

## Ep #48: Want Lists & Goal Stacking



### Full Episode Transcript

With Your Host

Olivia Vizachero

## Ep #48: Want Lists & Goal Stacking

You're listening to *The Less Stressed Lawyer* podcast, Episode 48. Today, we're talking all about want lists and goal stacking. You ready? Let's go.

Welcome to *The Less Stressed Lawyer*, the only podcast that teaches you how to manage your mind so you can live a life with less stress and far more fulfillment. If you're a lawyer who's over the overwhelm and tired of trying to hustle your way to happiness, you're in the right place. Now, here's your host, lawyer turned life coach Olivia Vizachero.

Hi, my friends? How are we? I've got to be honest, babes. I am missing Charleston, now that I am back in Detroit. I am meant to be I think what they call, is it a snowbird? Yes, I want to be a snowbird. I am over winter. It's not for me. I'm missing the warm weather.

My cousin, Emily, and I were remarking when we were down there how the worst it gets is kind of like fall, like October in Michigan, I am missing the warmer weather, being able to walk around, the sunshine. If you are from the Midwest, or a northern state, you know it gets pretty gloomy during the winter. So, it's definitely like that here right now.

And now that I work from home, I really struggle in the winter more than I ever have. It affects my mood more and more and more. I'm noticing a pattern year in and year out, I think it's called a seasonal affective disorder. I'm totally diagnosing myself, but I think this is a real thing. I think I have it. I don't do a great job of getting out into the sunshine during the winter months because it's cold. And I really, really, really hate being cold.

It's super convenient, I can just work inside. I hibernate exactly like a bear with my cats during the winter. And I know that this just isn't me. A lot of people struggle with this, but it is getting real. I am ready for some sunshine. I think the writings' on the wall, I really just need to move. So, that's kind of what's going on with me lately. I hope you're in a place that's sunnier and warmer and more enjoyable than February in Michigan.

Alright, enough about me. I want to give you a little bit of an update about something that I did this week. And then, I want to use it as the premise of

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this episode. So, this week, for *The Less Stressed Lawyer* Mastermind, we had our first call for the new round. After we were all together in Charleston for the live event, we take a week off. And all of the learning and development that we did in person gets a chance to sink in and people get back into the swing of things in their normal everyday lives. And then we get to meet for the first time. So, we take a week break and then we meet.

This week, on Tuesday, we met for the first time. I did this really awesome exercise that I absolutely love doing with my clients. Really, it's like two exercises combined into one, and they go together. We create what I call a "Want List".

And then, we do what I call "Goal Stacking". Where you take the want list items that you identified, and you put them in order, so you know what it is you're going to focus on. You've basically got a plan of attack for everything you want to accomplish in your life.

Today, I want to talk to you about creating your own want list and then completing a goal stacking exercise so you have a lot of direction in your life. You dismantle or clear up any overwhelm or confusion about what you want to focus on and what you want to achieve right now, where you want to put your attention and your intention. And we're also just going to daydream a little bit. It's going to be so fun.

Okay, so for those of you who don't know me super well, this might seem a little bit surprising. It might shock you a little bit, but I am absolutely a dreamer. Like, big picture, day dreaming, pie in the sky; very inventive imagination of what I want for my life.

And legend has it that this has something to do with me being a Pisces. My birthday is about to come up in March. So, I've heard that this is a thing that Pisces do. I don't know whether that's true or not. But whether or not it is, it is true that I am a big time dreamer.

Now, a lot of people who know me see me as being really intentional and pretty pragmatic. So, that is also true, I am both of those things. Which is

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why, me self-identifying as a dreamer who's a little fanciful might seem a little misaligned or it authentic. But I promise you, I am both of these things, I am all of these things.

Completing these two exercises, creating a want list and then goal stacking, what you add to your want list, it's a great example of how I blend these qualities about myself together. It's such a good example of how you can be two things at once. How you can hold two things at once.

I always love to use an intentional use of the word "and" you can be a dreamer, "and" you can be intentional. You can be a dreamer, and you can be really pragmatic and methodical. Alright?

So, I definitely am both of those things. You don't have to be either/or, all or nothing, one or the other. You get to be really dynamic. I think that's one of the most fascinating things about being a human, we get to be so dynamic. And we get to be a little combination of whatever we want to be.

