

# Purpose W.I.S.H. List

Instructions: Start by writing in the “Wonder” column all the things that really inspire you and you could be part of creating more of in the world. They might be things that affect just you and your immediate circle, or with a wider impact – put them in the appropriate “Scope” row. Some might even be in both. Whatever scope you choose to work at is fine, we don’t all have to be Mahatma Gandhi! Then do the same thing for the things that really annoy you in the world as it is right now, that you could be part of reducing. Finally, write in the Higher Self box who you are going to show up as to make that happen.

	<b>Wonder</b> <i>What do I want to create more of?</i>	<b>Irritation</b> <i>What do I want to see less of?</i>	<b>Higher Self</b> <i>Who do I need to show up as?</i>
<b>Global</b>	Creating the perfect world	Putting the world to rights	My Higher Self
<b>Personal</b>	Living joyfully	Clearing out the muck	