



Intentional Life Plan

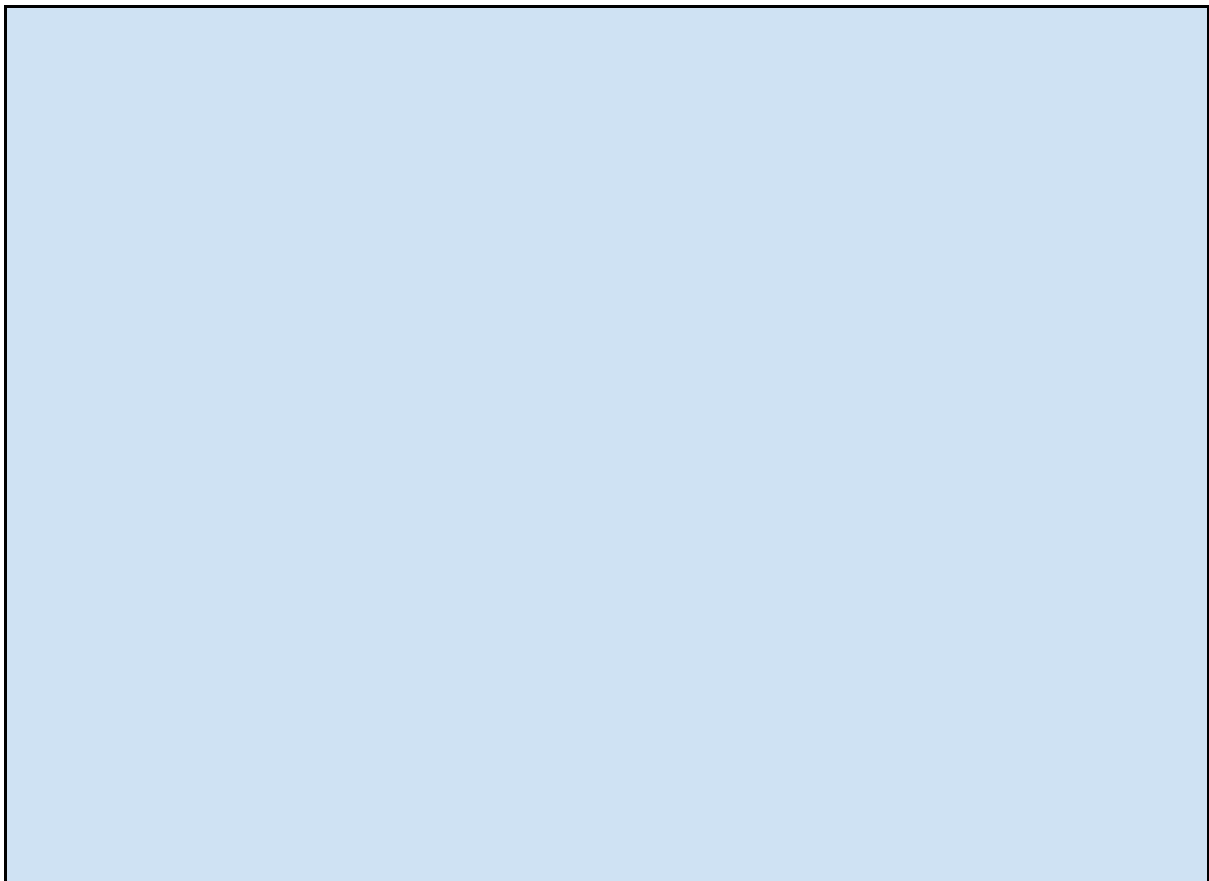
Self-Reflective Questions

Being Heard

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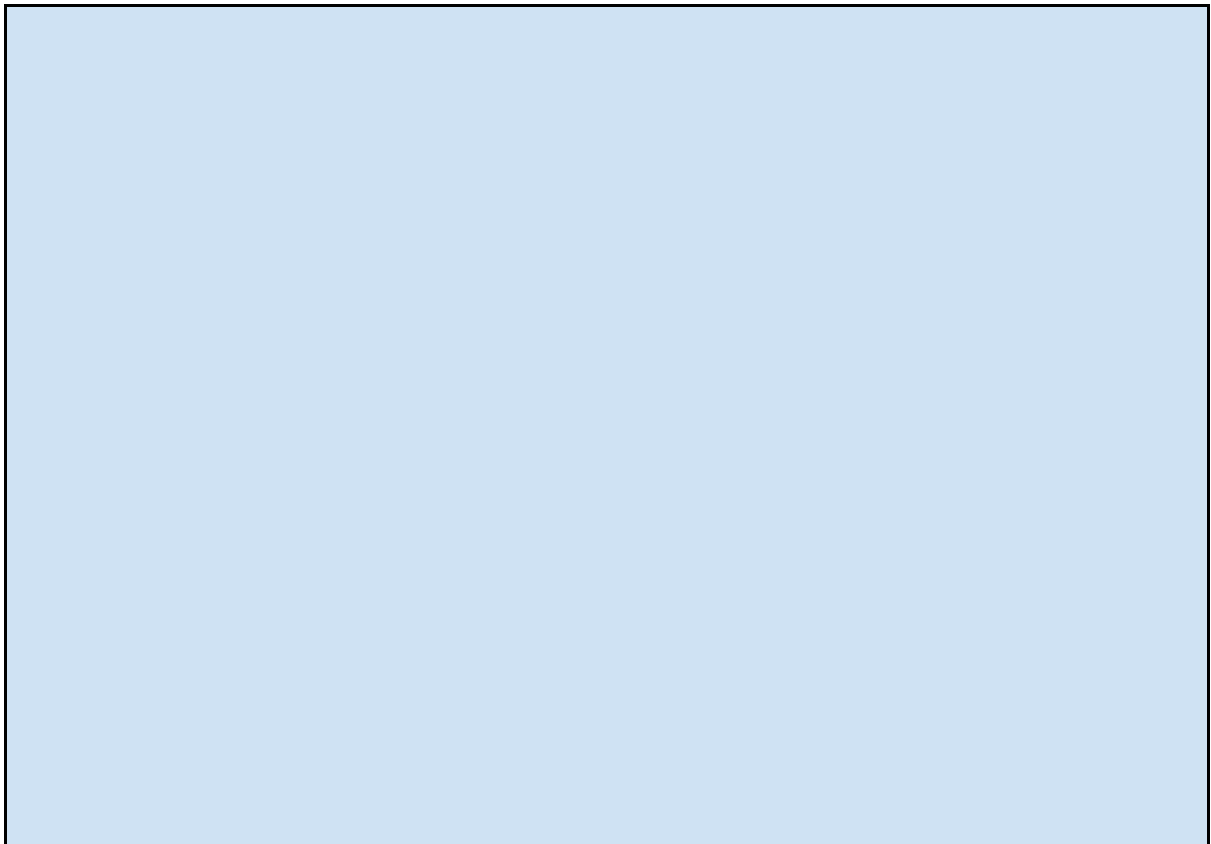
Focusing on what you do want, instead of on what you don't want, will mean you are more likely to be heard and get your needs met. Complete the following: The areas of my life where I can start thinking about what I do want are ...



Name one important person in your life who you would like to be heard by. (You can repeat the following steps for as many people as you like)