I don't know if you've ever seen those TikToks or those Instagram reels where people pour in water, and they label the water. They're like, "When God made me he put in this much charisma, and this much sass, and this much intelligence," or whatever. But it's kind of like that. We get to be whatever we want. We get to consist of whatever we want.

And there's always room for nuance. You get to be whatever magical, incredible, insane combination you want to be. So, for me, quite a bit of a dreamer. And I'm really intentional and pragmatic. I'm all those things, roped into one.

In light of that, I've paired these two exercises to really bring in that dreamer part of me, and bring in that intentional part of me. I do this exercise with my clients to bring out the dreamer part of them and the really intentional part of them.

Also, I'm giggling to myself right now. I just talked to a friend of mine who also has a podcast. And she was talking about how she talks with her

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hands when she records the podcast. And you guys, so do I; full-on Italian mode over here. When I record these episodes for you, I'm talking with the hands, plural, the entire time.

And one of these days, I'm going to have to record video of me recording the podcast, just so you guys can see what I'm talking about. My cousin Emily always yells at me for not creating the video content when I record these anyways. But it's just funny, I talk with my hands so much.

So, I'm, on one hand, intentional. On one hand, being a dreamer. And every time I say those words, I'm moving my hands to and fro. But of course, you can't see that. Anyways, I digress.

We're going to bring out the dreamer in you today. And we're going to bring out the intentional, pragmatic side of you, too. Okay? We're going to combine those two things. First, we're going to start by creating a Want List. I just want you to go grab a piece of paper. Or, you can break out your phone and create... If you've got an iPhone, go in your Notes app, or whatever the Android equivalent of that is.

You're going to make a list. I want you to label it your Want List. I love to date mine, just so I can see what I wanted at a certain period of time in my life. And now, I want you to put your dreamer hat on, okay? I want you to make a list of all of the things you want for your life.

What are all of the things you want to accomplish? Write those down. What goals do you have? It doesn't just have to be for this moment in your life, it can be for your entire life. What are the things you want to accomplish? What do you want to achieve? What are the things that you want to do?

That's the second question I want you to answer. You might notice that some of the questions might overlap, or you'll have similar answers, depending on what the question is, that's okay. Don't duplicate, but we're going to add some nuance to different questions here, just to pull out and make sure we catch every single one, that we want to make sure it gets on your Want List.

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So, what do you want to accomplish? What do you want to achieve? What do you want to do in your life? What experiences do you want to have? Where do you want to travel? What do you want to learn to do? Where do you want to live? What do you want your life to look like?

Go ahead, pause this episode, and make your list. Go through and answer all those questions one by one and see what comes up for you. If, after you've taken a few minutes, you're really struggling to identify things on your list. And I want you to at least write down 20 things. Okay? It can be as long as you want it to be, but strive for at least 20.

They can be small. They can be huge. They can be the Goldilocks version, in between. Totally doesn't matter. Like I said, they can be goals that you want to achieve this year or this quarter. They can be things that you want to accomplish 30 years from now, it does not matter. They can be things that will take you a very long time to accomplish. They can be simple, little things. Whatever you want for your life, I want you to include on this list, okay?

Now, if you really struggle with coming up with responses to the questions that I just gave you, I have another prompt for you. That normally kind of sounds negative, but I do think it's really effective at helping you identify the things that you might want for your life.

So, instead of asking yourself, what do I want? Which people aren't always practiced in being able to answer skillfully with ease. I want you to do an inventory, and ask yourself, what is it that you envy that other people have? What are things other people do that you envy? That you wish you had that? You wish you could do? Alright?

Now, this isn't meant to create a compare and despair situation where you're measuring yourself up to other people. Where you're using their achievements or their experiences against yourself, feeling badly about your own life and what you've done so far. That is not the point of this exercise.

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There are always two directions that you can go when you're looking at someone else's achievements. When you're looking at the things that they have in their life that you really appreciate or enjoy or envy, you can use it against yourself to feel terrible; highly don't recommend that. Or, you can use it as inspiration.

One of my favorite quotes is that success leaves clues. I got that from a friend of mine, Maggie Reyes. And it's so true, success does leave clues. So, we don't have to reinvent the wheel, we get to crib ideas from other people, and include it in our own want list. I'm going to share my want list, what's on mine, in just a second, so you can use mine as inspiration if it helps you at all.

