

SERIES: HOW TO GET WHAT YOU REALLY WANT

Episode 1: "Careful What You Want For"

What do you want for yourself? Is it a what? Is it a who? And are you sure it's what you really want?

	QUESTIONS	NOTES
01	What do you wish you had in your life right now?	
02 >>>>	Have you ever gotten something you thought you wanted only to discover it wasn't what you wanted? If so, how did you respond?	
03	Do you agree that when pleasures (sex, food, travel, entertainment, etc.) become addictive, they lose their gratification? Explain why or why not.	
04	Andy mentioned that every regret begins with "I want." Have you found this to be true from past experiences?	
05 >>>>	Why do you think our values— the things most important to us—are difficult to identify?	
06 >>>>	How could you begin to identify your values?	

BOTTOM LINE

We'll never get what we really want until we discover what we really value.

Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.