

# Your Five-Minute Survey

## Identify What You Want

There's an expectation behind every desire and longing for what you want out of life, isn't there? So what are yours for this book? Before turning another page, take five minutes for this quick self-test. Based on the subtitle of this book, "The Life You Crave and How God Satisfies," what do you hope to get out of *What Women Want*? Growth? Progress? What do you expect to learn? Something specific, something tangible in your life? Write down your thoughts about your cravings and satisfaction (or lack thereof) here:

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What's on your list of wants for the coming year? What are your priorities and hot-button topics, the things that you want to work on most? Look at the eleven topics listed below—topics addressed in this book—and rate them in importance to you. Start with your number one personal priority, and continue to number each topic through number eleven, your lowest priority. Then jot down initial

6 • Your Five-Minute Survey

thoughts or goals beside each, so that even if a topic is rated at number eleven, you still have an idea of how you might grow in that area. For example next to Friendships, you might write, *I want to make it a priority to go to lunch at least once a month with so-and-so, with the goal of developing a deeper trust, understanding, and camaraderie.*

\_\_\_ Relationship with God. My initial thoughts or goals...

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\_\_\_ Friendships. My initial thoughts or goals...

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\_\_\_ Emotional Health and Balance. My initial thoughts or goals...

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\_\_\_ Physical Health and Appearance. My initial thoughts or goals...

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\_\_\_ Home Life and Intimacy. My initial thoughts or goals...

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\_\_\_ Peace and Contentment. My initial thoughts or goals...

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\_\_\_ Joy and Happiness. My initial thoughts or goals...

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\_\_\_ Financial Health. My initial thoughts or goals...

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\_\_\_ Love. My initial thoughts or goals...

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\_\_\_ Meaning and Purpose. My initial thoughts or goals...

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Done? Did writing out your initial goals change the way you numbered them as priorities? Jane from our survey admitted:

What's interesting to me is that my number one craving this month is different from what I would have chosen last month or last year. My number one priority seems to change all the time.

Is Jane's assessment also true for you? Why or why not, and how so? Explore your feelings by writing them down here, but don't use a lot of time on this or overthink it. Give yourself a few minutes at the most to write what you're thinking and feeling at this moment.

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Now we're ready to begin to go after all the things we really want.



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Some details in anecdotes and stories have been changed to protect the identities of the persons involved. All names, unless specified with first and last names, of responses from interviews and surveys have been changed to protect the identities of the persons involved.

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