

Should vs. Want

It's easy to confuse what you want to do with what you feel you have to do. This exercise will help you move beyond the "shoulds" and "ought tos" to identify what really energizes you. The following questions will explore:

1. Your "Ought To's" — What responsibilities and obligations do you feel?
2. Your "Fun To's" — What would simply be fun to do?
3. Your "Heart's Core" — What is truly closest to your heart?

You may have multiple answers for each, or you may have one—even none! And that's ok. Don't worry about getting these answers "perfect." Just write down what comes to mind.

Once complete, please email a copy to your advisor.

#1: Your "Ought To's"

What responsibilities and obligations do you feel?

HAVE: What do you feel you *should* have in your life?

DO: What do you feel you *should* experience or accomplish?

BE: What roles, characteristics, or qualities do you feel you *should* become?

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#2: Your "Fun To's"

What would simply be fun to do?

HAVE: What would be *fun* to have in life?

DO: What would be *fun* to experience or accomplish?

BE: What roles, characteristics, or qualities would be *fun* to become?

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#3: Your "Heart's Core"

Finally, think about what you're most passionate about. What is "above all else" and closest to your heart?

HAVE: What are you *passionate* about having in life?

DO: What are you *passionate* about experiencing or accomplishing?

BE: What roles, characteristics, or qualities are you *passionate* about becoming?