

you really really want

You really really want to achieve your dreams, elevate your life, and find fulfillment in every aspect. Whether it's personal growth, professional success, or building meaningful relationships, the desire to attain something greater is a universal human experience. But what does it truly take to turn your wishes into reality? In this comprehensive guide, we'll explore the essential strategies, mindset shifts, and actionable steps to help you realize what you really, really want and turn your aspirations into tangible achievements.

Understanding What You Really, Really Want

Clarify Your Desires

Before embarking on any journey toward fulfillment or success, the first step is to identify precisely what you want. Vague goals lead to confusion and stagnation, while clear, specific desires provide direction and motivation.

- **Reflect on your passions:** What activities or topics excite you?
- **Identify your core values:** What principles guide your decisions?
- **Envision your ideal life:** Picture your perfect day, career, or relationship.
- **Write down your goals:** Documenting your desires makes them concrete and actionable.

The Power of Self-Discovery

Understanding yourself deeply is crucial for knowing what you truly want. Self-discovery involves examining your strengths, weaknesses, fears, and aspirations.

1. Engage in honest introspection through journaling or meditation.
2. Seek feedback from trusted friends or mentors.
3. Identify patterns in past successes and failures to inform future goals.
4. Align your goals with your authentic self to ensure lasting motivation.

Developing the Right Mindset

Adopt a Growth Mindset

Believing that abilities and intelligence can be developed through effort is fundamental to achieving what you want.

- View challenges as opportunities to learn rather than obstacles.
- Embrace failures as stepping stones to success.
- Celebrate small victories to build confidence.

Cultivate Persistence and Resilience

The journey toward your desires may be long and fraught with setbacks. Resilience keeps you moving forward despite difficulties.

1. Develop coping strategies for setbacks.
2. Maintain a positive outlook and focus on solutions.
3. Keep your eyes on the long-term vision.
4. Practice patience and self-compassion.

Visualize Success

Visualization is a powerful tool to reinforce your motivation and prepare your mind for success.

- Spend a few minutes daily imagining yourself achieving your goals.
- Engage all your senses to create vivid mental images.
- Use affirmation statements to reinforce your belief in your abilities.

Creating an Action Plan

Set SMART Goals

Effective goal-setting involves making goals Specific, Measurable, Achievable, Relevant, and Time-bound.

1. Specify what you want to accomplish.
2. Determine how you will measure progress.
3. Ensure goals are realistic given your resources and circumstances.
4. Align goals with your larger life vision.
5. Set deadlines to maintain momentum.

Break Down Goals into Steps

Large goals can be overwhelming; breaking them into smaller, manageable tasks makes progress more attainable.

- Identify milestones that mark progress.
- Create a timeline for each step.
- Prioritize tasks based on urgency and impact.
- Maintain flexibility to adapt plans as needed.

Track Progress and Adjust

Regular review ensures you stay aligned with your goals and allows for course correction.

1. Use journals, apps, or spreadsheets to monitor progress.
2. Celebrate achievements to stay motivated.

3. Identify challenges early and develop solutions.
4. Adjust your plan if circumstances change or new insights arise.

Overcoming Obstacles

Identify Common Barriers

Understanding potential hurdles helps you prepare to overcome them.

- Fear of failure or rejection
- Lack of resources or support
- Procrastination and self-doubt
- External circumstances beyond control

Develop Strategies to Overcome Challenges

Proactive planning and resilience are key.

1. Build a support network of mentors, friends, or communities.
2. Practice self-discipline and time management.
3. Reframe negative thoughts into positive affirmations.
4. Seek alternative solutions when faced with setbacks.

Stay Motivated During Difficult Times

Maintaining motivation is vital for long-term success.

- Reconnect with your “why” — the deeper reason behind your goals.

- Visualize the benefits of achieving your dreams.
- Reward yourself for milestones reached.
- Surround yourself with inspiring people and content.

Building Support Systems and Resources

Leverage Support Networks

No one achieves greatness alone. Surrounding yourself with positive influences accelerates progress.

