List of 100 human wishes. Technique how to make a wish list correctly

We have combined the experience to give the maximum benefit. This is an important exercise.

People who regularly achieve their goals – winners. Their distinctive feature is the habit of thinking and structuring their lives. They are regularly plan and make a schedule for their implementation: for a week, for a month, for six months and a year. This skill does not come immediately – it requires attention and work.

Desiring as usual receive as always.

If you think that you are not living according to your schedule, then your schedule is simply poorly planned. Or well planned, but not by you.

Planning is easy to learn. The main thing is that the plan should include wishful purposes. Consider a technique for creating a list of your true 100 wishes.

What is «100 wishes»?

What is 100 wishes?

The «100 wishes» technique is an exercise for defining desires and goals. You make a detailed wish list and choose the most powerful ones from it. And then – it's easy for you to create a list of goals and priorities for the next month, six months, and year. Alternative names of the exercise: «108 wishes», «10 cherished wishes and places», «Checklist 101 wishes».

After performing the «My 100 wishes» technique, perhaps for the first time, you will discover how diverse your interests are. See how our desires are contradictory:

«Earn on an apartment»

«Work 4 hours a week»

«Buy a BMW»

«Become an entrepreneur»

Without a plan – what to implement and in what order – it is difficult to coordinate everything and not end up in a dead-end.

Method of identifying desires «List of 100 of my desires».

This exercise will help you make an internal decision about what is more important to you: «Save money for a home» or «Travel to Asia and work in a free schedule». Often, people want both, and here you need to choose the adventures or the accumulation of money.

This exercise is very revealing for women and men who rarely fulfill their desires. After writing a list of 30-50 wishes, their fantasy is blown away, and generates new desires with a great effort. This suggests that they have forgotten how to desire. They rarely realize even simple dreams – their appetite is blunted. Exercise will help warm it up.

Wheel of life balance – helps you set priorities.

Setting up a list

Find a comfortable place. Don't be distracted by sounds, active movement around, or Intrusive thoughts. This can be a yoga and meditation room, a remote lawn in a Park, a table in a quiet coffee shop, or a quiet environment in the office.

For one and a half to two hours off the phone, close your laptop and be alone. You can turn on pleasant music.

Find a cozy place.

Alexandra:

I like to write early in the morning, before Breakfast.

I'm comfortable in silence. This is how honesty is «turned on». When I listen to my deepest desires, I understand what I really want.

Still, carefully choose the handle. I like to enjoy the recording itself.

Vitaliy:

I only make a list in a cozy coffee shop.

Vitaliy: without a delicious cappuccino – I will not sit down to make a wish list.

Vitaliy: without a delicious cappuccino – I will not sit down to make a wish list.

If you are depressed, meditate, make yourself a Cup of tea, and watch a movie. Good in this mood is unrealistic «to wish». In a state of stress, the list will want to add the desire to «GET RID OF» this is unproductive motivation.

You need a state without fears when the mind is clear and calm. Choose a day when you will have a pleasant or inspired state. Then you will pour out on the diary paper your «desires» for what you want to gain, not get rid of. Motivation «GET» – more productive and pleasant.

How to write a list of 100 wishes

Take sheets and a pen and write questions as a hint to generate ideas:

What I want to do?

What I want to try?

What I want to learn?

What are my material desires?

What I want to change?

What cool wishes I would have fulfilled?

Write down your wishes, 20 answers to each of the questions. If you have more or less answers to some item – it's not a big deal. Accuracy is an optional rule, it is more important to enter the stream and write what comes to mind and from the heart. Write down your cherished, unusual, and alternative desires on the list.

Enter everything in the list as it goes, do not allocate items by importance. If after the desire «I Want to plant a rose Bush», «I Want to live a year in Australia» comes to mind – this is normal.

If you have a boyfriend/girlfriend, write down a wish list for the couple. And be sure to add the wording of one or two interesting or even crazy desires for your loved one.

Alexandra makes a list of 100 wishes on her way to India.

Don't be afraid to write nonsense. An absurd, but long-cherished desire came to mind – write them! Suddenly you have long wanted to stand on stilts and walk through the Central square of your city? Be sure to include this in the list of one hundred wishes.

Once we wrote «delusional» desires: «Live in India», «Visit Chile», «Fly in a balloon». The time has come:

Alexandra writes – in the village of Arambol, India.

Alexandra writes –

in the village of Arambol, India.

Vitaliy – in the capital of Chile, Santiago.

