This is where I shop:

This is where I would prefer to shop:

Relationships

Presently, I am

- In a relationship
- Starting a relationship
- Breaking up
- Engaged
- Married
- Separated
- Divorced
- Single
- Living with someone

I would like to be

- In a relationship
- Starting a relationship
- Breaking up
- Engaged
- Married
- Separated
- Divorced
- Single
- Living with someone

What I like best about my current relationship situation is:

What I like least about my current relationship situation is:

My relationships work best when:

Regarding friends, I would like:

- more
- fewer
- the same
- different

The most important people in my life are (in order):

Do I want to do things for other people? _____

What would I like to do for other people?

What could I do for other people right now?

What are the three relationships I am most unhappy with right now?

What would I need to do to make them better?

Did I include myself in the most important people in my life question?

Yes
No



Which relationships do I have where I support others but they don't support me?

What could I do to change that?

There's plenty more to come. Maybe it's time to take a breather, have a cup of tea and return later.

Sex

If this section frightens you to death, skip it and go straight to another topic

Presently, I have:	Enough Not enough Too much None	I would like:	More Less The same Different None
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I like/don't like sex because:

I think I'm sexually attractive:	Always Often Sometimes Occasionally Never
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This is what makes me feel sexy:

I think other people find me sexually attractive	Always Often Sometimes Occasionally Never	I like initiating sex:	Always Often Sometimes Occasionally Never
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I prefer my partner to initiate sex:	Always Often Sometimes Occasionally Never	I am able to ask for what I want:	Always Often Sometimes Occasionally Never
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This is what I want:

I'm not able to ask for what I want because:

I'm not able to say what I don't want because:

This is how I feel about my body/looks:

The three things about my body/looks I'm most happy with:

The three things I'm least happy with:



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Personal

Don't worry if answers here seem really contradictory. If everything in your life were straightened out you wouldn't have got this far. For most of us, living a contradiction is normal!

What is the most important thing in my life right now?

Where in my life do I direct most of my energy?

What am I most passionate about?

How much time and energy do I spend on the things I am most passionate about?

What do I like most about myself?

What do I like least about myself?

Do I take care of myself? _____

How?

Do I prefer to be unique, or do I like to fit in? _____

Do I want to contribute more to the world? _____

Do I know what I could do to contribute more? _____

Do I want to travel more/less? _____

Do I like change? _____

Do I initiate change? _____

Do I like learning new things? _____

Do I occasionally surprise the people around me? _____

Do I occasionally surprise myself? _____



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Health

Am I as healthy as I want to be? _____

My last complete medical check-up was: _____

My last complete dental check-up was: _____

My last eye examination was: _____

My biggest health strengths are:

My biggest health concerns are:

What am I doing to address these?

Do I do anything complementary or alternative in terms of health care?

What foods give me the most pleasure?

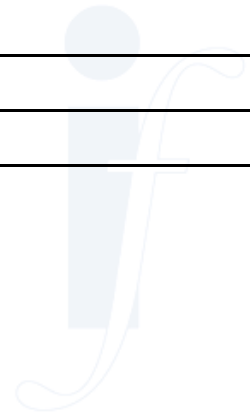
This is how I would describe my eating habits:

What would I need to do to have the eating habits I'd most like?

Am I as fit as I would like to be? _____

My favourite kind of exercise is:

What would I need to do to feel better about my fitness?



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Money

Do I have enough money? _____

This is how I feel about money:

What would I really like, but cannot afford at the moment?

What could I do about that?

If I were to get more money, what would I spend it on?

Would I like to be: rich and famous? just rich?
 just famous? neither

Which is more important to me:

 security excitement

Is it possible for me to have both? _____

What would I need to do to have both?

What dream/s have I never fulfilled?

What stops me fulfilling it/them?

What could I do to change that?

You and your money:

	Yes	No	How Much?
Do you know what you spend on groceries each week?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Do you know how much you spend on extras (chocolate, cigarettes, magazines, newspapers, lottery tickets, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Do you know how much interest you pay on your:			
Overdraft	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Credit cards	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Mortgage	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Loans	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Money lender	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Do you know what your partner earns?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Do you know how much he/she spends in a week?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Do you know how many SOs and DDs you have?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Do you play the lottery in the hopes that if you win, you'll be all right?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Do you know what your exact bank balance is?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Do you know how much money you're owed?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Are you in debt?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Do you know how much money you owe?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Do you know how much you spend in gas, phone and electricity each year?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Do you know what your net salary is?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
If you have a loan or mortgage outstanding, do you know how much more you have to pay on it?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Do you have savings?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
Did you cheat on this quiz?	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>

If money were no object my life would look like:

Environment

Am I happy where I live now? _____

Where would I really like to live?

What would I have to do to end up living where I want?

What does my home environment say about me?

What changes do I want to make to my home?

What does my work space say about me?

Are there any changes that could make my work environment better?

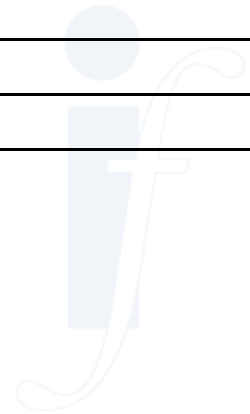
Do I have the lifestyle I want? _____

Do I have the lifestyle I believe I deserve? _____

What changes do I want to make to my lifestyle?

What could I do to get the lifestyle I both want and deserve?

Would it be worth it? _____



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Career

Do I really enjoy my career? _____

What would make my present job more enjoyable and/or fulfilling?

Do I want more recognition at work? _____

How could I get this?

Do I want to be the best? _____

How would I feel about being offered a new job?

Do I want more responsibility at work? _____

How could I get this?

Would I prefer a different career? _____

Which one?

What qualities, talents and skills do I already have that I could use in this new career?

Do I need/would I like to learn more professional skills? _____

Which ones?

How much do I want to earn? _____

Would I rather be unemployed than hold down a boring or unfulfilling job? _____

Is my job simply a way of earning money? _____

If not, what else is it?

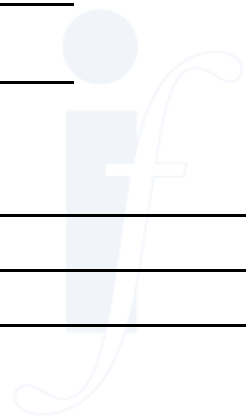
Does my career fit into the rest of my life? _____

How?

What would I have to change to get it to fit?

What is stopping me allowing my career to serve my life better?

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Conclusion

Presently, I have the life I want:

Yes
No
Sort of

This is what I most desire in my life:

What area/s would I most like to change?

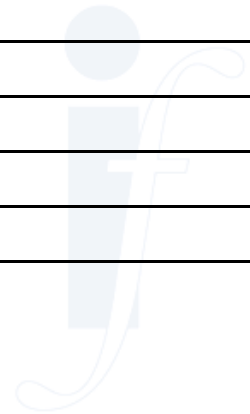
What are 5 simple things I could do to make my life a better place to be?

What will stop me doing them?

Who could support me in doing them?

Anything that's been missed out in this Desire Pack that I need/want to take a look at?

How do I want to be remembered?



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