- Join communities related to your goals (online or offline).
- Find mentors or coaches who can provide guidance.
- Share your goals with trusted friends for accountability.
- Participate in workshops, seminars, or courses for skill development.

Utilize Resources Effectively

Maximize your efforts by using available tools and opportunities.

1. Education: Books, podcasts, and courses.
2. Technology: Apps for habit tracking, goal setting, and time management.
3. Financial resources: Budgeting and investing wisely in your growth.
4. Time management: Prioritize activities that align with your goals.

Maintaining Momentum and Celebrating Success

Stay Consistent

Consistency is the backbone of lasting change.

- Develop daily routines that support your goals.
- Practice discipline even when motivation wanes.
- Adjust routines as needed to prevent burnout.

Celebrate Achievements

Recognizing progress fuels motivation and reinforces positive habits.

1. Set mini-celebrations for milestones.
2. Share successes with your support network.
3. Reflect on lessons learned during the journey.
4. Use achievements as motivation to set new goals.

Keep Evolving

Your desires and circumstances may change over time; stay adaptable.

- Regularly revisit and revise your goals.
- Seek new challenges to grow further.
- Maintain a mindset of lifelong learning.

Conclusion

Achieving what you really, really want requires clarity, commitment, and resilience. By understanding your true desires, cultivating the right mindset, setting effective goals, and building supportive systems, you can turn your dreams into reality. Remember, success is a journey, not a destination. Stay patient, persistent, and passionate about your pursuits. Your deepest desires are within reach—believe in yourself and take consistent action today to create the life you truly want.

If you want more guidance on turning your dreams into reality, consider consulting personal development resources, coaching programs, or motivational communities. The key is to start now—because what you really, really want is worth every effort you put in.

Frequently Asked Questions

What does it mean when someone says 'you really, really want'?

It emphasizes a strong desire or craving for something, indicating that the person deeply wishes for or values whatever is being referred to.

How can I tell if I truly 'really, really want' something?

You can assess your feelings by considering how often you think about it, the lengths you're willing to go to obtain it, and whether it aligns with your core desires or values.

What are some ways to turn a 'really, really want' into actionable goals?

Start by setting clear, achievable steps towards your desire, stay motivated, and create a plan that breaks down the process into manageable tasks to help turn desire into reality.

Can wanting something too much be a negative thing?

Yes, excessive desire can lead to frustration or obsession, especially if it causes you to overlook other important aspects of life or become fixated on unattainable goals.

How does the phrase 'you really, really want' relate to motivation and persistence?

It highlights a strong level of motivation, suggesting that the person's desire is powerful enough to drive persistence and effort towards achieving their goal.

Are there any psychological benefits to understanding what you really, really want?

Yes, understanding your true desires can improve self-awareness, help you set meaningful goals, increase motivation, and lead to greater satisfaction and fulfillment in life.

Additional Resources

You Really Really Want: An In-Depth Exploration of Desire, Motivation, and Fulfillment

Introduction: Understanding the Power of Desire

Desire is a fundamental aspect of human experience. It fuels our ambitions, motivates our actions, and shapes our identities. When we say "you really really want", we're tapping into the core of human yearning—be it for success, love, knowledge, or personal growth. This article delves into the multifaceted nature of desire, exploring its psychological roots, its influence on behavior, and how to harness it to achieve fulfillment.

The Psychology of Desire

What Is Desire?

At its most basic level, desire is a strong feeling of wanting to possess or achieve something. It operates both consciously and subconsciously, often driving decisions and shaping our goals.

The Components of Desire

- Cognitive Component: The mental recognition of wanting something.
- Affective Component: The emotional response associated with desire.
- Behavioral Component: The actions taken to fulfill the desire.

Desire vs. Want vs. Need

While these terms are often used interchangeably, they differ:

- Want: A desire for something that isn't essential.
- Need: Something necessary for survival or well-being.
- Desire: A broader, often more intense longing that can encompass both wants and needs but is driven by personal or emotional significance.

The Neuroscience Behind Desire

Research indicates that desire activates specific brain regions:

- Ventral Striatum: Involved in reward processing.

