

# Figure out what you want



When we start to develop a manifestation mindset, it starts to feel more possible to do big things and achieve big goals. We're now living life by new rules—rules that have us prioritizing growth, positive experiences, and creating our own future. This is fantastic. But it can also leave us wondering, "What, exactly, is the future that I really want?"

We probably have generic manifestation goals like, 'I want to be happier', 'I want to make more money', or 'I want to be successful'. That's a great place to start. But if we want to manifest a life that makes us happy, we're going to need to go a lot deeper than that.

Successful manifestation requires that you know what you *really* want, know *why* you want it, and have clearly defined steps that will help get you there. Unfortunately, most of the goal-setting tools out there skip straight to goal setting without knowing your 'what' or 'why'. So let's start there first.

## **What Do You *Really* Want?**

Many of us don't have an answer to this question. Even if you do, I urge you to complete this section to make sure that any goals that you have set for yourself will actually make you happy once you achieve them. Too often, we spend years going down dead-end roads only to find we're no better off, even when we achieve massive goals. Taking the time to figure out what you actually want in life is crucially important, and it is often a neglected part of the goal-setting process.

## What makes you happy?

To start, think about what makes you happy. Who do you enjoy spending time with? What do you enjoy doing? What hobbies give you joy? Think about your answers to these questions for a moment or write them down in a notebook.

Here are six experiences that tend to boost our happiness and well-being:

- **Positive relationships with others.** We want to have warm, trusting, loving relationships with others.
- **Self-acceptance.** We want to have positive feelings towards ourselves.
- **Autonomy.** We want to be able to direct our own behavior, make our own decisions, and have freedom.
- **Environmental mastery.** We want to be able to change our circumstances and advance in the world.
- **Personal growth.** We want to learn and grow as a person.
- **Life purpose.** We want to devote ourselves to something important or have a sense of meaningfulness or direction.

## What are your needs?

In addition to being non-specific, our goals are often non-emotional. We want to 'get married by the time we're 30'. Or we want to 'be a senior manager at XYZ company.' These goals say nothing about the experiences we want, the emotions we hope to have, or the meaning that these goals have for us. By getting clear on the needs we're hoping to satisfy, we're able to identify if the goals we're setting actually help us get what we want.

### The Core Needs

Researchers have proposed that we have three core needs: autonomy, relatedness, and competence.

1. **Autonomy.** The belief that we direct our own actions and they are in alignment with our true selves.
2. **Relatedness.** The feeling that we are connected to those who are important to us.
3. **Competence.** The sense that we are capable of bringing about the outcomes we desire.

For example, if our goal is to 'be our own boss' that would likely fulfill the need for autonomy. If our goal is to 'find a life partner' that would likely fulfill the need for relatedness. And if our goal is to 'be a leader in our field' that would likely fulfill the need for competence. We're likely to feel more fulfilled if we set and achieve goals that meet these needs (Sheldon & Elliot, 1999).

So if you have an idea of what you're planning to manifest, ask yourself now, does it satisfy at least one of these core needs? If not, then see if you can modify your goal a bit to help you fulfill at least one core need.

## What are your values?

Another thing to keep in mind when thinking about what you really want is your values. Values function as guiding principles that help us move forward in ways that matter to us (Roccas, Sagiv, Schwartz, & Knafo, 2002). We tend to feel better about our lives when we're living by our own unique values. So knowing what we value can help us better understand what we want.

Use the list below to make sure you know which values are most important to you (feel free to come up with values not listed below).

### Personal values list:

Authenticity	Adventure	Balance
Bravery	Compassion	Challenge
Citizenship	Community	Creativity
Curiosity	Determination	Fairness
Freedom	Friendships	Fun
Generosity	Growth	Honesty

Influence	Justice	Kindness
Knowledge	Leadership	Learning
Love	Loyalty	Openness
Optimism	Recognition	Respect
Responsibility	Security	Self-Respect
Social Connection	Spirituality	Stability
Status	Wealth	Wisdom

Anytime you set a personal goal, ask yourself if it is consistent with your values.

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<https://www.berkeleywellbeing.com/manifestation-program-plr.html>