



# CORE DESIRED FEELINGS LIBRARY

How do you want to  
*feel?*

With full credit to [Danielle LaPorte](#) for creation of  
The Desire Map and the core desired feelings concept

  
katie  
DE JONG

KATIEDEJONG.COM



# Why would we want to know how we want to feel?

- We're always chasing certain feelings whether we're aware of it or not.
- We devise goals, hoping they'll make us feel the way we want. When they don't do that, we're left feeling empty and unfulfilled.
- When we're clear on how we want to *feel*, we can align ourselves more easily with things that make us feel that way, and start consciously and intentionally feeling that way *now*.
- We can more easily make decisions and develop goals that will help us feel those specific feelings. Our normal goal setting process is backwards!



# INSTRUCTIONS

1. Take a few deep breaths and allow your mind to get quiet; your *heart* needs to do the work here, not your mind!
2. Move slowly through the images of the core desired feelings.
3. Write down a word in your journal each time you feel a connection with it.
4. Feel free to come up with your own words that more accurately describe how you want to feel.
5. At the end, go back and put a star next to the ones that call to you the most.
6. Narrow it down your 5-10 core desired feelings. These words will serve as *your* internal compass!

Excited

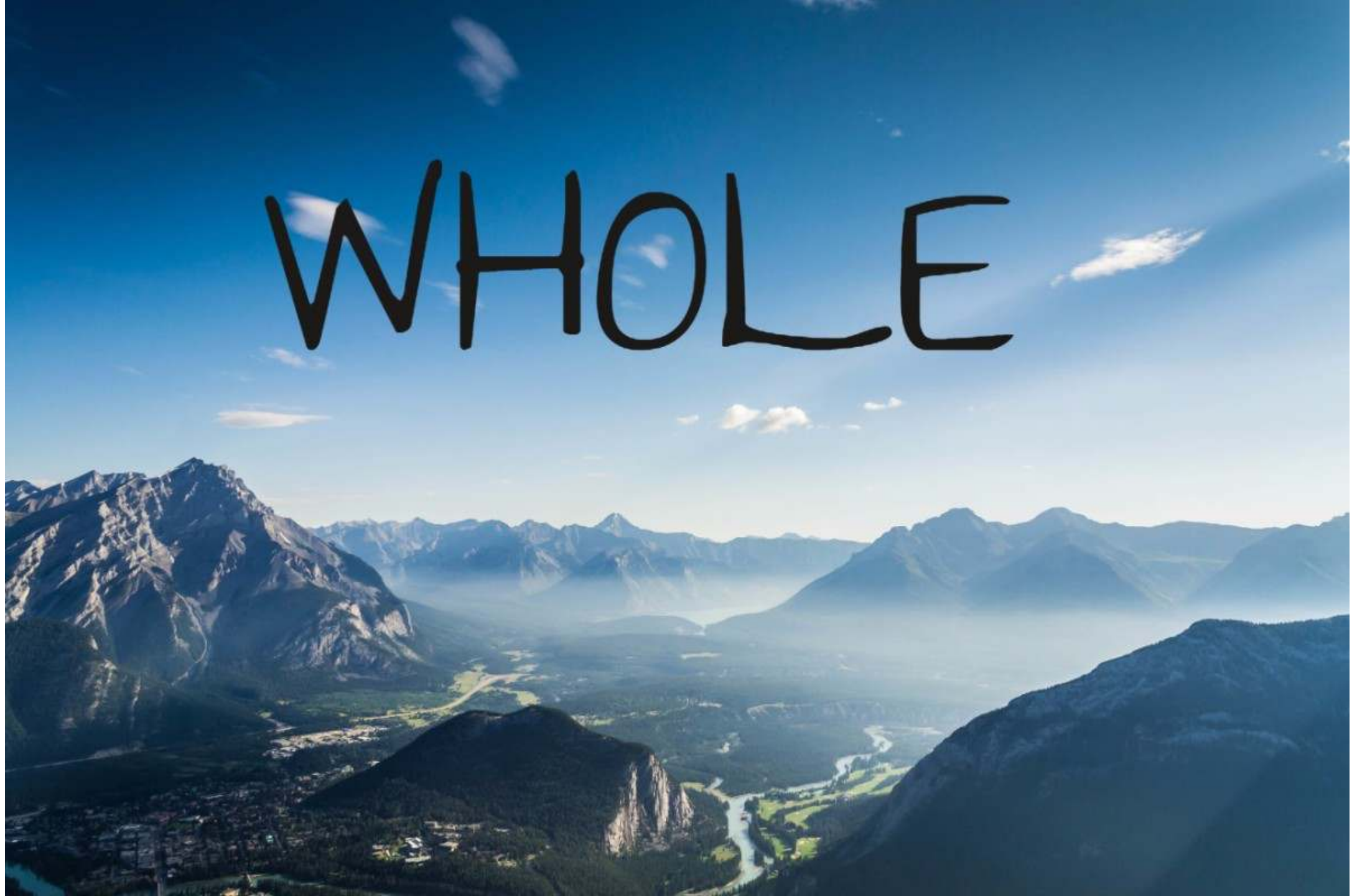




*Feminine*



WHOLE



An underwater photograph showing a diver in the distance, swimming towards the viewer. The water is clear and blue, with light rays filtering down from above. The word "Deep" is overlaid in a large, bold, black serif font in the lower center of the image.

**Deep**



# Brave





# Delight



*Soulful*





A close-up, low-angle shot of a vast field of purple crocuses. The flowers are in various stages of bloom, with some showing bright yellow centers. The background is a soft, out-of-focus sea of purple, creating a sense of depth and abundance. The word "FRESH" is centered in the upper half of the image in a white, hand-drawn, slightly irregular font.

FRESH



# Blissful



SHINING







**Encouraging**



# Compassion







**Vital**



Turned on





# Connection





A close-up photograph of a brick wall. The bricks are arranged in a staggered pattern. The left side of the wall is composed of red bricks, while the right side is composed of blue bricks. The boundary between the red and blue bricks is irregular and jagged, with some red bricks extending into the blue section and vice versa. The word "CREATIVE" is written in large, bold, white, sans-serif capital letters across the center of the image, overlapping both the red and blue brick sections.