But I also just want you get a flavor for what can be on a want list because that might inspire you. Your list might not be identical to mine, and that's totally fine. You want your list to be bespoke to you, of course. But I do want to offer it to you as a bit of inspiration.

So, make sure you get your list. Don't worry about putting it in an order yet, you just want to do a brain dump. What do you want to accomplish? What do you want to achieve? What are the things you want to do? What experiences do you want to have in your life? What do you envy? What do you want to learn? Where do you want to live? Where do you want to travel to? I also feel like I kind of want to include, who do you want to be? But really what do you want your life to look like?

Now, quick sidenote here, if you wanted to engage in a gratitude practice, you could make a whole list of the things that you want in your life that you currently have. That's a really fun exercise, too. But that's not what we're doing today. Really, the focus of today is to put that dreaming cap on. To really think bigger and more expansive than you typically do. Alright? What are all the things that you want for your life, now and to the end of your days?

Alright, without further ado, here are some things on my want list. So, you've probably heard me talk about it already before on the podcast, but

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my goal for my business this year is to make a million dollars. That's front and center on my want list. I also want to learn how to do a bunch of things, like in the hobbies department. I want to learn how to play the guitar. I want to learn to speak Italian. I want to take dance lessons.

I want to start working out with a personal trainer. One of my goals is to get in the best shape of my life and I want to celebrate that. Hopefully my parents aren't listening, but I want to celebrate that by wearing a completely outrageous bikini, probably a thong bikini, in South Beach. I love Miami.

And that is just a once in a lifetime thing. I'm pretty modest. I'm a typical one-piece girl. But it is something that I want to do before I get older and feel less comfortable in my skin. So, I want to take advantage of that while I'm still in my 30s. I want to work out with a trainer.

I want to really master driving a stick-shift; my dad taught me years ago, but I'm still not an expert at it. So, I want to become an expert in that. I also am taking another page out of my dad's book, and I want to learn how to fly a plane. My dad recreationally flies helicopters. I've gone with him before; he's taught me a little bit about flying helicopters. It is very challenging for me. The three-dimensional aspect of it is a little confusing for my brain.

So, I don't know that I'm ready for that yet, but I do want to learn how to fly fixed-wing aircraft. I want to learn how to fly a plane. I just think it's such a flex for a girl to know how to fly a plane. That's definitely on my want list.

I also want to renovate my house, the one that I just moved out of. That is a goal, so I can figure out what I want to do with my house. But that's on there. I also want to pay it off if I decide to keep it. Which I'm pretty sure that I will keep it; I want to pay it off. And then, I also want to achieve the goal of being debt free.

After I went through my year of poverty, after I left my last law firm job and I started this business, I have paid off almost all of my debt, but I still have some to pay off. So, that is definitely a goal of mine, to be debt free.

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Speaking of houses, I want to move out of Michigan. And if you've been listening to the podcast recently, you already know Charleston, here I come. But I don't just want to live in Charleston, I want to hop all over. So, I want to live in Italy at some point in my life, preferably also in my 30s. And I have a dream of living in New York City. I want to have a place that overlooks Central Park.

I am absolutely fascinated by Central Park, and just the fact that it's been protected and conserved all of these years. I'm really in awe of it, and I would love to have that be my view waking up in the morning. How amazing would that be? So, that's also on my want list.

I also want to get married, that's on my want list. As for travel, this actually came up in our Tuesday call in the mastermind. Someone else in the mastermind said that they wanted to see the Northern Lights. And that's on my list, as well. I want to see the Northern Lights.

I also want to do some traveling with my parents. I want to take my dad to Africa. He is fascinated with Great White Sharks. So, I want to take him to South Africa to see the Great Whites. And then, we also want to go on safari. I want to stay at the giraffe hotel, which is probably super basic girl stuff, but I don't care. It looks amazing. So, I want to do that with my dad.

And I want to take my mom to Disney. We're not Disney people, at all. But there's some history behind this, and it's really important for me to do this in my lifetime. I want to take both of my parents to Italy. My mom's family's from Scotland, so I would like to take her there as well.

What's really neat about having a want list, once you create it, you just get to keep adding to it over and over and over again. So, as you're inspired, and as you get other ideas, you just get to pop them on your want list, to constantly be adding to it, which is so fun.

