Moving Toward What You Want

A simple alignment tool to help you see what's getting in the way of what you want, so you can learn from it and begin to move forward.

Unlock Clarity & Positive Momentum

When you shift your attention from fear to what you want, your next steps become more clear, softer, and more aligned with who you are becoming.

This worksheet helps you move from thinking about your truth to *living* it. By shifting your focus from doubt to what you genuinely desire, you create momentum that feels aligned and achievable. Use it to translate your inner knowing into small, grounded actions that bring your wisdom to life.

Use this tool when you:

- Feel stuck in fear, doubt, or confusion
- Want to reconnect with what you truly desire
- Need a quick shift into clarity and momentum
- Want an aligned next step that doesn't overwhelm
- Are ready to "live what you know"

Step 1: Name What you Want

- What do you want to experience or achieve?

Write your core desire in positive, present-tense.

- Example: 'I am attracting new clients with ease.'

What I Want:

Step 2: Use the blank wheel below

- Write your core desire in the center circle.
- Divide the outer ring into 12 sections.

Step 3: Fill In Your Focus Wheel

- Go around the wheel and fill each section with a statement that supports your core desire.
- Each statement should feel good and be easy to believe.
- Prompts to help you:
    - What's one thing you know to be true about what you want?
    - What's a believable, positive thought about this situation?
    - What aligns me with what matters most here?
- Examples for 'Attracting new clients':
    - I enjoy connecting with people.
    - I've helped clients in the past.
    - My work makes a difference.

Your Supporting Statements:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Step 4: Focus & Feel

- Read each statement aloud, one by one.
- Let yourself feel the positive emotions each thought brings.
- Notice any shifts in your mood or mindset.

Step 5: Repeat & Reflect

- Practice this process whenever you want to shift your focus or boost your confidence.
- You can use the wheel for any area of your life—career, relationships, health, or personal growth.

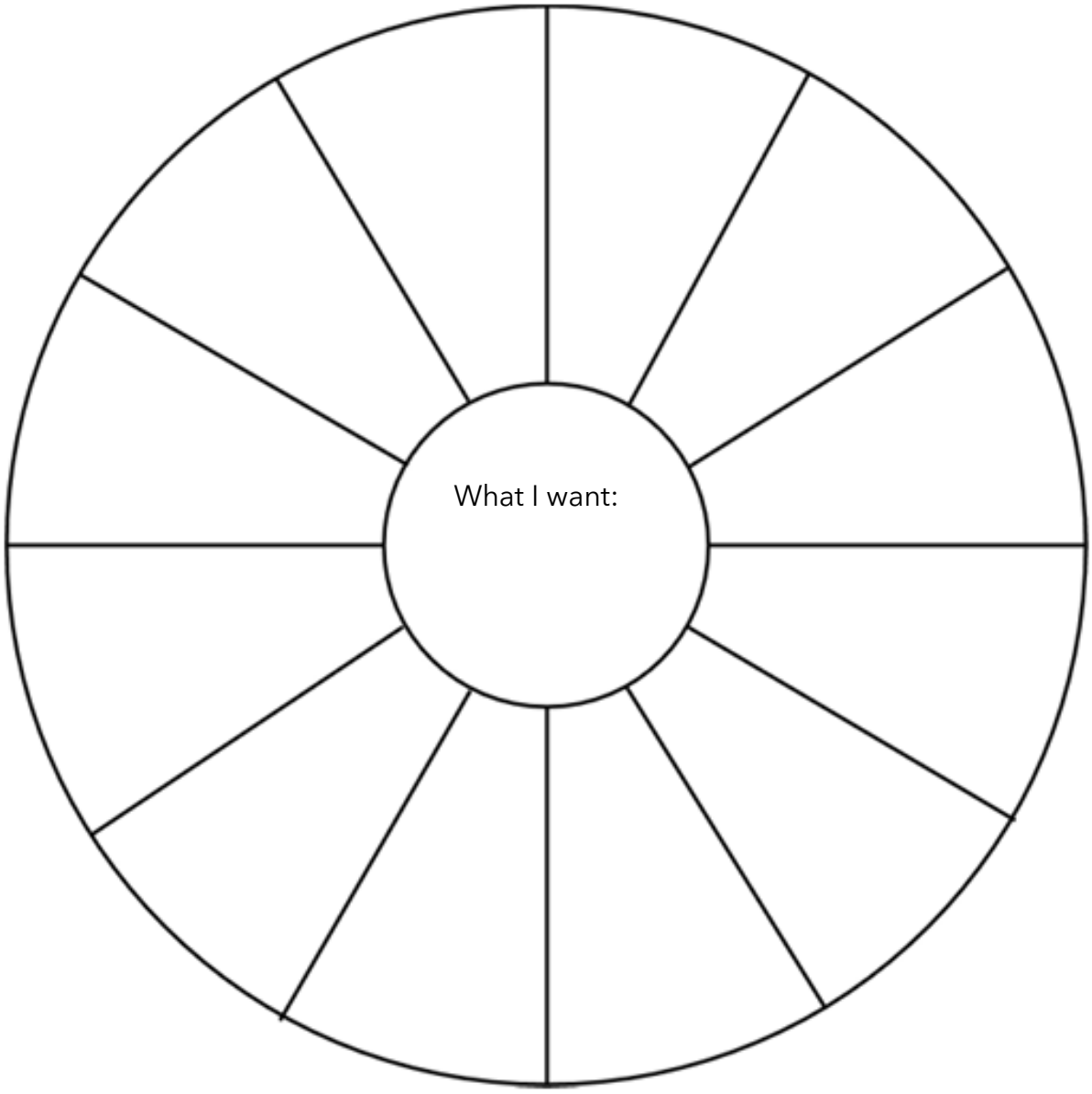
True Story:

Ann sensed misalignment and trusted her desire for greater ease, releasing a commitment that no longer felt important. Almost immediately, a new opportunity appeared—lighter, more aligned, and deeply supportive. When she chose alignment, life responded with clarity and unexpected grace.

To anchor your new state, choose one statement from your wheel and carry it into your day. Repeat it before a conversation, a meeting, or a moment of doubt. Alignment grows through small, consistent shifts.

Let this tool be a gentle nudge toward what feels true, possible, and aligned right now.

My Focus Wheel Magnifier



Origin Note:
The Focus Wheel was originally created by Abraham Hicks. https://www.abraham-hicks.com/

Heart-Centered Strategies: Where Strategy Meets Soul

Ann Ranson is a speaker, coach, and facilitator with decades of experience helping people navigate change and make decisions that reflect what matters most. A lifelong student of spirituality, she helps women trust their inner wisdom and move forward with greater clarity, confidence, and alignment. This isn't just the work she teaches—it's the path she's walking too.

If You'd Like a Next Step

If you haven't yet explored my *What Matters Most Workbook*, it's a grounded, gentle guide that helps you identify the priorities and values that sit beneath your desires. It pairs beautifully with this tool by helping you name what matters most before mapping what's next. You can download it anytime at AnnRanson.com.

Remember that alignment grows in small steps. Use this tool anytime you need a shift toward clarity, truth, and what matters most.