



RAFAEL MARTINEZ COACHING

THE DESIRE CONTRACT

Your desire is your own personal treasure map. It is the beacon that shows you how to become the person you were meant to be. Desire is not an indulgence, an enemy, an obstacle. It is the water of life—the only thing that can quench the deepest thirst within you. This contract helps you align and connect with your deepest desires. Come back to your Desire contract again and again as you and your desires grow and evolve over time.

I. BIG D desires

Big D desire, unbridled desire, is desire with magnitude. This is the desire of our deepest calling. It is the destination you are aiming for - freedom, power, wisdom, love. As you take to the road, it says “this is where we are headed”. When you get lost or sidetracked, Big D desire acts as a beacon calling you back on track.

II. Little d desires

Little d desires are the tools you need to get your Big D Desire. They include all the things you’ll want to pack in your suitcase as you head out on your journey, as well as the map of how you’ll get there. These little d’s are all about detail - things like time, location, numbers and dollars. By being specific, you’ll be able to see the results – you’ll know exactly when you’ve received what you desire.

III. Admissions

Admissions are the things, usually ten or so, you need to acknowledge in order to be admitted into your own desire. They tend to be around decisions that you made to comfort yourself in face of the fear that you couldn’t have what you want - behaviors or circumstances you created as soft landing alternatives.

IV. Offerings

“Offerings” is like your resume. Here, detail every skills and talent you can dedicate to achieving your desire. You get extra points for specificity - specifically what do you offer and where are you going to offer it.

V. Hard No’s

Hard No’s are boundaries – they’re your communication of what you simply will not do under any circumstances as you head out on your journey of desire. Once you have clearly discerned a hard no in yourself, you may be surprised to find that you don’t even need to use it. Simply by claiming it, you set a strong boundary that others can feel and do not cross.

VI. How to Support You

The final piece of your proposal is to lay out your “user’s guide”. That’s right, the instruction manual to you. Consider the 5 most difficult to navigate behaviors in yourself, then let others in on how to navigate them. Yes, you are giving up your game. But, it’s worth it.