- Prefrontal Cortex: Responsible for decision-making and planning.
- Amygdala: Processes emotional aspects of desire.

Dopamine, the "feel-good" neurotransmitter, plays a significant role in reinforcing desires, encouraging repeated pursuit of rewarding stimuli.

The Motivational Power of Desire

Desire as a Catalyst for Action

Desire fuels motivation. When you really really want something, it:

- Provides clarity of purpose.
- Overcomes obstacles through persistence.
- Inspires creative problem-solving.

The Role of Passion

Passion amplifies desire, transforming fleeting wants into sustained pursuits. Passionate desire often leads to:

- Mastery and skill development.
- Deep engagement and flow states.
- Personal fulfillment and happiness.

Desire and Goal Setting

Effective goal setting aligns with genuine desires. SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) are most effective when rooted in authentic wants.

Types of Desires and Their Impact

Short-term vs. Long-term Desires

- Short-term desires: Immediate gratification, such as craving sweets or entertainment.
- Long-term desires: Enduring pursuits like career achievement or personal growth.

Balancing these is crucial for well-being.

Material vs. Non-material Desires

- Material desires: Wealth, possessions, luxury items.
- Non-material desires: Love, purpose, knowledge, self-acceptance.

Research suggests that non-material desires often lead to greater long-term happiness.

Healthy vs. Unhealthy Desires

- Healthy desires: Promote growth, well-being, and positive relationships.
- Unhealthy desires: May lead to addiction, obsession, or harm.

Awareness of the nature of one's desires is vital for maintaining balance.

The Dynamics of Desire: Obsession, Satisfaction, and Fulfillment

When Desire Turns to Obsession

Intense desire can sometimes become obsessive, leading to:

- Anxiety and stress.
- Neglect of other life areas.
- Unhealthy behaviors.

Managing obsession involves mindfulness and setting healthy boundaries.

Satisfaction and Its Limitations

Achieving a desire can bring temporary satisfaction, but often:

- The desire re-emerges, sometimes stronger.
- New desires develop, perpetuating a cycle.

This phenomenon is linked to the "hedonic treadmill," where pursuit of pleasure becomes an endless cycle.

Genuine Fulfillment

True fulfillment arises not just from satisfying desires but from aligning desires with core values, purpose, and authentic self.

How to Cultivate and Channel Your Desires

Self-awareness and Reflection

- Regularly assess what you truly want.
- Differentiate between fleeting wants and deep-seated desires.
- Journaling and meditation can aid this process.

Setting Intentional Goals

- Break down big desires into actionable steps.
- Prioritize desires that align with your values.
- Be flexible and adaptable as you grow.

Overcoming Barriers

- Identify limiting beliefs.
- Develop resilience and perseverance.
- Seek support and mentorship.

Balancing Desire and Contentment

While pursuing desires, cultivate gratitude for what you have to maintain emotional balance.

The Ethical and Social Dimensions of Desire

Desire and Moral Considerations

Desire isn't inherently good or bad; its morality depends on its objects and consequences.

- Desires that harm others or oneself should be scrutinized.
- Cultivating altruistic desires can lead to societal benefit.

Cultural Influences on Desire

Different cultures shape what people desire and how they pursue it.

- Collectivist societies may prioritize community goals.
- Individualist cultures emphasize personal achievement.

Understanding cultural context enriches our perspective on desire.

Desire in Relationships

- Desire fuels attraction but must be managed with respect and consent.
- Healthy relationships balance desire with trust and communication.

Practical Strategies to Harness Your Desire

Visualization and Affirmation

- Visualize achieving your desires to strengthen motivation.
- Use positive affirmations to reinforce commitment.

Discipline and Delayed Gratification

- Practice self-control to resist impulsive urges.
- Recognize that patience often leads to better outcomes.

Learning and Growth

- View setbacks as opportunities to learn.
- Adjust desires based on new insights and experiences.

Building a Supportive Environment

- Surround yourself with like-minded individuals.
- Engage in communities that inspire and motivate.

Common Pitfalls and How to Avoid Them

Chasing Unrealistic or Unsustainable Desires

- Be honest about feasibility.
- Set achievable milestones.

