

How Do You Want to **FEEL** vs. What Do You Want?

Discover how focusing on how you want to feel can guide you toward a more fulfilling and intentional life.



feeling
ALL THE FEELS



Introduction

The Importance of Aligning Actions with How You Want to Feel

Aligning your actions with how you want to feel is crucial for creating a life that is both fulfilling and meaningful. Often, we focus solely on achieving specific goals—such as career milestones, financial targets, or material possessions—without considering the emotional outcomes associated with those goals.



However, true satisfaction comes from experiencing the emotions that these goals are meant to bring us. **By focusing on how you want to feel, you ensure that your daily actions and decisions are intentionally designed to foster those desired emotions, rather than merely pursuing achievements for their own sake.** This alignment helps you cultivate a life where your actions resonate with your core values and emotional well-being, leading to a more balanced and rewarding existence.



**“The most important thing is to enjoy your life
- to be happy - it’s all that matters.”**

— Audrey Hepburn

Benefits of Focusing on Emotions Over Specific Goals



Understanding the Shift

Emotional Alignment:

Instead of setting goals based solely on external achievements - like a new job title or a specific financial milestone—focus on the emotions you want to experience. For example, if your goal is to feel peaceful, you'll make decisions that prioritize tranquility and balance in your life. This might mean choosing a job that offers a better work-life balance or setting aside time for relaxation and self-care.

Intentional Decision-Making:

When you base your decisions on how you want to feel, you automatically filter your choices through the lens of emotional alignment. For instance, if you want to feel connected and joyful, you'll gravitate toward activities and relationships that foster these emotions. This intentional approach helps you make choices that are not just practical but also deeply satisfying and aligned with your core values.

Consistency with Values:

Focusing on your desired feelings ensures that your decisions reflect your true self. Instead of pursuing goals that might look good on paper but don't resonate with your emotional needs, you align your actions with what genuinely brings you joy, peace, or fulfillment. This consistency between your actions and your feelings leads to a more harmonious and purpose-driven life.





Enhanced Motivation:

When your goals are driven by how you want to feel, you're more likely to stay motivated and committed. Emotional rewards often provide a stronger incentive than material ones. By envisioning how achieving a goal will make you feel, you create a powerful emotional connection that fuels your determination and resilience.

Reduced Stress and Overwhelm:

When your actions are aligned with your desired feelings, you are less likely to feel overwhelmed or stressed by your goals. This focus allows you to approach your aspirations with a sense of calm and clarity, reducing the pressure to achieve external benchmarks.

Greater Life Satisfaction:

Focusing on emotions leads to a deeper sense of life satisfaction. Instead of chasing goals that may or may not bring happiness, you cultivate a lifestyle that consistently nurtures the feelings you value most, leading to a more content and balanced life.

Authentic Living:

Prioritizing your emotional experience helps you live more authentically. When your goals and actions are guided by how you want to feel, you create a life that reflects your true self and personal values, enhancing overall well-being and satisfaction.

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

-Albert Schweitzer

Desired Feelings



Start each day by asking yourself **'How do I Want to Feel'** and decide on specific actions that will help bring those emotions to life.

Today I want to feel:
I can feel this way by:



For example:

Today I want to feel: *Peaceful*

I can feel this way by: meditating; enjoying a quiet moment in nature; or taking a bath to relax after a long day.

Today I want to feel: *Connected*

I can feel this way by: Reaching out and enjoying a meaningful conversation with a friend; participating in a supportive community event or activity; or sharing a special experience with family.

Use the template on the next page to list how you want to feel . . .



How do you Want to Feel?



Today I want to feel:

I can feel this way by:

“It’s not what we do, but **how we feel about what we do, that makes all the difference.”**

— *unknown*



When you shift your focus from what you want to how you want to feel, you transform your decision-making process and align your actions with your deepest values and desires. This shift is powerful because it places your emotional well-being at the heart of your choices, leading to a more intentional and fulfilling life.



Keep Practicing!



Instead of: *"I want to get a promotion."*

Try: *"I want to feel fulfilled and appreciated in my work."*

When you make the latter your focus, you might pursue opportunities that offer personal growth, recognition, and satisfaction—creating a work environment that aligns with your emotional aspirations.

By centering your decisions around how you want to feel, you empower yourself to live more intentionally and create a life that is rich in meaning and emotional fulfillment.

Practice
makes
PROGRESS

“If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes.”

— Andrew Carnegie

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TARA ZELLER