**CREATIVE**



# UNITY

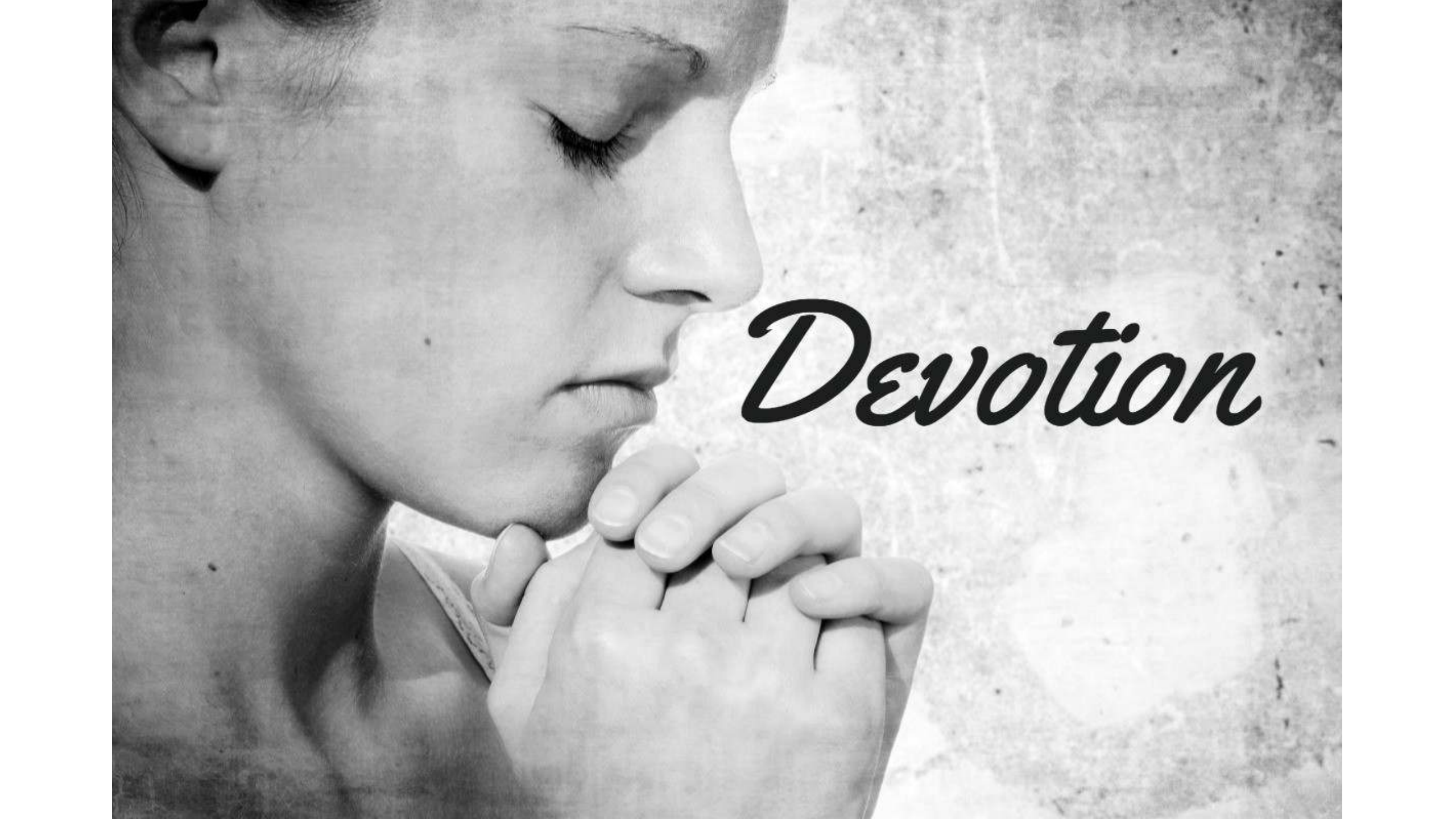






Harmony





*Devotion*





Infinite

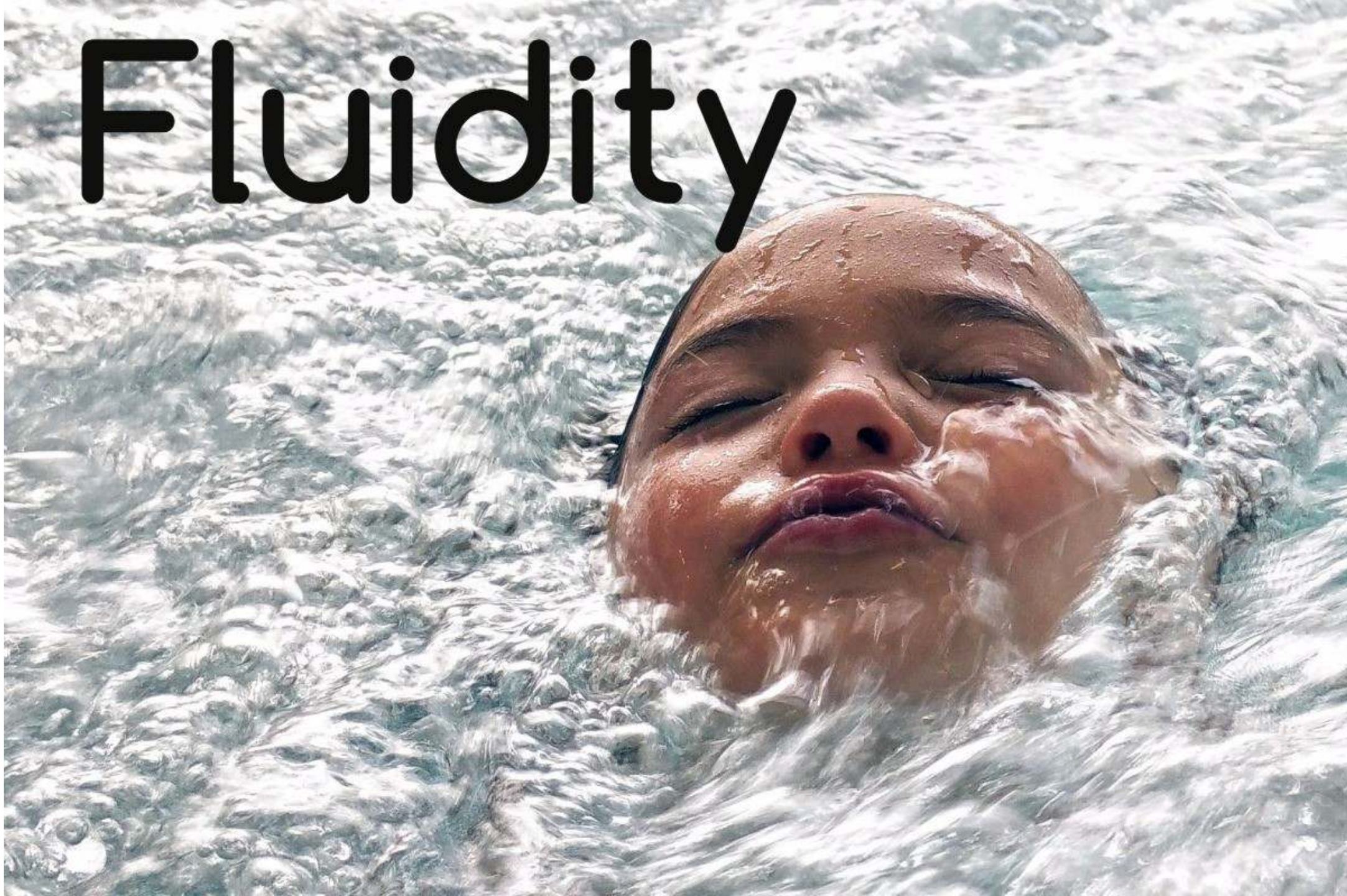


Balanced





# Fluidity





# Pioneer





**BOLD**





