

DARE2DESIRE

a 5-day challenge designed to unleash
the hidden power of your desire

curated by Dr. Saida Désilets



Day 2

It's easier to know what we DON'T want than to know admit what we want, so this is an exercise to get PLAY with all our wants. Write down ALL your wants, no matter how small or huge, and place them into the following categories:

Sex/Pleasure:

Love/Relationship:

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Day 2 - continued

Family/Children:

Thriving:

Contribution:

Other: