

**GET
WHAT
YOU
REALLY
WANT**

**YOUR STEP-BY-STEP GUIDE TO
DEFINING YOUR FUTURE**

THE
**MEL
ROBBINS**
PODCAST

WELCOME!

IT'S TIME TO FIGURE OUT WHAT YOU **REALLY** WANT & GET IT.

As a thank you for your support of The Mel Robbins Podcast and for making it the #1 Education podcast in the world, my team and I put together a gift for you.

This workbook will guide you through a proven series of questions and exercises that will help you gain the clarity to figure out what you truly want – and then identify the steps to help you move towards it.

Whether you're feeling stuck, needing confirmation, or just seeking a new direction, these exercises will help you uncover the answers that are already within you.

To make the most of this workbook, here are some tips to help you:



PRINT THIS WORKBOOK

To maximize your insights, print out a copy of this workbook and use it as a journal. Or, you can download this file and type your answers directly into it (just make sure to hit save as you go).



FILL OUT THE EXERCISES

The first part of the workbook guides you through a series of questions that will help you get to the truth about what you want in your life right now. The second part will help you make a plan to achieve these dreams. The third part of the workbook includes bonus content to help you maximize your learnings and insights.

Take your time with each section. There's no rush. Reflect deeply and be honest with yourself. The more honest and open you are with your answers, the more you'll gain from this experience.



LISTEN TO THE COMPANION PODCAST EPISODE

This workbook is a companion resource to The Mel Robbins Podcast, and in particular the episode:

“How to Figure Out What You Really Want: Use This Life-Changing Hack”

In this episode, I walk through everything that is covered in this workbook, and my team and I share our answers to the questions that you will answer here. Listening to this episode will supercharge your learning, and near the end of the workbook, there are reflection questions that specifically apply to the podcast episode.

You can find The Mel Robbins Podcast on Apple, Spotify, and anywhere you listen to podcasts.



SHARE YOUR PROGRESS

I would love to hear about your insights and learnings as you fill this workbook out. Share your thoughts online and tag me @melrobbins. My team and I are keeping an eye out and we can't wait to hear from you.



COMPLETE THIS GUIDE WITH YOUR FRIENDS AND FAMILY

In the companion podcast episode, you'll hear me go through these questions with two of the people I am closest to, and how much more profound our insights are as we complete these questions together. To spark greater change in your friends and family, do this workbook alongside the people in your life.

Share the link melrobbins.com/what with your friends, family, team, or coworkers to take this journey together.

xo, *Mel*

Start With Where You Are

Why did you sign up for this workbook, which is designed to help you gain the clarity, courage, and conviction to answer one of the most important questions in life: What do you really want?

What would life feel like for you if you had complete clarity about what you wanted, with a laser-focus on what truly matters to you, and a clear path forward to move towards it?

How have you changed over the past year? Do you think what you want has changed as well?

“

“If you can’t answer the question,

“What do you want?”

You don’t know what you value or what you prioritize.

It is only with the clarity of knowing what you want,

and why you want it, that you have direction in life.”

On a scale of 1–10, how clear do you think you are about what you want, and why you want it?
(1 being not clear at all and 10 being crystal clear).

CHECK YOUR ANSWER BELOW:

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Why did you rate yourself this way?

Which of the words below describe what you are needing most in your life right now?
Check all that apply.

<input type="checkbox"/> CLARITY	<input type="checkbox"/> STRUCTURE	<input type="checkbox"/> DIRECTION	<input type="checkbox"/> ACTION	<input type="checkbox"/> A PUSH
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Other words that describe what you're seeking:

“

“Answering this one question,**“What do I want,”****determines where your life is going to go this month,****this year, over the next decade,****and even the rest of your life.”**

**You’re going to use my favorite
formula for finding clarity.**

You can use this structure for any decision you need to make, or to create a framework to guide you forward in your entire life.

ASK YOURSELF THE QUESTION:

What is something that I want?

It can be in any area of your life. It can be big or small. Don’t think too hard – just write the first thing that comes to mind.

NOW, IT'S TIME TO APPLY ONE OF MY FAVORITE TOOLS:

The 5 Why Method

The 5 Why Method is a powerful systems thinking tool to help you dig deeper and uncover the core reason behind the things you want (or think you want).

