



**IMPACTFACTORY**  
More than just training

# Desire Pack

**A View from Impact Factory**

**Robin Chandler and Jo Ellen Grzyb**

**Impact Factory Copyright ©2003**

**Use with Caution  
This could change your life  
(Or at least make you think a lot about it)**

Instructions:

- ♥ There's no right way to answer these questions.
- ♥ Do this on your own, with a group of friends or with a partner (if you have one).
- ♥ It's OK to have more than one answer to the multiple-choice questions.
- ♥ Be honest.
- ♥ Think of this as a journey: do it at your own pace; think about it.
- ♥ This isn't about scoring yourself; this is about life!
- ♥ These sections aren't in any order. Skip around, answer in bits and pieces; it doesn't matter, this is for you.
- ♥ Your answers may be contradictory. Just like life.

# Shopping

I (fill in the blank) \_\_\_\_\_ shopping.

When I think of 'shopping' I mean:

- |                 |                  |              |
|-----------------|------------------|--------------|
| Cars            | Food             | Knick knacks |
| Gifts           | Clothes          | Furniture    |
| In a store      | Books            | CDs/videos   |
| On the Internet | From a catalogue |              |
| Other _____     |                  |              |

My favourite kind of shopping is: \_\_\_\_\_

My least favourite kind of shopping is: \_\_\_\_\_

Shopping makes me feel:

---



---



---



---

I shop:

- When I need to
- When I don't need to
- When I want to
- To make me feel better
- Carefully
- Carelessly
- To excess
- Just the right amount

I like to window-shop:

- A lot
- A little
- Not at all
- With friends
- On my own

I save for what I want:

- Always
- Often
- Sometimes
- Occasionally
- Never

I spend before I save:

- Always
- Often
- Sometimes
- Occasionally
- Never

My friends would say this about me and shopping:

---



---



---

This is what I buy to make me feel better:

---



---



---

I feel guilty when I shop: Always  
Often  
Sometimes  
Occasionally  
Never

I am able to return something to a shop when I'm unhappy with it:

Always  
Often  
Sometimes  
Occasionally  
Never

Do I buy things I decide I don't want and then return them? \_\_\_\_\_

Do I buy things I decide I don't want and keep them? \_\_\_\_\_

Am I comfortable returning things? \_\_\_\_\_

Other shopping habits I have are:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have I got lots of stuff I don't want/need anymore? \_\_\_\_\_

What could I throw/give away right now?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This is where I shop:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This is where I would prefer to shop:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



IMPACTFACTORY

# Relationships

Presently, I am

- In a relationship
- Starting a relationship
- Breaking up
- Engaged
- Married
- Separated
- Divorced
- Single
- Living with someone

I would like to be

- In a relationship
- Starting a relationship
- Breaking up
- Engaged
- Married
- Separated
- Divorced
- Single
- Living with someone

What I like best about my current relationship situation is:

---

---

What I like least about my current relationship situation is:

---

---

My relationships work best when:

---

---

---

Regarding friends, I would like:

more

fewer

the same

different

The most important people in my life are (in order):

---

---

---

---

---

Do I want to do things for other people? \_\_\_\_\_

What would I like to do for other people?

---

---

---

What could I do for other people right now?

---

---

---

What are the three relationships I am most unhappy with right now?

---

---

---

What would I need to do to make them better?

---

---

---

---

Did I include myself in the most important people in my life question?

Yes  
No

Which relationships do I have where I support others but they don't support me?

---

---

---

---

What could I do to change that?

---

---

---

---

There's plenty more to come. Maybe it's time to take a breather, have a cup of tea and return later.

# Sex

If this section frightens you to death, skip it and go straight to another topic

Presently, I have:    Enough  
                               Not enough  
                               Too much  
                               None

I would like:            More  
                                   Less  
                                   The same  
                                   Different  
                                   None

I like/don't like sex because:

---



---



---

I think I'm sexually attractive:    Always  
   Often  
   Sometimes  
   Occasionally  
   Never

This is what makes me feel sexy:

---



---



---

I think other people find me sexually attractive:    Always  
   Often  
   Sometimes  
   Occasionally  
   Never

I like initiating sex:            Always  
   Often  
   Sometimes  
   Occasionally  
   Never

I prefer my partner to initiate sex:    Always  
   Often  
   Sometimes  
   Occasionally  
   Never

I am able to ask for what I want:            Always  
   Often  
   Sometimes  
   Occasionally  
   Never

This is what I want:

---



---



---

I'm not able to ask for what I want because:

---

---

---

I'm not able to say what I don't want because:

---

---

---

This is how I feel about my body/looks:

---

---

---

The three things about my body/looks I'm most happy with:

---

---

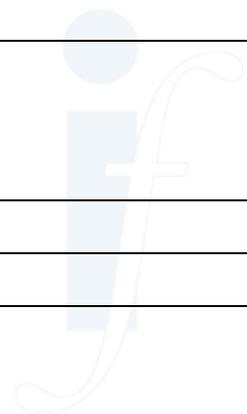
---

The three things I'm least happy with:

---

---

---



IMPACTFACTORY

# Personal

Don't worry if answers here seem really contradictory. If everything in your life were straightened out you wouldn't have got this far. For most of us, living a contradiction is normal!

What is the most important thing in my life right now?

---

---

---

Where in my life do I direct most of my energy?

---

---

---

What am I most passionate about?

---

---

---

How much time and energy do I spend on the things I am most passionate about?

---

---

---

What do I like most about myself?

---

---

---

What do I like least about myself?

---

---

---

Do I take care of myself? \_\_\_\_\_

How?

