



## What I Want vs What I Don't Want

This is a simple exercise to start thinking about what is important to you and what you want for your life moving forward. Sometimes it can be difficult to define what it is that we want. However, what we don't want is sometimes easier to identify. By filling out the column for what you don't want, it can create a better picture of what you do want.

**I Want**

**I Don't Want**