Vitaliy –

in the capital of Chile, Santiago.

And Elena fulfilled her wish to fly.

It is useful to put shame aside. You may have sexual unrealized desires that you are afraid to admit to yourself. This is exactly the case when they need to be written. No one else will read the list, and if you write your dream on paper, you will get a chance to meet someone with the same interests.

A poorly set goal. The man is confused. Goal in the maze.

Be honest with yourself.

Alexandra:

One of the items on my wish list is, «I Want to do an interview». This is an arrogant desire. To give an interview, you need to be interesting to someone.

I honestly admit that my knowledge is not yet enough to say a new word, but I still want to do it. I am sure that this approach will help me achieve my goal.

My 100 wish list:

Text example

List of Alexandra's 100 wishes. Sheet 1

List of Alexandra's 100 wishes. Sheet 2

List of Alexandra's 100 wishes. Sheet 3

List of Alexandra's 100 wishes. Sheet 4

After making a wish list, take a break. The exercise will not only bring together what you want but also discard what you don't need. The method is useful not only for girls; a man and a woman do not need to hesitate to write their wishes.

Go through the written and put a score from 10 to 0 next to each item, where:

10 – an extremely important and exciting desire. An example is to pay a monetary debt. You are plagued by debt, you do not sleep well and are nervous about it. You can bet 10 points.

0 – an insignificant desire, the implementation of which will not change your life. Example – «I want iPhone 11 instead of iPhone X». While you wait for the purchase of the model 11, the next one will go on sale. Updating your gadget won't make your life better.

Wishes with scores of 10 and 9 are the most important for you at this stage. Highlight them with a marker, copy them in your diary, or stick them on the refrigerator. Your wishlist is ready.

Prioritize in your wishlist.

Rephrase Top wishes in goals. Add dates and deadlines, specify them as much as possible with the information – specify them. The desire to «Visit Asia» is divided into three goals: «Visit India», «Live on the island of Bali» and «Visit Sri Lanka». Now act!

Personal experience and recommendations for the exercise

Writing 100 wishes

Write wishes on a sheet of paper by hand, do not use a computer. Delusional desires should remain, not disappear on a white screen.

If you find it difficult to come up with 100 wishes, then you have not thought and planned things for a long time. Don't despair and spend more time practicing. Write everything that comes to mind – not only dreams, but also ordinary desires. Look at the questions and suggestions and continue.

Write 100 wishes and goals in life. The girl makes a wish list.

Elena:

I got acquainted with this technique five years ago, at a coaching training. Mostly, the people were of Mature age and a couple of students. First, we were given the task of making a list of 50 of their desires, not even 100. I barely made it past 30.

It wasn't easy. Only five wrote a list of 25-50 wishes. Rest:

just scored, considering it stupid;

were afraid to admit to themselves that they want something – this is the fear of wanting, having, and dreaming;

did not know what they wanted or how to define their desires.

A week later, I repeated the exercise – I have already recorded 80 different wishes. Step by step, I learned to understand myself, not to be afraid to dream and desire something.

Dabbling, I wrote 108 wishes for this article. And so, at least 300 options will give out:

Text example

List of Elena's 100 wishes. Sheet 1

List of Elena's 100 wishes. Sheet 2

List of Elena's 100 wishes. Sheet 3

List of Elena's 100 wishes. Sheet 4

There are specific desires, but they are difficult to fulfill. They also need to be recorded, they generalize your desires, they show the mainline of your development.

Alexandra:

Publish books! I'm afraid to admit to myself that I want to. It sounds so ambitious. But surprisingly, as soon as I wrote by hand how many books I want to publish, when and what exactly, I put the dots on i – the goal seemed to me not so difficult.

Vitaliy:

Implement the vision of the perfect day. Three pages describing my ideal life in 10 years. I'm a dad, an expert, an investor, a founder of a company, and even the author of two best-selling books. Plus the pilot of the plane. Most of my list of dreams and wishes to make has been formed in pieces over the years of working with the list of 100 wishes. This can't be written in 15 minutes.

really-want

Repeat the 100 wishes exercise every year, preferably on the same days. The occasion may be a New year, birthday, or even a new moon.

For girls, visualization of desires works well – a map of the main desires with pictures and handwritten inscriptions is made. Women live more with their hearts by visualizing the list – it is easier for them to hear the inner response. This allows you to check whether good wishes are written or stereotypes have popped to the surface.

