



3 Wishes Worksheet

Please answer the following questions....

1. If you were given 3 wishes today that you knew would be granted to make your current life better or even perfect what would these 3 wishes be? Make wishes specific:

EXAMPLE: Don't say, "I wish to have all of the money in the world". Instead, pick something specific to yourself and your current life. Such as, "I wish to own a house", or "I wish to make a purchase of 'something'. Make it a 'want' as opposed to a 'need' without feeling guilt or fear that I won't have enough money."

2. Now look at your three wishes and describe how they would make life look different than it currently is.

EXAMPLE:

- **WISH #1:** "I want to own a house."
- **CURRENT SITUATION #1:** "I am renting and constantly spending more money in rent a month than I have.", or ...
- **WISH #2:** "I wish to make a purchase of something that's a want as opposed to a need without feeling guilt or fear that I won't have enough money."
- **CURRENT SITUATION #2:** "I feel guilt every time I look at buying something I want because I feel I barely have enough money in my checking account for needs."

3. Now, review the difference in your wishes and current situation. For each wish/current situation combo, change the word WISH to GOAL. Re-list your wishes as goals. For each new goal write down 1 thing you can do every day to help achieve that goal, 1 thing you can do monthly to help achieve goal, and 1 thought pattern to shift.

EXAMPLE:

- **GOAL 2:** to make a purchase of something that's a 'want' as opposed to a 'need' without feeling guilt or fear that I won't have enough money."

- **DAYILY HABIT TO START:** Put 1 dollar every day in a savings account (\$30.00 per month which is \$360 per year, this can become money for a want)
 - **MONTHLY HABIT TO START:** Balancing budget at end of month to assess where money was spent (i.e. grocery store to cook vs going out to eat).
 - **THOUGHT SHIFT:** Do a **COST BENEFIT** of each 'want item' For example, if you 'want' a new pair of shoes and an Xbox; how could you prioritize those? For example, if both the shoes and Xbox cost \$200, the shoes may be comfortable for walking or work and that comfort may make the daily quality of life better as opposed to an Xbox which would be for fun.
4. **Track your goals.** Put a reminder in your phone for your daily, monthly, and thought shift actions. Or put a sticky note on the bathroom mirror. Keep track of how many times you stick to your changes.
 5. **Celebrate the small wins.** Take space to honor yourself and your commitment. Every time you do one of the things in your daily, monthly, or thought shift list, stop, and say "thank you self, I love you and want to care of you". Reminding ourselves that we are worth it and using positive phrasing goes a long way toward building not only new habits, but empowerment and self-esteem, which creates new desire to accomplish more.