

Nicole Daedone



DESIRE CONTRACT

MAKE AN AGREEMENT WITH YOURSELF
TO LIVE THE LIFE YOU WANT

Congratulations on receiving your
free sample pages of
The Desire Contract workbook!

In this packet you'll find a
few sample pages from
The Desire Contract workbook.

PREFACE

WHAT DO YOU WANT?

*Let yourself be gently pulled by the deeper
desire of what you want. -Rumi*

What do you want? What do you truly want? If you're like most women, that simple question can be very difficult to answer. You may know you have a hunger, some sort of persistent longing. You can feel it, you know it's there, but it's hard to name or describe. It goes deeper than the longing for beautiful objects or extended vacations or a new home. It's the underlying desire, so big you can hardly get your arms around it.

This yearning comes from your very soul. So when faced with the question, "What do I really want?" it's understandable that most of us women find ourselves a little tongue-tied.

But when it comes to what you want, you do know. There is a voice inside of you—in the deep, earthy center of you—that has the answers you're looking for. It's a voice that has been with you all along, even if you weren't listening to it. It's your internal compass. Its name is *desire*.

Here's an example lesson page.



INTRODUCTION

EXCAVATING YOUR DESIRE

Desire. It's a word that elicits all sorts of emotions in women—from excitement to fear, from bewilderment to hunger. Most of us think we know what we want but when pressed, we have a hard time articulating it. We have completely swept desire under the rug. But why? Why this chasm between ourselves and what we yearn for? How have we become estranged from our desire?

Desire is unpredictable. It is out of our control; it seems not appropriate and might not play by the rules. We may think it's okay to unleash in the bedroom. Maybe it's appropriate for other people. But we're not going to let it mess with a civilized trajectory. We have our plans, our goals. We play roles and wear labels like mother, sister, CEO, friend, teacher,

EXERCISE:

DESIRE IS CALLING

To “prime the pump” of your desires, try this short exercise. What desires are calling to you right now? Without overthinking it, write down the first ten desires that arise in your awareness. Keep in mind one of the most important tenets of identifying your real desires: Desires are always stated in the positive. They are forward-moving and affirmative. Most of us know very clearly what we don’t want, but we have a harder time figuring out what we do want. So make the switch. If you find yourself writing, “I don’t want to work in a corporate setting anymore,” or “I don’t want to be lonely” follow the thread to what may be the real desire: “I desire to start my own company and work from home,” or “I want to develop some deep, connected friendships.”

01 I DESIRE...

02 I DESIRE...

03 I DESIRE...

04 I DESIRE...

05 I DESIRE...

06 I DESIRE...

07 I DESIRE...

08 I DESIRE...

09 I DESIRE...

10 I DESIRE...

Exercises are the key for you to integrate and feel changes in your life.

The Desire Contract workbook has several exercises so your hard work converts to results.

How to Use This Guide

Page by page, the work you put into your Desire Contract can clear away years (even decades) of confusion, misunderstanding, and disillusionment so that you can get on with the business of having exactly what you want—the business of living the life you were meant to live.

Desire in Six Parts

A Desire Contract consists of six parts. Each is a revelation on its own, but also paves the way for the process that follows it. What I have found in writing (and rewriting) my own Desire Contract, and in working with students as they write theirs, is that a synergy emerges between the sections—where the whole reveals itself to be greater than the sum of its parts.

Section One: Big D desires. Big D desire is that of our deepest calling. It holds the ideals that we live for and is the destination we are aiming for: freedom, power, wisdom, love. As you start each day afresh, it says, “This is where we are headed.” When you get lost or sidetracked, Big D desire acts as a beacon calling you back.

Section Two: Little d desires. Little d desires are the tools you need to get your Big D desire. They include all the things you’ll want to pack in your suitcase as you head out on your journey. They form the map of how you’ll most effectively—and joyously—get there. These little d’s are all about detail—things like time, location, numbers, dollars, and other

EXERCISE:

THE WANT LIST

Completing the following exercise may be the most fun you've had in years! It's your opportunity to wholeheartedly, unabashedly unleash yourself. The list below is numbered from 1 – 100, purposely giving you ample space for every want you can think of. I encourage you to find a cozy place to relax, take a deep breath, and write every material, emotional, physical, spiritual, financial, and experiential desire that registers in your awareness. From "I want red high heels" to "I want to know God," allow yourself to proclaim what you want. Don't worry about whether you actually get to 100, or whether you need to take out an extra piece of paper to get to 150. Simply be open to everything that arises when you give yourself full permission to want.

Declaration

I PROMISE NOT TO CENSOR MY WANT LIST FOR APPROPRIATENESS OR FEASIBILITY. WHETHER OR NOT MY PARENTS, PARTNER, OR BEST FRIEND WOULD APPROVE OF MY WANTS, I WILL PROCEED HONESTLY, BOLDLY, AND SPONTANEOUSLY.

SIGNED _____

DATE _____

I live my life in growing rings
which move out
over the things around me.

– Rainer Maria Rilke



Desire work isn't all aspirational.
It requires looking inward to what
holds you back.

This workbook will
guide you how to do that.

EXERCISE:

THROUGH THE DOORWAY OF HONESTY

You may remember that desires are always stated in the positive. Well, not so for admissions. Consider this your chance to purge! Use words like not, never, and no as many times as you wish. Your admissions can be rough and ragged—whatever it takes to pull the limiting beliefs, attitudes, thoughts, and decisions out of the dark and into the light of day. Keep in mind that powerful admissions can also be bursting with positivity. You might choose to admit that you’ve been withholding one of your gifts, that you need to be touched, or that you love someone. In addition to the blank journaling page below, here are a few sentence fragments to help you get started. Only use the ones that call to you:

I need _____

If my body could talk, it would say _____

I’m afraid to admit that _____

I regret _____

I wish I had never _____

Thank you for checking out
the Desire Contract excerpt.

We want to see you have the joy, the
purpose, and the creativity in your
life you desire.

Your desire is the key to finding this.
Join us.