I was just talking to my mom this weekend, actually. And she asked me if I had any interest in doing the Turner Classic Movies Cruise that they do. I'm a huge movie buff. I love old black-and-white films. I've been a movie buff

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my whole, entire adult life. I think, even as a teenager, I was really into them. And Turner Classic Movies, TCM, is one of my favorite channels. I love all the classics, especially like 1930s, 1940s films. Those are the films that I love.

TCM hosts a film festival cruise, and it's so incredible. It has famous people from the movie industry, and a lot of the older actresses and actors have passed away, unfortunately. But they still find great talent who are in some of the movies that they feature. And they do panel discussions about old Hollywood. It's so up my alley. And it's a really glamorous ship.

So, my mom just asked me if I wanted to go, and it's been on my "bucket list"; your want list is essentially a bucket list. I just like the name Want List better. I don't like the whole idea of 'kicking the bucket'. That's just like, no, thank you. I'm not fine with that name.

My mom asked me if this is something that I wanted to do, and I said, "Oh my goodness, yes. Absolutely. Let's look at the dates." And I just added that to my want list this weekend. So, that's on there now too.

In addition to travel and trips that I want to take, I also have some huge goals, like long term, lifelong goals on my list. One of my goals is I want to speak at the Staples Center. And then, I also want to go to culinary school, and I eventually want to own a restaurant. That's been a dream of mine since I was a kid.

Many decades from now, I'd like to run for Senate. Senators have so much power, so I would love to run for Senate. And I also, this is actually, probably, going to come before my Senate run, but I would love to become an actress and get cast in a movie. I'm going to fit that in somewhere in my 30s. I haven't figured that out, exactly when yet, but that's also on my want list.

You should be getting the picture here, right? Everything from small things to big things. Things that you can accomplish fairly quickly, maybe with just a tiny little bit of planning, or you just have to make one decision. And then,

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other ones will take a ton of work, right? A lot of intentionality, a lot of planning, a lot of focus. That's not a problem, you just want to know what is it going to require of you.

Okay, now, once you have your Want List, you get to start putting it in order. This is what I call "Goal Stacking". You literally stack your goals, one by one by one, on top of each other. You create the order in which you're going to approach them. In which you're going to tackle them. In which you're going to accomplish them. Okay?

You can do all the things. I am never going to be the person to tell you that you can't do all the things that you want to do. I wouldn't be a very good life coach if I was giving you have limiting beliefs about what you can accomplish. So, you can do all the things, you just can't do them all at the same time, alright?

Unfortunately, and I always joke with my clients when I say this, unfortunately, time is finite. It just is what it is. Now, I'm underwhelmed and a little disappointed by that if I'm being completely honest with you. If you're like me, and you're also a little underwhelmed and disappointed with the truth, that time is finite, listen, I get it. I'm right there with you.

But you want to not be at war with that. I just did that podcast episode on the wars that you're waging, the unwinnable fights that you engage in, and that is often one of them for people. They're wishing that they could do more things at a given time than they can. So, you want to accept the reality that your time is limited, and there's only so much you can do within a given period of time.

What I like to do is really constrain my focus to prioritizing one goal at a time. This allows me to put all of my intention, all of my energy, all of my action into accomplishing one thing, which helps me get so much further faster. It really increases my ability to achieve things in a rapid manner.

I learn more because I take more action. And then, I can evaluate and rather than jumping from one thing to the next, I'm able to just really

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obsess. But in a positive way, not a negative way. I obsess over the thing that's right in front of me, the goal that's right in front of me, the accomplishment that I'm working towards achieving.

That's what I want you to do with your want list. I want you to put it in order; in the order that you want to achieve it in. Okay? We're going to stack these goals. That way, you have a very clear framework of what you're going to focus on right now. And then we're going to focus on later, after you accomplish what you're going to focus on right now.

You can do this from now until the end of time, essentially, right? Some of my goals, like owning a restaurant or going to culinary school or running for Senate are not goals that I have any interest in even pursuing for decades. That doesn't matter. That's okay. They get to be on my Want List still; they're still there in the back of my mind. I know to look forward to them, and I don't have to spin out about not working towards them now because they're built into my plan.

Alright, now, I know people always say when you make a plan, life happens. I agree. This isn't set in stone and completely inflexible. But it does help me get out of the FOMO that comes up when I want to pursue multiple things at once.

