

What do you want?

Accompanying worksheet to 'My Lessons from 6 Years in Business - What I Wish I'd Known in Year One'

In the video, we explored three key lessons from six years in business: defining what success really means for you, building your support system, and having fun being yourself. This worksheet will help you clarify your vision, your boundaries, and your priorities, so you can make choices that actually work for you.

1. Clarify Your Wants

The first step is to get clear on what you want, don't want, and should want.

Use the table below to map it out:

What I Want	What I Don't Want	What I Should Want

Prompts to consider:

- What brings you energy, joy, and satisfaction in your work?
- What drains you or leaves you feeling frustrated?
- What "should" you want because of expectations, norms, or others' opinions?

2. Reflect and Make it Real

Once you've filled in your table, pick one "don't want" or "should want" that is causing friction or stress. Answer the questions below:

Why do I currently tolerate this in my business or work life?

What advantage or benefit do I get from keeping it as-is (even if it's small or hidden)?

What could I remove, delegate, or reframe so it no longer drains me?

What is one small, actionable step I can take this week to align more closely with what I truly want?

Closing Thought

Keep this worksheet visible, come back to it regularly, and let it guide your decisions and priorities. Clarity on what you truly want (and don't want) is a shortcut to running your business with more freedom, focus, and enjoyment.

