

As Wise Women, we should be full of desire and not wishful thinking. There is a gap between where we are and where we want to be, and this gap can only be closed with incremental steps. We want to put our energy towards something that actually builds our momentum and helps us close that gap.

Often, we find ourselves longing for certain things, but never taking the necessary steps to get them. Wishing for something to happen is passive. It doesn't require any action from you and it doesn't bring any benefit to your life. How often have you thought, "If only I could win the lottery so I could...[fill in the blank]? We end up falling into a trap of feeling like we are helpless, or victims of our circumstances.

Desire, on the other hand, is a strong feeling of wanting to have something. Desire is activated by action, and strong desire will come with strong emotions. Now, don't get me wrong- sometimes we have to separate ourselves from our desires and scrutinize them to make sure that they are uplifting to ourselves, or those around us. We may need to perform cosmic surgery from time to time to eradicate desires that do not align with the women we want to become or the lives we want to lead.

Hot desire to be able to walk into a room confidently and not shy away from photos?... YES!

Hot desire to be the mistress of a married man?
...DEFINITELY NOT!

See where I am going with this?

Feelings are good, but they can get us into trouble when we spend too much time focusing on the wrong things, such as dwelling on the past. We've spoken about doing "just a little bit" to start building up that momentum we need to keep going. Put on your workout clothes, pack your gym bag, prep your meals the day before, and let your environment support your goals.

This is also applicable to my fellow food addicts- those with sugar and carb addictions. THE CRAVINGS. Oh, the cravings! I get it. I've been there myself, time and time again. It is important to understand that a craving is not a desire. A craving is a physiological need. There is a biological pleasure center that is tripped in our brains, and we deal with cravings in the moment. (...preferably with a healthy dose of L-Glutamine to keep them in check!) Desire propels you towards a long-term plan for yourself and your life, while wishful thinking and cravings do not.

So how do we harness hot desire in our lives?

Step 1: Differentiate between desire, cravings, and wishful thinking. A craving for chocolate vs a hot desire to live your life as vibrantly as possible are two very different things.

Step 2: Remember that desire is driven by emotion. Use it and let it flow. Channel that emotion by creating a vibrant vision board of what you want your life to look like. Use your journal, have a meditation practice, and connect your conscious brain with your unconscious brain.

Step 3: Allow desire to inspire you, but don't let it become wishful thinking. Point it towards a goal and use it as fuel for the fire. The fire is going to get you to the next place.

Step 4: Don't worry about the "How's?" Just keep yourself looking for solutions and you will find them. (Remember, if you keep looking for problems, you will find those instead!)

Step 5: Wishful thinking is a colossal waste of time. It does nothing but frustrate you. You don't need to daydream about that life, you need to take the first step towards achieving it. And then another step...and another...

Are you ready for the next level?