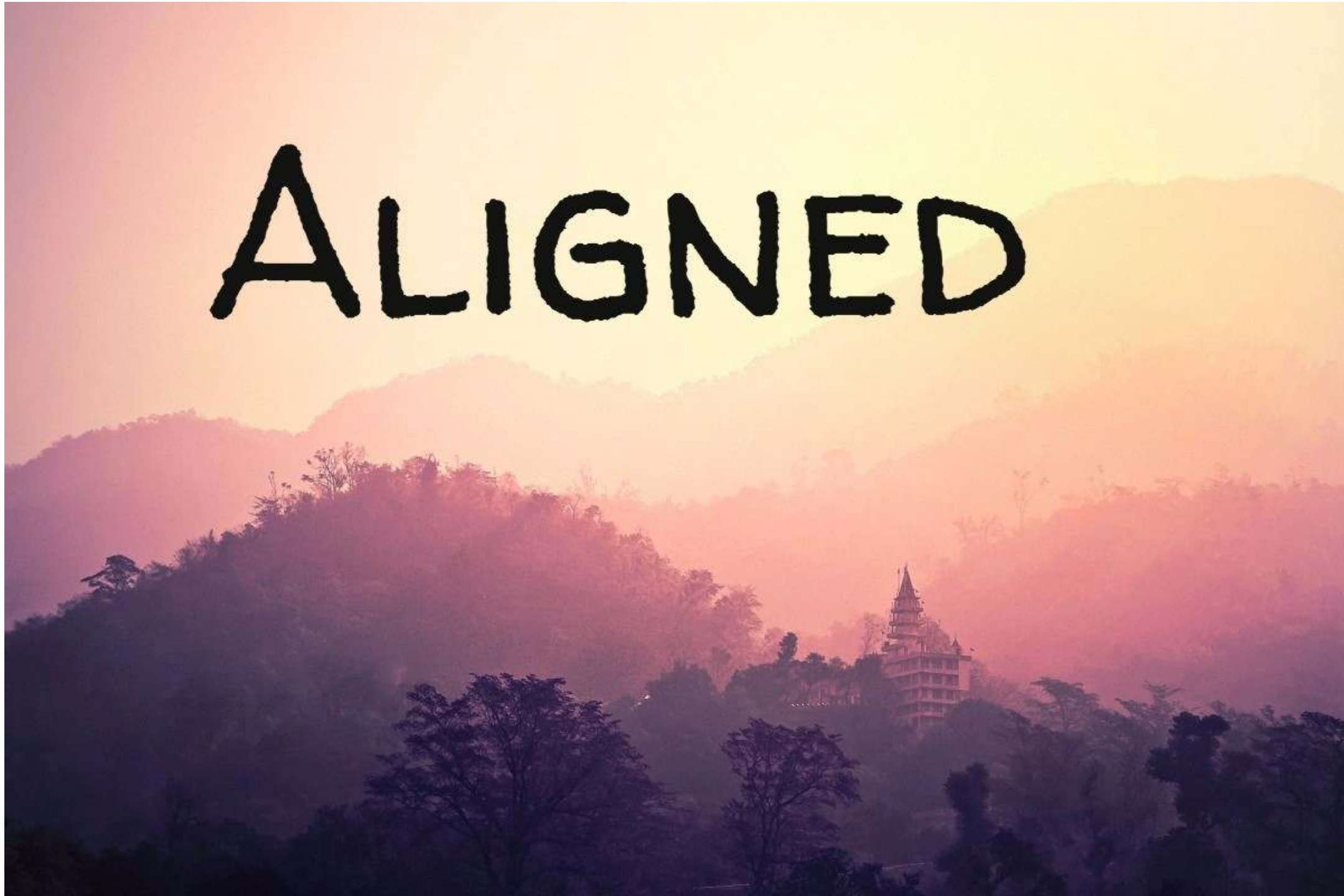
Divine



Beauty



ALIGNED





A low-angle shot of a person in a dark jacket with their arms raised, looking up at the sky through a dense forest of tall trees. The person's face is visible, looking upwards with a sense of awe or fulfillment. The background is filled with the intricate branches and green foliage of the trees, creating a textured, natural setting.