It was created by Sakichi Toyoda, an inventor, as a way to help engineers uncover the root cause of a particular problem, and it's now taught in business schools and engineering programs around the world. It is also referred to as "root cause analysis."

The 5 Why Method is a formula that I've used in my life, business, and marriage to help me get unstuck and gain profound insights whenever I've faced a problem I can't seem to solve or I'm not sure what the path forward is.

HERE'S HOW YOU USE IT:

First, begin with something that you want.

Write down again the thing you noted above:

Something I want:

Then, you will ask "WHY do I want this?" and keep asking WHY five more times, as you go deeper into your answer.

TO HEAR MY TEAM AND I USE THIS TOOL IN OUR LIVES, LISTEN TO:

How to Figure Out What You Really Want: Use This Life-Changing Hack

LISTEN TO EPISODE



Here is a sample of how this method works for someone who wants to get in better shape. After you read this example, it's your turn to use this tool.

Want

WHAT IS SOMETHING YOU WANT TO DO OR ACHIEVE?

I WANT TO GET IN BETTER SHAPE

WHY DO YOU WANT THAT?

INSERT YOUR ANSWER

BECAUSE I WANT TO GET HEALTHIER

WHY?

INSERT YOUR ANSWER

BECAUSE I HATE FEELING TIRED AND LIKE I CAN'T DO ALL OF THE THINGS I WANT TO DO

WHY?

INSERT YOUR ANSWER

BECAUSE I WANT TO ENJOY MY LIFE AND DO FUN THINGS WITH MY FAMILY

WHY?

INSERT YOUR ANSWER

BECAUSE BEING AROUND FOR THEM MATTERS TO ME

WHY?

Root Cause

INSERT YOUR ANSWER

BECAUSE I'M WORRIED THAT IF I DON'T GET MY HEALTH IN CHECK, I'M NOT GOING TO BE AROUND FOR THEM

NOW, IT'S YOUR TURN.

Use this for a decision that you are currently facing, or to get to the root of something that's on your mind or has been bothering you.

Want	WHAT IS SOMETHING YOU WANT TO DO OR ACHIEVE?
	WHY DO YOU WANT THAT?
	INSERT YOUR ANSWER
	WHY?
	INSERT YOUR ANSWER
	WHY?
	INSERT YOUR ANSWER
	WHY?
	INSERT YOUR ANSWER
	WHY?
	INSERT YOUR ANSWER
	WHY?
Root Cause	INSERT YOUR ANSWER

Take a moment to review your answers.

What was it that you thought you wanted?

What did you discover you actually wanted?

What surprised you?

What have you learned about yourself from this exercise?

What is something you're going to STOP doing based on what you've learned?

What will you START doing?

Look Across Your Life

Now that you've reflected in one area, let's use The Five Why Method to get to the root cause of what you really want in different areas of your life.

1

CAREER, MONEY, & SCHOOL

Want

WHAT IS SOMETHING YOU WANT TO DO OR ACHIEVE?

What do you want when it comes to career, money, or school?

WHY DO YOU WANT THAT?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

**Root
Cause**

HEALTH & WELLNESS

Want

WHAT IS SOMETHING YOU WANT TO DO OR ACHIEVE?

What do you want when it comes to your health and wellness?

WHY DO YOU WANT THAT?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

WHY?

**Root
Cause**

INSERT YOUR ANSWER

RELATIONSHIPS, LOVE, & FRIENDSHIP

Want

WHAT IS SOMETHING YOU WANT TO DO OR ACHIEVE?

What do you want when it comes to relationships, love, & friendship?

WHY DO YOU WANT THAT?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

WHY?

**Root
Cause**

INSERT YOUR ANSWER

4

FUN & HAPPINESS

Want

WHAT IS SOMETHING YOU WANT TO DO OR ACHIEVE?

What do you want when it comes to fun & happiness?

WHY DO YOU WANT THAT?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

WHY?

INSERT YOUR ANSWER

WHY?

**Root
Cause**

INSERT YOUR ANSWER

How to Get What You Want

Now that you have reflected on what you truly want and your deeper motivations, it's time to set clear and specific goals.

These goals will help you create a roadmap to achieve what you want in various areas of your life.

