

What and Why

What do you want? Why?

What do you want? A million dollars, a spouse, a new job, a new car? We all have lots of wants. I want. I want. I want. We sound like children when we talk about all our wants.

What are your wants? Are they just casual desires that come and go, just as seeing a nice car drive by and wanting it at that moment and then forgetting about it? Is your want wishful thinking about something you feel you will never get, can never afford, or deserve?

Is what you want something that someone else has so you think you want it? Is it serious or is it a whim of the moment?

We all have lots of casual wants. But, truly, they are not real wants. I want, to be real, needs to be something that we repeatedly think of, can feel, touch, and see. A real want is something we focus on and spend time visualizing and creating in our mind.

In order to obtain what we want, we need to create or manifest it in our lives. Just wanting or wishing is not enough. We must give our wants life by putting action behind our wants. We need action that lasts until we get what we want.

Action in the moment is easy. However, focused long term action is more challenging. We can start a diet and lose 5 pounds with the action of eating properly. But, to lose 25 pounds takes longer term action. Too often, using the diet example, when we hit a bump in the road, we don't lose weight for a week, or we gain a little, our action stops and we fail. Sure, we want to lose weight but our want is not strong enough to sustain our action. Our action of eating properly stops, we give up, and we go back to our old ways. The action loses it's focus and we do not get our want.

So, we have the want and we know that action is required. We also know that the action needs to continue until we reach our goal, and have what we want. So, how do we do it?

We need to answer the question, why. Why do I want? Why is the want of value? What will I feel like when I obtain the want? What will the results be? What is the value of the result to me?

It is only in feeling and knowing the why that we can sustain action. Action needs passion, purpose, and determination behind it. Only with the strength of the why will we continue the action necessary to obtain the want.

Some wants are more easily and quickly obtained than others. The big and serious wants take time and action over time, be it a month or years. Sustaining the action is the key. If we have the action long enough we will obtain our want.

First, answer the question, why? Why the want, why the need, what will it feel like, look like, and be when I have the want? What will my feeling be? By focusing on the why, the feeling, and the emotion, you will focus your power so that the action will continue.

When tempted to stop, to give up the action, your emotion and energy of the why I have the want will give you the power and the strength to continue the action during temporary setbacks, so that you can and will obtain the want.

Once you have the want, focus on the energy of the why. Only with the knowledge of the strength of the why will you obtain the want.