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My To-Be List

Instruction: This exercise is from chapter 8 in *Wild Moon Healing*. Once you establish a positive intention that ignites your creative mind with all the different ways you can go about achieving results, you need to visualize your intent. This process should make you feel free and exhilarated. So, if your intention leads to a dreaded “to-do” list, you are focusing on the wrong thing. Instead of creating an “I have to do [something]” list, focus on creating a “to-be” list, a list of non-materialistic things you want to be, to help you create excitement about your future possibilities.

For example, do you want to...

- be fluent in another language?
- be happy?
- be more energetic?
- be more loving to yourself?
- be more helpful to other people?
- let go and be silly and playful with your kids?
- be part of a healthy, loving relationship?
- be a student and go back to school?
- be financially stable and abundant?

Creating a “to-do” list could mean you are striving for perfectionism from the “I have to” or “I should” prison, whereas a “to-be” list is a mindful exercise of self-exploration. At any age, you can engage in the child-like wonder of deciding what you want to be when you grow up. We all have the right to be our perfectly imperfect selves, doing what we enjoy.

Below, list **all** the things you want to be. Use this space or write in your journal. Have fun with this activity and know you can be whomever you chose to be at any moment.

I want to be:

More _____

A driving force to _____

Financially stable by doing _____

Successful at _____

Part of a _____



List everything you want to be.

You can be anyone or anything you choose to be. Whatever your goal or dream, you deserve to go after it and be happy. But first discover what you want to be.