**Fulfilled**





**ENERGISED**

# Comfortable





# Engaged







**Focused**



A dense field of red roses, filling the entire frame. The roses are in various stages of bloom, creating a rich, textured background. In the center, the word "Beautiful" is written in a large, white, elegant cursive script. The text is slightly shadowed, making it stand out against the dark red background.

*Beautiful*



# Expansive







**POWERFUL**



A photograph of a waterfall cascading over dark, layered rock formations. The water is captured in a long-exposure shot, appearing as a smooth, white, frothy flow. The surrounding rocks are dark and textured, with some moss visible. The overall scene is natural and serene.

*Flow*





**Ease**



# Free







**Impactful**



Golden



Peaceful



# Grace





# Authentic





A close-up photograph of a woman's face, focusing on her eyes, nose, and lips. Her hands are clasped together in a prayer-like gesture near her chin. The word "Gratitude" is written in a black, cursive-style font across her mouth. She has dark hair and is wearing a dark top. The background is dark and out of focus.

Gratitude





**Happy**





**Purposeful**



# Confident

WORLD HOTEL

OSAN OSAN HOTEL HOTEL



# Satisfied





A dramatic night sky filled with multiple bright, jagged lightning bolts striking down over a dark landscape. The lightning bolts are a brilliant white-yellow color, contrasting sharply with the dark, stormy clouds. The landscape below is mostly in silhouette, with some faint lights visible on the horizon. The overall mood is intense and powerful.

**Electric**

**INSPIRED**







Playful



A close-up photograph of a man in a dark suit, white shirt, and patterned tie. He is adjusting his tie with his right hand. The lighting is dramatic, highlighting the texture of the suit and the tie. The word "Integrity" is overlaid in large white text on the lower left side of the image.

**Integrity**





**Supported**



# Wealthy





An aerial photograph of a person swimming in clear, turquoise water. The water is so clear that the bottom is visible. The word "CLEAR" is written in large, white, sans-serif capital letters across the lower portion of the image. The person is a small figure in the center of the frame, surrounded by ripples in the water.

CLEAR



Light-  
hearted





**LOVE**







**Abundance**



# SPACIOUS







**Nourished**



A field of white baby's breath flowers with a single red poppy flower standing out. The word "UNIQUE" is written in large, bold, black letters across the bottom of the image.

**UNIQUE**



# wanderlust







Inspiring



# Nurtured





A close-up photograph of a person's face, focusing on the right eye. The eye is brown and looking slightly to the right. The skin is fair and has a natural texture. The word "SEEN" is written in a bold, black, hand-drawn font on the person's cheek, positioned below the eye. The background is dark and out of focus.

SEEN



# Oneness







**Courageous**



ALIVE





# Healthy





# Purity

A close-up photograph of a green leaf with several clear water droplets resting on its surface. The word "Purity" is overlaid in white text in the upper left corner. The leaf's veins are visible, and the droplets are in sharp focus, reflecting light. The background is a soft, out-of-focus green.



A close-up photograph of a lit Zippo lighter. The flame is bright yellow and orange, radiating light. The lighter is made of polished metal and is set against a dark, textured background, possibly leather. The word "Radiant" is written in a white, cursive font in the lower-left corner of the image.