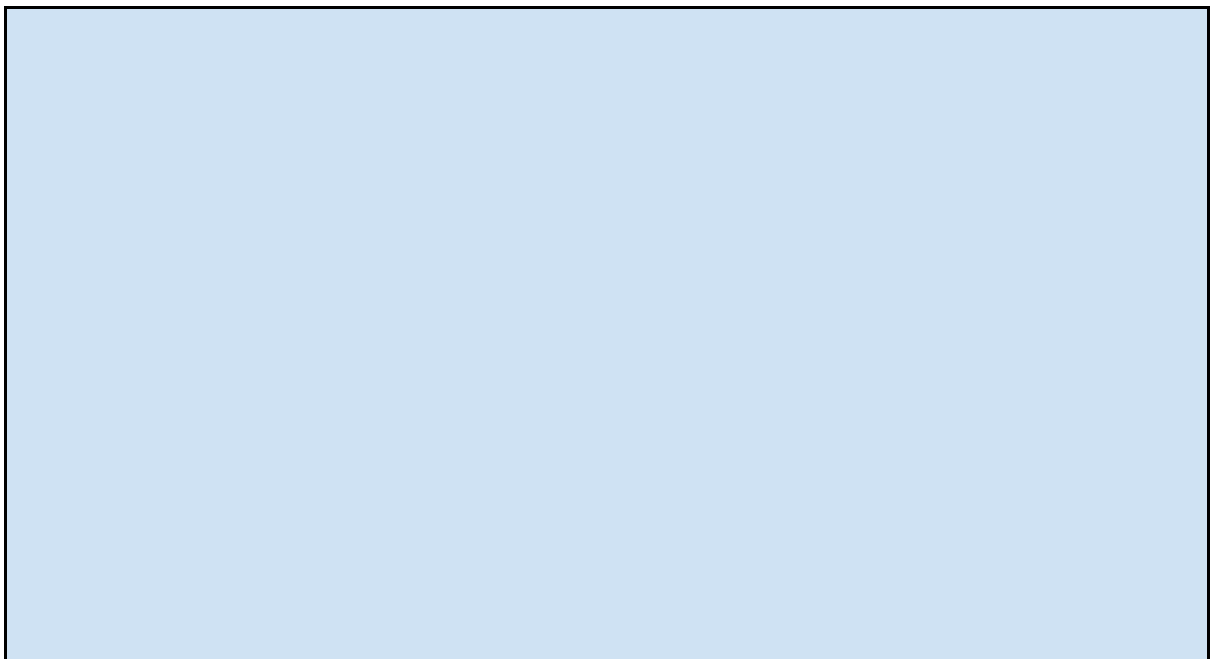
Write two or more 'Don't Want' statements that you have been using. For example, *I am aware that I often tell them that I don't want...*



Now turn these into 'Do Wants' by writing: *Therefore, that means I do want ...*



Write: *The Do Want phrases I can use to let [name of person] know what I want, are ...*



Name the emotional need, or needs, that will be fulfilled when this person hears you.
For example: *I will feel worthy, I will feel respected etc*