---

---

---

---

Do I prefer to be unique, or do I like to fit in? \_\_\_\_\_

Do I want to contribute more to the world? \_\_\_\_\_

Do I know what I could do to contribute more? \_\_\_\_\_

Do I want to travel more, \_\_\_\_\_

Do I like change? \_\_\_\_\_

Do I initiate change? \_\_\_\_\_

Do I like learning new things? \_\_\_\_\_

Do I occasionally surprise the people around me? \_\_\_\_\_

Do I occasionally surprise myself? \_\_\_\_\_



IMPACTFACTORY

# Health

Am I as healthy as I want to be? \_\_\_\_\_

My last complete medical check up was: \_\_\_\_\_

My last complete dental check up was: \_\_\_\_\_

My last eye examination was: \_\_\_\_\_

My biggest health strengths are:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My biggest health concerns are:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What am I doing to address these?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do I do anything complementary or alternative in terms of health care?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What foods give me the most pleasure?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This is how I would describe my eating habits:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What would I need to do to have the eating habits I'd most like?

---

---

---

Am I as fit as I would like to be? \_\_\_\_\_

My favourite kind of exercise is:

---

---

---

What would I need to do

---

---

---



IMPACTFACTORY

# Money

Do I have enough money? \_\_\_\_\_

This is how I feel about money:

---

---

---

What would I really like, but cannot afford at the moment?

---

---

---

What could I do about that?

---

---

If I were to get more money, what would I spend it on?

---

---

Would I like to be:      rich and famous?      just rich?  
   just famous?      neither

Which is more important to me:

                                 security      excitement

Is it possible for me to have both? \_\_\_\_\_

What would I need to do to have both?

---

---

What dream/s have I never fulfilled?

---

---

---

What stops me fulfilling it/them?

---



---



---

What could I do to change that?

---



---



---

You and your money:

	Yes	No	How Much?
Do you know what you spend on groceries each week?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do you know how much you spend on extras (chocolate, cigarettes, magazines, newspapers, lottery tickets, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do you know how much interest you pay on your:			
Overdraft	<input type="checkbox"/>	<input type="checkbox"/>	_____
Credit cards	<input type="checkbox"/>	<input type="checkbox"/>	_____
Mortgage	<input type="checkbox"/>	<input type="checkbox"/>	_____
Loans	<input type="checkbox"/>	<input type="checkbox"/>	_____
Money lender	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do you know what your partner earns?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do you know how much he/she spends in a week?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do you know how many SOs and DDs you have?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do you play the lottery in the hopes that if you win, you'll be all right?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do you know what your exact bank balance is?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do you know how much money you're owed?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are you in debt?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do you know how much money you owe?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do you know how much you spend in gas, phone and electricity each year?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do you know what your net salary is?	<input type="checkbox"/>	<input type="checkbox"/>	_____
If you have a loan or mortgage outstanding, do you know how much more you have to pay on it?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do you have savings?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Did you cheat on this quiz?	<input type="checkbox"/>	<input type="checkbox"/>	_____

If money were no object my life would look like:

---



---



---



---

# Environment

Am I happy where I live now? \_\_\_\_\_

Where would I really like to live?

---

---

---

What would I have to do to end up living where I want?

---

---

---

What does my home environment say about me?

---

---

---

What changes do I want to make to my home?

---

---

---

What does my work space say about me?

---

---

---

Are there any changes that could make my work environment better?

---

---

---

Do I have the lifestyle I want? \_\_\_\_\_

Do I have the lifestyle I believe I deserve? \_\_\_\_\_

What changes do I want to make to my lifestyle?

---

---

---

---

---

What could I do to get the lifestyle I both want and deserve?

---

---

---

---

Would it be worth it? \_\_\_\_\_



IMPACTFACTORY

## Career

Do I really enjoy my career? \_\_\_\_\_

What would make my present job more enjoyable and/or fulfilling?

---

---

---

---

Do I want more recognition at work? \_\_\_\_\_

How could I get this?

---

---

---

---

Do I want to be the best? \_\_\_\_\_

How would I feel about being offered a new job?

---

---

Do I want more responsibility at work? \_\_\_\_\_

How could I get this?

---

---

Would I prefer a different career? \_\_\_\_\_

Which one?

---

---

What qualities, talents and skills do I already have that I could use in this new career?

---

---

---

---

Do I need/would I like to learn more professional skills? \_\_\_\_\_

Which ones?

---

---

---

---

How much do I want to earn? \_\_\_\_\_

Would I rather be unemployed than hold down a boring or unfulfilling job? \_\_\_\_\_

Is my job simply a way of

If not, what else is it?

---

---

---

Does my career fit into the rest of my life? \_\_\_\_\_

How?

---

---

---

What would I have to change to get it to fit?

---

---

---

What is stopping me allowing my career to serve my life better?

---

---

---

# Conclusion

Presently, I have the life I want:

- Yes
- No
- Sort of

This is what I most desire in my life:

---

---

---

---

What area/s would I most like to change?

---

---

---

---

What are 5 simple things I could do to make my life a better place to be?

---

---

---

---



What will stop me doing them?

---

---

---

---

Who could support me in doing them?

---

---

---

---

Anything that's been missed out in this Desire Pack that I need/want to take a look at?

---

---

---

---

How do I want to be remembered?

---

---

---

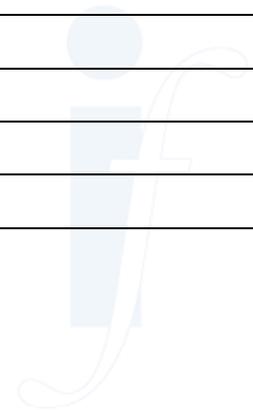
---

---

---

---

---



IMPACTFACTORY



**IMPACTFACTORY**  
more than just work