

# How To Pinpoint What You Want

## The 5-P's Framework

### Practice

As with anything, the more you practice the better you'll get. Practice the 5-P's Framework and get crystal clear on exactly what it is that you want.

### Pinpoints

Allow yourself to hold onto your preferences until you see what bothers you and what you'd prefer to see instead. Think of a solution you'd like and ask yourself, *What would be even better?* Take your answer and ask yourself again, *What would be even better than that?* Repeat until you have Pinpoint clarity.

### Preferences

Tap into the possibilities that leave you feeling intrigued and curious. These are your preferences. Lead them to your consciousness. Allow them to be. Now formulate a vague impression and allow more specificity to form. Bring it into focus.

### Pushback

Somewhere in your life there's a sense of resistance, resentment, discomfort. Lean into that. The more specific you are about what upsets you, and why, the clearer you can make your desires.

### Possibilities

Take your strongest pushback and imagine the ways it might change. Think big, let your imagination run wild. As Arthur C. Clark wrote, "The only way of discovering the limits of the possible is to venture a little way past them into the impossible."



This exercise was adapted from the work of Martha Beck