

"Should" versus "Want" Tracking Journal

Over the next week, pay attention to what is showing up in your life as *something I truly want* and what is *something I think I 'should' do*. It's not judgement day here, we're simply curious to know what is popping up in each category for you. Make notes each day on what you observe (across any category - - personal and professional!) Then after you've collected this "data" take a look at the reflection questions on the last page in order to make sense of it.

[You may want to print this page to bring it around with you]

Day 1:

+ Truly want to

- "Should"

Day 2:

+ Truly want to

- "Should"

Day 3:

+ Truly want to

- "Should"

Day 4:

+ Truly want to

- "Should"

Day 5:

+ Truly want to

- "Should"

Reflection Time. Ok let's make some sense of all this data.

Find ~10 minutes to sit down and look back over all the notes you've tracked this week. Create a single list in each category, review all the data that's in front of you, and ask yourself:

- 1) What are the themes ... is anything repeated often? Do one or two items stand out strongly to? (For both categories):

- 2) What is on the list of 'should's that if I'm really honest I would like to stop doing?
 - 1) Can I stop doing it? It might take a vulnerable conversation, and it is something I could stop if I wanted to
 - 2) If I can't stop doing it, how might I be able to re-frame it so it feels more worthwhile to me?

- 3) What is on my list of 'truly want to' that I would be delighted to have more time for?
 - 1) What might be the smallest way I can increase this in my life?
 - 2) Can I change my schedule, routine, or my focus so that it becomes a bigger part of my regular life?