

What do I actually want?

A practical KALOOTA exercise for when you know something needs to change—but you're not quite sure what comes next.

You do not need to figure out your entire life on these pages. The goal is simpler: slow down long enough to separate what you want from what you think you *should* want, identify what is no longer working, and find a useful next step.

Before you start

Write honestly. There are no right answers. You can skip anything that does not feel useful. Try not to solve every problem as you go—just notice what comes up.

1. What feels off right now?

What part of your life has been making you think, “I can't keep doing this the same way”?

2. What do you know you *don't* want?

Sometimes it is easier to identify what needs to go before you can identify what should replace it.

Separate the “should” from the “want.”

A lot of decisions get crowded by expectations—from family, work, culture, money, past versions of ourselves, or what we think a successful person is supposed to do.

3. What do you think you *should* be doing right now?

4. Who or what taught you that you should be doing it?

5. If nobody else could judge your decision, what would you want to explore?

6. What would you choose if you knew you were allowed to change your mind later?

A useful distinction

You do not have to choose between “staying exactly where I am” and “completely changing my life.” There may be a smaller experiment in between.

What would moving forward actually look like?

Clarity becomes useful when it gives you something to do. Keep this part realistic. You are looking for a next step—not a five-year master plan.

7. What is one thing you want to be different 3–6 months from now?

8. What is getting in the way right now?

9. What part of that barrier can you actually influence?

10. What is one step you could take in the next 7 days?

11. What would make that step easier to actually do?

Your next step

Finish this sentence: “For the next seven days, I am going to...”

You do not need the whole path. You need enough clarity to take the next step.

KALLOOTA helps people navigate major life transitions, get clear on what they want, build practical plans, and move forward. Coaching is not therapy or mental-health treatment.