

The Desire Map

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A discussion guide for the Simple Scrapper Book Club.

QUOTE // p.24 - "Why do I desire what I desire? The answer is fast, clear, and simple: to feel good, of course."

QUESTION // Q1. What makes you feel good?

QUOTE // p.35 - "Awareness is realizing that our life could always be better. Growth is doing what it takes to make it better."

QUESTION // Q2. If you consider a spectrum of unaware, aware, and growth... where do you fall on it? (Reminder: We are each on our own unique journey.)

QUOTE // p.37 - "We don't value inner attunement as much as we value outer attainment."

QUESTION // Q3. Since you're here tonight, you likely already have a some baseline value of inner attunement. Can you think of a event or period in life that created this mindset shift? Or was it more gradual?

QUOTE // p.39 - "Core desired feelings originate deep within us and make themselves known when we take the time to listen. They do not change with circumstances."

QUESTION // Q4. Whether you've completed any of the exercises or not, what might be some of your core desired feelings? Here are some ideas, if you need help: <http://www.daniellelaporte.com/cdf>

Q4b. What about just within the domain of Creativity & Learning? Do these core desired feelings still resonate?

QUOTE // p.43 - "How do you know when you're stifling yourself with structure vs. nurturing, or setting yourself free, with structure? You know because it feels good to do it, and leads to more good feelings?"

QUESTION // Q5. Can you think of any examples of structure that very clearly led to not-so-good feelings? What about good feelings?

QUOTE // p.53 - "Recalling your desired feelings when you're not getting what you want... interrupts your mental complaints, and points you in the direction of what you do want, which allows for some optimism to slip into your mind, which gets you closer to the expanded state of 'what's possible,' which opens your heart, which is not only comforting, but allows the light of consciousness to enter, by which you can see more clearly."

QUESTION // Q6. What is a creative situation in which you could use this exercise to find clarity?

QUOTE // p.54 - "To feel the way you want to feel as often as possible, you just need to do easy things to help you feel that way every day."

QUESTION // Q7. In the context of Creativity & Learning, what is one easy thing you can do to feel how you want to feel?

QUOTE // p.71 - "Goldie Hawn said that she was so happy all the damn time because she decided to be."

QUESTION // Q8. If you were to decide today to be one feeling, what would it be?

QUOTE // p.91 - "Intentions and goals give you clarity, and clarity gives you peace of mind."

QUESTION // Q9. In what area do you most feel the need for clarity, and that you might set 'goals with soul'? How do you want to feel in this area?

QUOTE // p.111 - "Motivation and inspiration both have places in our lives and in our pursuit of desires, but inspiration trumps motivation and it should, in fact, be leading the motivation."

QUESTION // Q10. What is inspiring you right now?

QUOTE // P. 158 - From the Rapid-Fire Starting section: "I need to give myself permission to be..."

QUESTION // Let's close by setting an intention of giving and accepting permission.