Vitaliy:

I write down my wishes every 6-12 months, usually when I arrive in a new country. I'll get used to it, see what you can do on the spot – make a list.

Save your 100 wishes. If not the original version, then the digital version on your computer. After 6 months – review the list, cross out the completed work. Go back to the list after another six months and cross it out again. Write out the remaining goals again, adding new wishes.

Why do I need to practice 100 desires and goals

The exercise gives an impetus to development and self-realization. As long as your desires are in your mind and not on paper, they seem unrealistic and disordered. Sometimes they just forget. After writing them, you will understand – nothing complicated.

You forgot. – and the paper remembers everything.

Keeping goals in mind is not always practical. It is better to choose the 10 most important ones and remember them. Let the paper remember the rest. Use the memory for something else. And if you don't have anything to give to paper – isn't life a little tight?

Six months later, when you look at your 100 wishes, you will notice that many of them have come true. This means that you are on the right path to happiness and self-realization.

Vitaliy:

In my list, the main goals are related to the development of this site. I write them down and remember them. The remaining 30-50 small desires to try something new and unusual are waiting for their time. I walk in a new city, see a crossfit gym – it's on the list. A week later I'm already doing it.

Using the 100 wishes practice you can track the speed of achieving goals.

Compare past wish lists with today's.

Vitaliy:

I have lists of 100 wishes in my notebook since 2011. Reviewing them, I see sections of «me»: what I wanted, what I wanted, and what I was angry about.

A few years later, it's interesting to see what I realized, what I dropped out of my mind, and what I had to plow to buy. Dynamics are visible. I wanted to work 1-2 hours a day, now I want 4-6 hours. Valuable information about yourself.

My wish list:

Text example for 2016

2016 December

2016 December

2015 December

2015 December

2015 March

2015 March

2012

2012

101 wishes for December 2019, preparing goals for 2020:

List of Vitaly's 100 wishes. Sheet 1

List of Vitaly's 100 wishes. Sheet 2

List of Vitaly's 100 wishes. Sheet 3

List of Vitaly's 100 wishes. Sheet 4

Meta-analysis of wish lists – Pro-level

By saving wish lists for all the years in a notebook, you can conduct an overview analysis of your desires to improve yourself. Diary entries allow you to highlight your main aspirations, track achievements, and observe the change in the course of your development.

Meta-analysis of wish lists

How to perform a meta-analysis of wish lists

Take a separate sheet of paper. Find all your wish lists for the past years in Notepad, and it's better to insert paper bookmarks so that you don't get stuck searching for entries.

Start with the oldest list. Read each wish and write out a more General wish to group the thematic wishes.

When you add a wish to a category, put a period. When all the lists are reviewed, count the number of «points» you have scored and write them down separately, in the order of the points you have scored.

Example: all desires related to trips, sightseeing, visiting countries – this is a category of travel. Gain or lose weight, treat something – health. It is desirable to have a final list of up to 30 categories.

Vitaliy:

I have a notebook with a ten-year history, so I've done a meta-analysis twice already.

2011-2015

2015-2018 – counting

2015-2018 – ranked

Meta-analysis of desires allows you to understand what you were worried about for a long time and whether you achieved your goal in this or not. If not – you can make a targeted plan for a specific desire to satisfy it if it is still relevant, or reject and score.

Transferring wishes from the list to your life

People think that if they are active and busy, they will realize something important in their life. But it is worth asking: «What useful things have you done over the past year?» – it turns out that not so much, and maybe nothing at all.

Exploring your true desires is burdensome for those who do not believe in themselves. Without knowing their desires, they act to their own detriment and neglect themselves.

A list of 100 wishes will make you reconsider life priorities and find your talents in other unexpected areas.

Sometimes, a person sits in the office at the computer, and dreams of creative work. In his list of 100 wishes for life, there is not a single one that relates to the current job. Instead, there was a desire to create silver jewelry. After writing out a diary on paper, he compares the «I of the present» and «I of the ideal». Inspired to change, goes to jewelry courses.

Find 100 differences.

In order not to be among people who only look energetic and purposeful – perform the practice of 100 wishes every six months or a year. Make a revision of your desires and live by what is important to you. And the imposed dreams – cross out.

An exercise test will help you find a problematic area of life «Wheel of life balance».

See what your desires are and warm up your imagination using lists of examples: 20 goals, 25 goals, 50 goals and 100 goals of a person in life.

Make a list of your 100 wishes – take a step towards knowing your main goal in life.