*Radiant*



Joyful



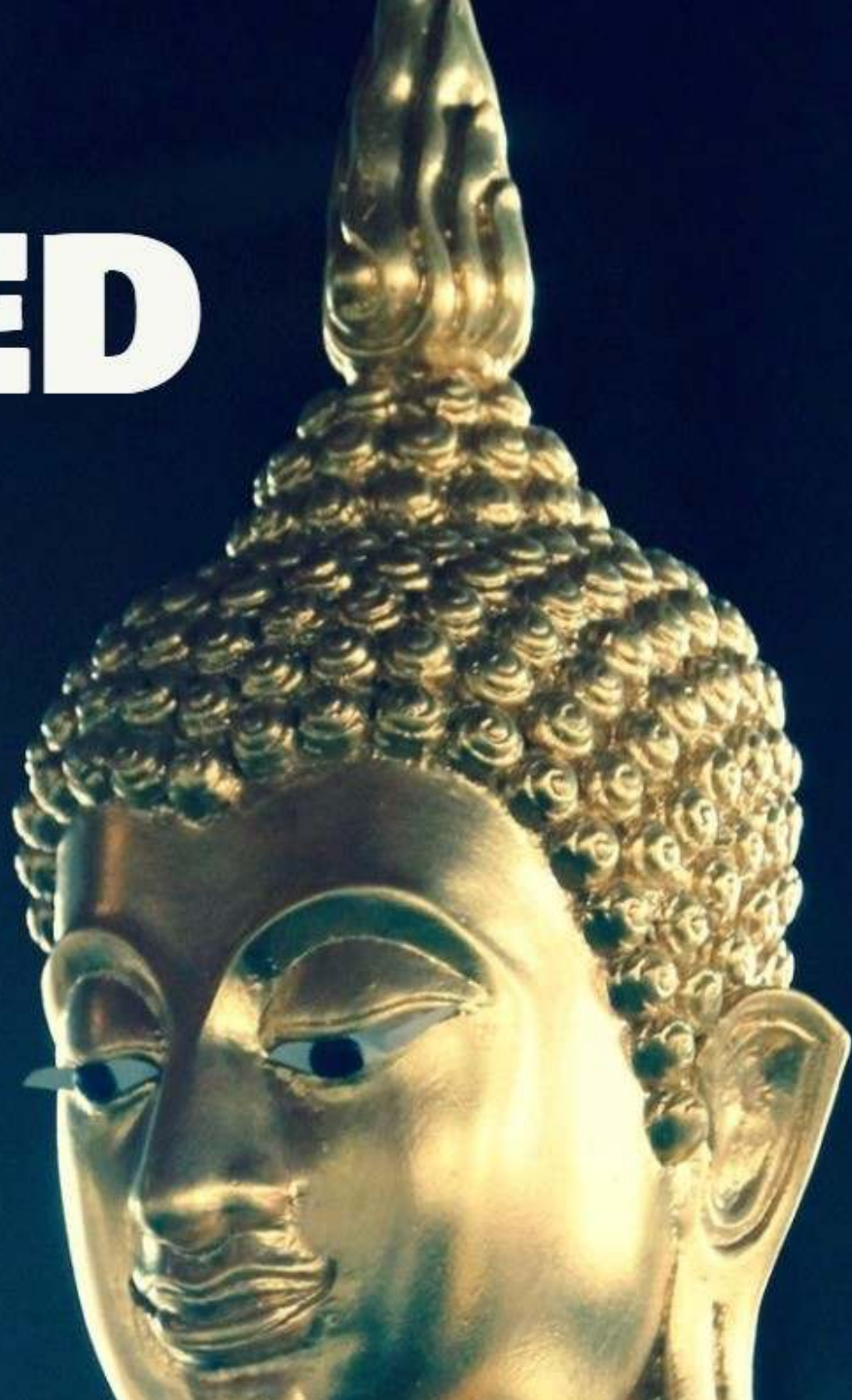


Wise





**SACRED**





# Vibrant







*Sensuous*





**LIT UP**



Serene





# Thriving





A close-up photograph of a man and a woman embracing in a snowy outdoor setting. The man is on the left, wearing a dark jacket and a grey and purple patterned knit hat. The woman is on the right, wearing a maroon jacket, with her eyes closed and a gentle smile. The background is a soft-focus snowy landscape with some wooden posts visible. The word "Valued" is overlaid in large white text at the bottom.

**Valued**



# Strong







Passion



Wild-  
hearted





# Resilient





# TRUTH





A close-up photograph of a woman's midsection. She is wearing a red, semi-transparent, long-sleeved top. Her belly is adorned with a decorative gold chain featuring numerous gold coins of various sizes. A belly button ring with a pink gemstone and a vertical chain of small pink stones is visible. Her hand, wearing a gold ring, is resting on her hip. The word "Shakti" is written in a large, black, cursive font across the lower part of her abdomen.

Shakti



A wolf is standing on a snowy ridge, looking out over a vast, misty forest. The scene is atmospheric and ethereal, with soft light filtering through the fog. The wolf is positioned on the right side of the frame, facing left. The forest below is dense with evergreen trees, their tops partially obscured by the mist. The overall color palette is cool, dominated by blues, greys, and whites.

**Magical**