

What Do You Want? – A Self-Discovery Work Guide

A journal experience to help you uncover your passion, purpose, and next step in life.

Introduction: The Courage to Want

You are invited into the most honest conversation you can have with yourself: “What do I truly want?”

This isn’t about superficial desires. This is about awakening what’s been buried under fear, disappointment, or distraction.

“Delight yourself in the Lord, and He will give you the desires of your heart.” – Psalm 37:4

Let’s uncover what’s really in your heart—and why that matters.

Prompt 1: What Do You Really Want?

Without filtering, editing, or trying to be “correct” — What do you want?

Write your answer in raw, unedited form. Let yourself go there.

Close your eyes and ask yourself: “If nothing was off-limits or impossible... what would I say I want?”

Journal Space:

Prompt 2: Why Have I Not Fully Asked for This?

Explore what’s been keeping you from naming or pursuing what you want.

- Do I believe I’m not worthy of it?
- Am I afraid of being disappointed?
- Do I think it’s selfish to want it?
- Have I lost touch with my desire?

Journal Prompt: What thoughts, fears, or limiting beliefs surface when I admit what I want?

Journal Space:

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Prompt 3: What Does the Word Say?

Look at these Scriptures and write what they reveal about your desires:

- Psalm 37:4 — What does delighting in the Lord look like for me?
- Mark 10:51 — Jesus asks, “What do you want Me to do for you?”
- James 4:2 — “You do not have because you do not ask.”

Reflection: Is God waiting on me to ask clearly and boldly? What is He inviting me to own in my desire?

Journal Space:

Prompt 4: What Pattern Needs to Break?

“You keep going around the same mountain. Why?”

What patterns in my life have kept me in confusion, passivity, or fear?

What do I need to let go of to make room for what I want?

Journal Prompt: What habit, relationship, mindset, or environment is no longer aligned with my true desire?

Journal Space:

Prompt 5: One Small Step

Clarity without movement leads to frustration. Ask yourself:

“What is one small, courageous step I can take this week toward what I truly want?”

It might be a conversation, a boundary, a prayer, a plan, or simply permission to begin.

Journal Prompt: Today, I commit to...

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Journal Space:

Bonus Reflection: What Do I Want in These Areas?

Use the guide below to reflect on what you want in different areas of life.

Area of Life	What I Want Most
Spiritual Life	
Relationships	
Career or Calling	
Health & Wellness	
Finances	
Legacy	

Closing Prayer

Father, thank You for giving me permission to want. Help me to want what You want for me—and to trust that what You've placed in my heart is part of my calling. Give me boldness to ask, faith to believe, and courage to act. Amen.