

Wanting Mind's Desires

- Predominantly self concerned
- Grandiose or omnipotent - usually requiring more financial resources than you can reasonably expect to hover an unrealistically short time frame
- Accompanied by childlike urgency
- Comparative or competitive (feel like "shoulds" and are imposed by family, friends, or culture)
- Insatiable - as soon as one desire is satiated, the mind is onto a new one



Heartfelt Goals

- Usually include benefits to others
- Realistic and achievable
- Characterized by patience
- Originating from the inside: self-referenced
- A sense of profound importance - I yearn to do or have this before I die - which creates more long-lasting fulfillment

