



Step 1: Identify My Desire

Clarity Through Contrast Worksheet

My Ideal _____

Contrast (<i>what I don't like</i>)	Clarity (<i>what I do like</i>)
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.