

Want–need–test

Start with one part of life.

1. One desired change

I want...

2. The experience it might make room for

If I had that, an ordinary day would include more...

3. What I want to protect

I want more ___, while protecting ___ .

4. One small, reversible test

What will I try? When, and for how long?

What do I want to find out?

5. When and what I will review

Review date: _____

What did I enjoy? What got in the way?
Repeat it, change one part, or set it aside?