



**Creative exercise that will help you navigate the things that frustrate you the most. Hopefully you'll be able to brainstorm some solutions.**

1. First, get into a place of seclusion where you won't be distracted for 20-30 minutes at least.
2. If you are a person of faith, give thanks for this opportunity of breakthrough and pray for wisdom and truth to flow.
3. On the left side of the page write a list of all the things you wish were different. Don't spellcheck or judge your thoughts -just let it flow. Be as creative as you like and leave all boundaries out – financial, physical, mental, emotional.
4. Spend time looking at what you wrote, asking yourself what stands out to be the most important TO YOU not other people. It is not the time to be a martyr here. This is about truth and YOUR desires. Mark these in a way you can easily set them apart. \*
5. On the right side of the paper, write down the excuses why those dreams or needs are not being met.
6. Meditate on those and look for the lies and/or solutions that could help propel you forward.
7. Write them down NOW!
8. There! You now have an action list. Anything in there can change the course of your future and steer you in a new direction.