



What do you desire?

This technique accompanies the book '[Intention Matters](#)'. It may be of assistance when identifying, refining or distilling your intentions -Steps 1 and 2 of the IDEA framework.

In Chapter 1 of Intention Matters, intention is defined as "a deep, sincere desire (DSD) underpinned by a belief that it is possible".

In Chapter 7, you are asked to consider if your DSD is actually yours, or someone else's. I explained that my mother had dreamed of being a doctor but not completed her medical training, and that I thought that I too wanted to be a doctor before realising it was my mums DSD, not mine. It's an easy mistake to make.

1. Find a time when you are in a calm state of mind. If this is not something that comes naturally to you get some exercise or sit down to practice a little mindfulness. Both exercise and mindfulness are proven to reduce stress and relieve tension, which will encourage clarity of mind.
2. Pause and ask yourself what exactly you want. Try to separate this from what you think you should want or what others want you to want or want for you.
3. Ask yourself what is important now? See what arises for you. Write it down if you wish, or just allow it to percolate in your mind's eye.
4. Ask yourself where do I want to put my energy? This question can help you discover how much you want something. Do you really want it with all your heart, or does it seem like too much effort?
5. If it feels like too much effort maybe you do not want it enough and it is a 'want' rather than a DSD? It could also be that you, like many people these days are just so busy that you are physically exhausted. If this is the case, revisit this when you feel a little more in balance and physical tension and tiredness is not clouding your judgement.



6. Once you have identified one or more DSD, test your belief. Does it feel right? Set aside logic if you can and work with your gut instinct. Scientists call the gut 'the little brain' – it is packed with billions of neurones sending messages to the brain. Your gut can tune into your unconscious emotional responses and help you notice if something is not quite right.
7. Avoid the trap of being sucked into excessive left-brain logical thinking. How you are going to turn your DSD into reality and create the life you want does not matter at this stage and may impede the creative process. Stage 2 of the IDEA framework is simply about being clear about what you want.
8. Once you have DSD + Belief, it's time to move to steps 3 and 4 of the IDEA framework

Key words:

Desire, Belief, Intention, Create the life you want, Manifest, Manifestation, change your life, achieve your goals, power of intention, Wish, Goal, Dreams, dream, Brain, Mind, Happy, purpose and values, purpose, Intention Matters, Science of intention, Neuroscience of Intention