

Identify the people influencing what you want

Date:

A. When I think about the lifestyle that I would most like to have, who do I feel most embodies it?

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B. Aside from my parents, who were the most important influences on me in my childhood?

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C. Is there anyone I would NOT like to see succeed?

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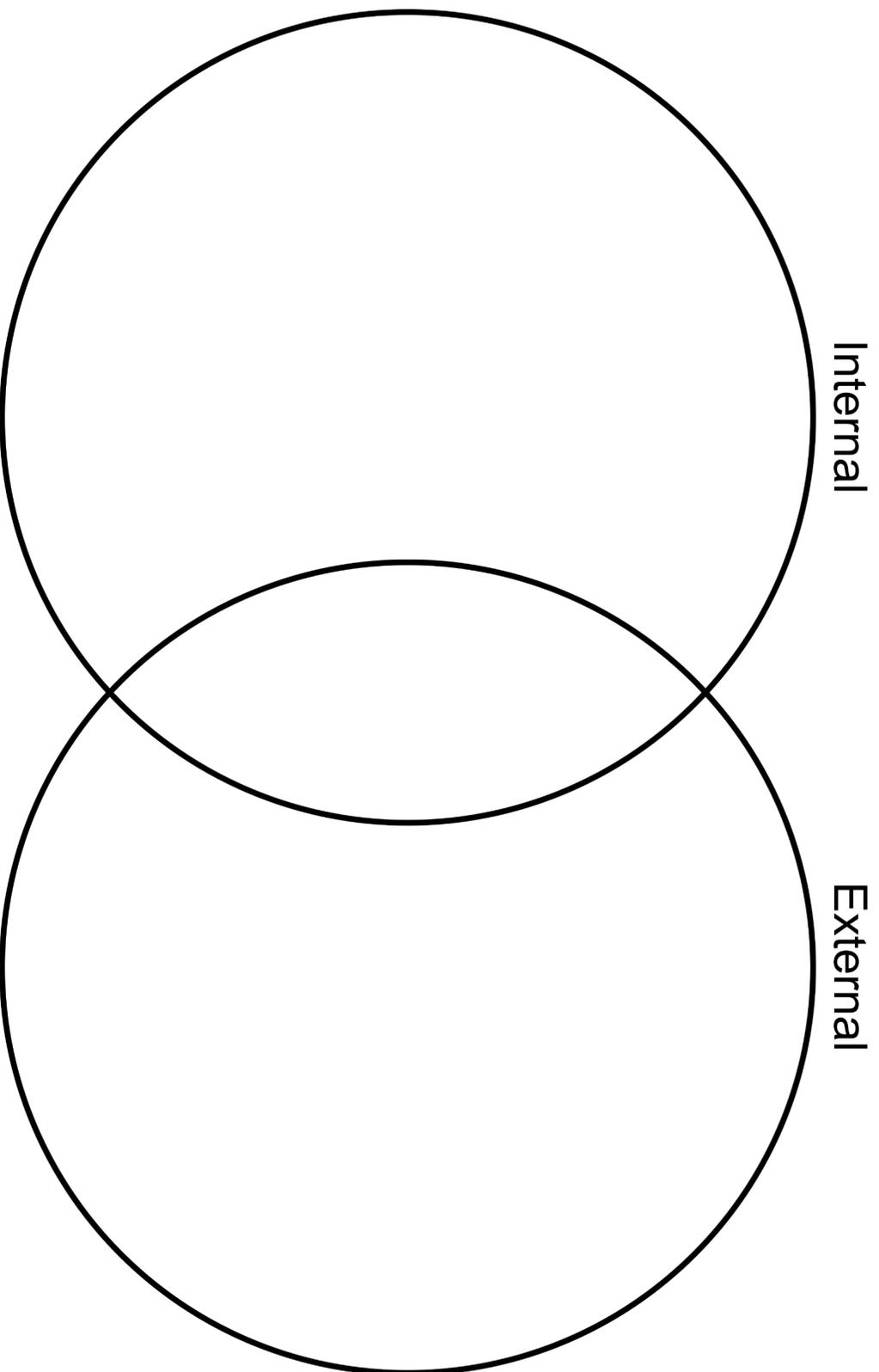
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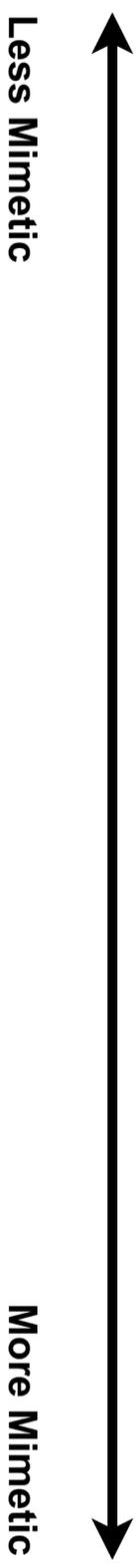
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Mediators of Desire



Spectrum of Desires



Go Deeper...

In what person or thing are my desires able to rest without the incessant feeling of restlessness?

Why might that be?

What is something that seems to bring me longer-lasting joy, without the need for 'more'?