Desire Based on External Validation

- Cultivate internal motivation.
- Focus on personal growth rather than approval.

Neglecting Self-Care

- Balance pursuit with rest and health.
- Listen to your body's signals.

Ignoring Ethical Boundaries

- Ensure desires align with personal morals and societal norms.
- Reflect on the broader impact of your pursuits.

Conclusion: Embracing Authentic Desire for a Fulfilling Life

Desire, when understood and directed thoughtfully, can be a powerful force for personal development and happiness. The key lies in discerning genuine wants from fleeting attractions, aligning desires with your core values, and pursuing them with integrity and resilience. Remember, "you really really want" is a call to explore the depths of your authentic self and to channel that longing into meaningful action.

Harnessing desire consciously transforms it from a restless craving into a guiding light on your journey toward fulfillment. Whether seeking success, love, knowledge, or peace, embracing your desires with clarity and purpose paves the way for a richer, more satisfying life.

Final Thoughts

Desire is neither good nor bad; it's a natural part of the human condition. The real challenge—and opportunity—is in cultivating self-awareness, ethical consideration, and perseverance to turn your deepest wants into tangible realities. By doing so, you unlock the potential within yourself to create a life that resonates with your true aspirations and brings lasting fulfillment.

You Really Really Want

you really really want: What You Really Really Want Jaclyn Friedman, 2011-10-25 Co-editor of Yes Means Yes gives young women the tools to decipher the modern world's confusing, hypersexualized, sometimes dangerous landscape so they can define their own sexual identity. In this empowering, accessible guide, Jaclyn Friedman-co-editor of Yes Means Yes-gives young women the tools to decipher the modern world's confusing, hypersexualized, sometimes dangerous landscape so they can define their own sexual identity. Friedman decries the hypocrisy and mixed messages of our culture (we're failures if we don't act sexy, but we're sluts if we actually pursue sex; we need to be protected from rapists lurking in bushes, but deserve whatever we get if we have a drink at a party and wear a skirt), and encourages readers to separate fear from fact, decode the damaging messages all around them, and discover a healthy personal sexuality.

you really really want: Have Anything You Really Really Want! Charles Humphrey Muller, 2000-04 Have Anything You Really Really Want! is a thought-provoking study about the power of positive thinking and the Christian faith. It follows the author's own personal journey of faith and discovery as he details how his Christian faith unleashed a positive power—in the attainment of personal, even material goals (including the acquisition of university degrees and a Rolls Royce!), but more significantly in the realisation of far-reaching goals: the discovery of his wife and ultimately the transition from university professor in South Africa to successful hotel-owner in Scotland. An important lesson in the experience of mid-life change is seen in the close dependence on God's love and boundless supply for all needs, material and spiritual. From establishing an objective, working out a strategy, and using faith and initiative, this detailed thesis explores the essential principles for personal success and achievement and guides the reader step-by-step through the practical process of attaining his or her goals. In the final analysis, however, it asks whether it is the individual, or the invisible hand of Providence, which engineers the success—even to the extent of changing one's original goals, and changing oneself in the process.

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as fundamental to learning as the development of reading, writing, and math skills. Reasonableness itself, he shows, can be best cultivated through the practice of philosophical inquiry within a classroom community. In such an environment, children learn to work together, to listen to one another, to build on one another's ideas, to probe assumptions and different perspectives, and ultimately to think for themselves. Advocating approaches to moral education that avoid mindless indoctrination and timid relativism, Pritchard neither preaches nor hides behind abstractions. He makes liberal use of actual classroom dialogues to illustrate children's remarkable capacity to engage in reasonable conversation about moral concepts involving fairness, cheating, loyalty, truth-telling, lying, making and keeping promises, obedience, character, and responsibility. He also links such discussions to fundamental concerns over law and moral authority, the roles of teachers and parents, and the relationship between church and state. Pritchard draws broadly and deeply from the fields of philosophy and psychology, as well as from his own extensive personal experience working with children and teachers. The result is a rich and insightful work that provides real hope for the future of our children and their moral education.

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