



TRUE Leaders Community

Be Do Have

This exercise is designed to help you understand more about your desires and what you deserve in life. It's a simple exercise, and a powerful one.

Take your time over a few days to build your list of everything you desire to be, everything you desire to do, and everything you desire to have. To start with, let the ideas flow freely without any editing, then you may wish to review the lists and prioritise them in some way to focus on the most relevant things for you next. You can then use these to help you plan your next steps towards your desires.

There's no right or wrong approach to this exercise; and it's one you can repeat at different times to review your current situation and your future desires. Sometimes you may find that you have more in one area than another – just use it in the way that seems most appropriate for you at the moment.

Things I deserve to be



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Things I deserve to do

Things I deserve to have