Maybe you're like me. And if you're a dreamer, you get FOMO too, because you want to achieve and do all the things all at the same time; as in, like, right now. Okay, if that's you, your FOMO probably has you freezing and spinning out.

And you're either doing one of two things. You're either pursuing everything all at once with a lot of unintentionality, right? You're not doing it with intentionality, you're pursuing a plethora of different goals in a very unintentional, kind of chaotic, messy manner. That's one way that you respond to having a ton of focuses all at the same time.

The other way people tend to respond is that they just freeze, they spin, they don't make a decision. They are really overwhelmed. They don't know

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where to start so they're feeling overwhelmed and confused. And then, they don't get started so they don't achieve anything. Okay?

So, you're either making really slow progress because you're pursuing way too many things all at the same time, or you're not pursuing anything. There's also kind of a subtle third option here, where you start with option one, you're pursuing doing all the things, and it just becomes too much to maintain. So, you eventually quit and then you don't pursue anything.

It's like you start and then you freeze. You don't just freeze from the get-go. You get started, and then you freeze, because it's too hard to maintain that much focus and that much consistent intention with so many different goals.

So, check in with yourself. Which camp do you fall into? Are you pursuing a lot of different things all at the same time? And if you are, because you're afraid of missing out, because that FOMO comes up for you, because you're just really passionate about so many different things all at the same time, do you slow yourself down? Do you get started and then quit? Or, do you just freeze all together? You want to know.

Now, by goal stacking, you're going to constrain your focus, and you're going to start to prioritize what you care about in the immediate future. What do you want to accomplish this week, this month, this quarter this year? Start to get clear on that, alright? And then, what are some things that you don't really need to accomplish right now?

I did this with a former client and a good friend of mine. She really wants to go to grad school, but she's also working on building a successful business. I asked her, "You can definitely still go to grad school. But is that something that has to happen in 2022? Or, can that be like 2025? Would that be okay for you to pursue that later?"

I think she wants her doctorate, that's what it was. Is that something that you can do a couple years from now? And we decided together that that was something that she was okay with pursuing a couple years from now.

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So right now, she's prioritizing her business. And then later, she's going to prioritize that graduate degree, that doctorate degree.

Don't come at me if I'm mixing up the two. I don't mean to insult anyone. It's a doctorate, I know deep down that's what she wants to achieve. So, I'm not trying to belittle or diminish anyone's doctorate degree by calling it a graduate degree, just scratch that part.

Now, what's fun about goal stacking is you may see that there are some things on your list that are just really easy to cross out. You can make those more immediate if you want. We'll use an example from my Want List.

Seeing the Northern Lights is very easy to accomplish. That's just booking a simple trip, right? So, I could prioritize that pretty immediately. But if I wanted to prioritize something else, I can just put that further down on my goal stacking list.

There might be other things. Another thing on my want list is that I want to have a housekeeper who comes at least once a week. I could just hire that person right now. I'm not going to, it's a financial investment that I'm not completely committed to making right this second, that level of frequency. But that's a next year goal. So, that's going to be not too far down on my want list and my goal stacking list, but not at the tippy top.

Same thing for you, okay? If there are some really low-hanging items on your Want List, as you're goal stacking you can put those a little bit higher up, if they're really easy to just tackle them and get them out of the way.

If there are other things that take a bunch of planning, like I said earlier, you might want to put those a little bit lower on the list. Or, it can be your main focus. You just want to know that's what's getting your focus right now, it's not going to be that *and* 15 other things from your Want List. We're going to take it one at a time. It's how you get the furthest fastest. It's how you make the most progress in the shortest amount of time.

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Now, clients always like to fight me on my advice that they constrain to one goal at a time, and I get it. I would love to be able to actively and successfully pursue a million different things at once. But I have coached so many people on this, and this has been my own personal experience as well.

You will do so much better and your success rate of achieving what you set out to accomplish will be so much higher, if you constrain your focus to one goal at a time. I get it, I know you want to be able to do more things at once. And our brains love to tell us that we can, that we're capable of multitasking this way. It's just really inefficient.

I coach people on this. I see it day in and day out. And it is so fun to watch my clients have this epiphany because they will try to pursue a lot of different goals or even two goals at the same time, and they will struggle to maintain the intentionality and the discipline required to pursue a goal. Whether it's building a habit, or achieving another type of goal that they set, they wish that they could maintain the discipline, the focus, and the intentionality, but it really does require a lot from you.

