

FIVE WISHES WORKSHEET

A Guide To Asking The Simple Question That Can Make All Your Dreams Come True

To Accompany The Book, *FIVE WISHES*, by Gay Hendricks

www.5wishesbook.com

The Gift

In my thirties I received the gift of a question that changed the course of my life. My decision to answer the question created a life blessed with love, wealth and joy...a life in which all my dreams came true. Now, I want to offer you the gift of the question, with the intention that you will use its power to create your own fulfilled life.

The Invitation

Are you willing to receive the gift of the question and use it to create your own fulfilled life?

If you are, transport yourself in your imagination to the end of your life. Imagine you are on your deathbed, and I am visiting you.

The Questions

I ask you: Was your life a complete success?

If you answer "No," ask yourself the main reason your life was not a total success, and write it down in the space below.

The main reason my life was not a total success is because I didn't

_____.

Now write down four other reasons.

My life was not a complete success because I didn't _____.

My life was not a complete success because I didn't _____.

My life was not a complete success because I didn't _____.

My life was not a complete success because I didn't _____.

Your Five Wishes

Now, turn those reasons into wishes.

For my life to have been a total success, I wish I'd

_____.

And I wish I'd _____.

I also wish I'd _____.

And _____.

And _____.

(Of course, it's also possible that you might answer my question with a "Yes." In thirty-some years I've only had a handful of people who did so, but if you're one of those, congratulations! For the sake of celebration, take a moment to write down the five experiences or accomplishments that made it a success.)

First and foremost, my life succeeded because I

_____.

I also succeeded because I _____.

And because I _____.

And because I _____.

And because I _____.

Your Path Forward

Now for the really good news: You don't have to wait until the end of your life to turn your wishes into reality! Begin the process by transforming your wishes into right-now, present-tense affirmations you can use to create the life of your dreams.

I enjoy _____.
(Example: I enjoy a loving relationship with a man/woman who adores me.)

And _____.
And _____.
And _____.
And _____.

Remember

Your wishes are living, breathing expressions that can be changed, revised and re-prioritized. Work with them, play with them, use them as navigational tools to guide your way, share them with your friends and family. Above all, enjoy the process!