IDENTIFY THREE SPECIFIC GOALS:

Based on your reflections, what are three goals you want to achieve? Be as specific and clear as possible.

GOAL 1:

GOAL 2:

GOAL 3:

Why These Goals?

For each goal, write down why this goal is important to you.
What deeper desire or motivation does it fulfill?

GOAL 1:

Why is this goal important to you?

GOAL 2:

Why is this goal important to you?

GOAL 3:

Why is this goal important to you?

Creating an Action Plan

To achieve your goals, you need a clear action plan. This plan will outline the steps you need to take, resources you might need, and deadlines to help you stay on track.

CHOOSE ONE GOAL:

Select one of your three goals to create a detailed action plan.

CHOSEN GOAL:

Write your response here:

FIRST THREE STEPS:

What are the three tiny actions or steps you can take that will help you move forward with this goal?

TINY ACTION 1:

TINY ACTION 2:

TINY ACTION 3:

RESOURCES NEEDED:

What resources (information, support, time, or money) do you need to achieve this goal?

Take a moment to review your plan. Are the steps clear and achievable? Do you have the resources you need? What additional support might you require?

SUPPORT SYSTEM

Having a strong support system can make a significant difference in achieving your goals.

Identify who can support you and how they can help.

Who can you rely on for support as you work toward your goals?

Consider people that you know in person, and those that can support you from afar.

Think: friends, family, mentors, colleagues, podcasts, websites, social media accounts.

How can these resources or people support you?

What steps will you take to implement your strategies?

NOW LET'S KEEP YOU ACCOUNTABLE.

Use this monthly tracker to commit to daily action.

[illegible]

Deepen Your Insights: The Companion Podcast Episode

By pairing this workbook with The Mel Robbins Podcast episode “How to Figure Out What You Really Want: Use This Life-Changing Hack”, you can go deeper with your learning and get the experience of taking an online workshop with me for free.

Listening to this episode will enhance your understanding and provide real-life examples to relate to as you work through this workbook. It’s like having me right there with you, guiding you every step of the way.

After you listen to the episode “How to Figure Out What You Really Want,” answer these questions:

- 1. Did you relate to Christine’s insights about what she really wanted?**

- 2. Can you relate to Christine’s realization about time passing?**

- 3. Just as Christine was surprised by her answers to The 5 Why Method, were you surprised by what you found out about yourself when you tried out this technique?**

4. Were you surprised by my (Mel's) answers to the questions?

5. Sawyer spoke about an assignment to complete her own eulogy and consider what a fulfilled life looked like to her. Did you relate to her answer?

6. Like Sawyer, let's say you just received an assignment to write your own eulogy.

This exercise helps you discover what's most important about living a fulfilling life. Have some fun with it and allow yourself to be creative. Think deeply about the legacy you want to leave, the experiences that matter most to you, and what your friends and family cherish about you.

As you write, think about these questions:

- 1 WHAT KIND OF LEGACY OR IMPACT HAVE YOU LEFT?**
- 2 WHAT EXPERIENCES HAVE MEANT THE MOST TO YOU?**
- 3 WHAT DO YOUR FRIENDS AND FAMILY LOVE THE MOST ABOUT YOU?**

You'll write yours on the next page.

YOU DID IT!

I'M SO PROUD OF YOU.

You gave yourself the gift of taking time for yourself and truly leaning into what you really want.

But don't stop here.

Keep coming back to what you've written in this workbook. In every chapter of my life, I find that what I really want keeps evolving. You can complete this workbook again whenever it works for you.

Remember: you are capable of achieving remarkable things.

You can gain the clarity to know what you want.

You do have the courage to go after it.

You are brave enough to start.

I believe if you're willing to work on something for 5 to 10 years, you could create anything you want.

You need to be clear about what matters to you and prioritize it.

Then, wake up every day, and you don't have to do anything remarkable.

You have to do the thing that most people won't do, which is take one step forward every single day, in the direction of exactly what you want.

I see a bigger possibility for your life.

I hope you do too.

I will be here cheering for you every step of the way.

And in case nobody else tells you, I want you to know:

I love you, I believe in you, and I believe in your ability to create a better life.

GET WHAT **YOU** REALLY WANT

