



What Do You Want?

*It's difficult to get what you really want out of life
if you don't know what that is.*

If you don't know **what YOU want**, you'll get **what your unconscious wants for you**.
And your unconscious is programmed to:

- ◆ **“Correct” you back to the very well-worn path you’re trying to get off**
- ◆ **Pacify you rather than satisfy you**
- ◆ **Help you survive, but not necessarily thrive**

This course will help you identify your **Big Picture Wants**—the things that matter most to you and make your life juicy, enlivening, and deeply satisfying. Once you're clear about what really matters, you can stop wasting time on what doesn't. And you can start using your brain to get more of **what YOU want** and less of what you don't want.

*Great class! It honestly changed my life. Looking at the list
(of Big Picture Wants) when making decisions has been huge. —E.B.*

Now I know what my Big Picture Wants are and have a clear picture of what activities get them for me. I also have a better understanding of System 1 and System 2 and how persistence trumps willpower and can make my life easier. I really enjoyed the class and what I learned. —J.M.

I had this notion that of course everybody would have the same Big Picture Wants. I was surprised that I had specific things that weren't on other people's lists and vice versa. And I was surprised at some of the things that made my list. —P.C.

What Do You Want? empowers people to recognize how their brain works and how our behavior and habits can contribute to or detract from getting us what we really want. The wisdom I've gained has helped me better understand and empower others! —S.T.

8 sessions | \$260

For more information or to register, contact Joycelyn Campbell at:
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