

# Levnow Self-Help Tools Worksheet

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## Desire to Act

*You need to define your desires, so you can see them in words that remind you of your dreams.*

This exercise will help you think about your life today, articulate your desires, and look at what you will be losing if you do not go after your dreams. Whenever you need a little pick me up review what you wrote in this exercise.

How do you feel about your life today?

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What changes would you make in your life today?

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