So, I find that people have a much higher goal achievement rate when they constrain their focus to one thing. Again, this is just a war that I don't want to be waging. I've just made peace with it; I've come to terms and accepted it. And now, I hack my own brain, and I just focus on one thing. I let myself build up wins. I let myself build up momentum. I get so much further faster when I do this because I start to see progress immediately.

And then, I get more encouraged to stay the path, to take more action, to continue to pursue it until I cross the finish line. And that's what's going to happen for you, too. So, we just want to be honest and admit that we don't have the bandwidth to pursue everything we want, all at the same time. Whether you want to be bummed, sad, disappointed about that reality is up to you. But you do want to make peace with it.

And then from there, you've stacked your goals and you know, the hitlist that you want to attack them in; in the order that you want to pursue them.

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So go ahead, and whatever item number one is, you want to... And this is called reverse engineering your goals and creating a result roadmap, which is something that I teach inside the mastermind. But you want to identify all of the different actions that you need to take in order to achieve that result.

And then, when you've got that plan, you get to follow the yellow brick road and take the first action that you need to take and then the next one and the next one and the next one after that, all the way until you crossed the finish line. During that process, you're going to be taking action. You'll be evaluating. You're going to take an audit of what you're doing, figure out what's working, what's not working, and decide what you'll do differently.

So, you're constantly in a state of winning or learning. Constantly improving until you get where you want to go. Okay, as part of this, you don't just identify the action that you're going to take. You also want to make sure you're cultivating the mindset that you need to have. That means the thoughts that you need to be thinking, and the positive emotions that you need to be feeling, in order to take the action that you want to take, to produce the results you want to have.

But that is a whole other podcast episode in and of itself. And it's something that we take to the next level inside The Less Stressed Lawyer Mastermind. So, if you complete today's exercises, you go through and you make your Want List. And then you go stack; you go ahead, and you prioritize the goals. You put them in the order that you want to achieve them in.

And then, you're ready for having an immense amount of support as you pursue these goals, as you work towards them, as you go about tackling them. You want to make sure you join the mastermind, okay? Make sure you go to my website, [TheLessStressedLawyer.com/mastermind](http://TheLessStressedLawyer.com/mastermind) and get on the wait-list for when enrollment opens for the next cohort, okay?

Enrollment is going to open May 12. You want to make sure that you're on the waitlist, so you get the first opportunity to enroll as soon as doors open. If you're on the wait-list, you get a chance to join before the general public

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gets the chance to join. And spots are limited every round, so you want to make sure you're on the wait-list.

You don't squander your opportunity to get the support that you're going to want to have as you knock off these items on your Want List. As you goal stack, and pursue them one by one in that really intentional manner.

Alright, my friends, reach out to me and tell me what you identified on your Want List. I would love to hear about it. You can DM me on social media, on LinkedIn or Instagram, or feel free to even email me at [Olivia@thelessstressedlawyer.com](mailto:Olivia@thelessstressedlawyer.com).

I would love to see what you come up with. It's so fun learning about other people's want lists; what they have on theirs, what they want for their lives, even the things that they envy, that they're inspired by from other people around them. I love hearing all about this. So, reach out, tell me what's on your Want List.

Tell me if you were surprised by anything that came up, and then tell me what you're prioritizing. You went through the goal stacking exercise, you put it in order, I want to know what's the number one item at the top of your goal stacked Want List, okay?

All right, my friends, that's what I've got for you this week. Go put your dreamer cap on. Step into that big dream energy. It's a different type of BDE, now that I think of it. I love to talk about BDE, which for those of you who don't know, it's big dick energy. That's what that means. I love to channel that and bring it into my life, but this is a little bit different, big dreamer energy.

Okay, I want you to go tap into your big dreamer energy. Think about landish things to put on your want list and then put them in order that you want to achieve them. All right, have fun doing this, my friends. It's such a fun exercise.

Have a beautiful week, and I'll talk to you in the next episode.

## Ep #48: Want Lists & Goal Stacking

Thanks for listening to *The Less Stressed Lawyer* podcast. If you want more info about Olivia Vizachero or the show's notes and resources from today's episode, visit [www.TheLessStressedLawyer.com](http://www.TheLessStressedLawyer.com).