GENERAL

wish it want it do it

Published: September 3, 2026 | Index ID: #-

Introduction

Have you ever found yourself daydreaming about a dream you'd love to achieve, only to feel stuck when the time comes to act? The phrase **wish it, want it, do it**captures a simple yet powerful truth: turning aspirations into reality requires more than a fleeting thought. It demands a clear desire and, most importantly, decisive action. This article explores how you can move from the spark of a wish to the fulfillment of your goals by mastering the three essential stages of the wish want do cycle. We'll dive into the psychology behind each step, share actionable strategies, and provide real world examples that illustrate how the right mindset and habits can help you transform aspirations into achievements.

The Power of the Wish Want Do Framework

The wish want do framework is a practical approach to goal setting that aligns with proven principles of motivation, habit formation, and behavioral science. Each stage plays a distinct role:

- Wish – The initial spark, the idea that something is possible.
- Want – The emotional commitment that turns a wish into a desire.
- Do – The concrete actions that bring the vision to life.

When these stages are executed deliberately, they create a self reinforcing cycle: a wish becomes a want, a want fuels action, and action produces results that reinforce the desire for more. By understanding and applying each component, you can overcome procrastination, maintain momentum, and achieve lasting success.

Understanding the Wish Stage

What Is a Wish?

A wish is an abstract, often vague, idea about what could be. It's the "I wish I could run a marathon" or "I wish I could start my own business" that resides in the mind. Wishes are powerful because they open up possibilities, but they lack the specificity and urgency needed to spark real change.

Common Characteristics of Wishes

- Abstract and idealistic
- Low emotional intensity
- No clear timeline or plan
- Often accompanied by "but" statements (e.g., "I wish I had time, but I'm too busy.")

Why Wishes Alone Are Insufficient

Without a concrete plan or emotional commitment, wishes can drift into the background. They may be forgotten or dismissed when faced with daily responsibilities. The key is to transform that wish into a tangible, motivating desire.

From Wish to Want: Turning Desire Into Commitment

The Emotional Bridge

The transition from wish to want is where imagination meets emotion. Want is the emotional charge that elevates a wish from possibility to priority. It's the "I want to be healthier" that feels like a personal promise.

Techniques to Amplify Your Want

1. Visualization – Picture the outcome vividly. Imagine how it feels, what you see, and who you become.
2. Write It Down – Document your wish in a journal, turning it into a written statement that can be revisited daily.
3. Identify Motivators – Ask yourself why this goal matters. Is it for health, career, relationships, or personal fulfillment?
4. Set a Deadline – Adding a timeframe increases urgency and helps convert a want into an actionable plan.

Case Study: The Marathon Example

Consider Sarah, who once simply wished to run a marathon. By visualizing crossing the finish line, writing a training plan, and setting a target date, she transformed her wish into a strong desire. The emotional commitment kept her motivated through tough workouts and setbacks.

The Do Stage: Taking Action

Why Action Is the Missing Piece

Even the most powerful desire can stall without action. The do stage is where intention meets execution. It requires discipline, structure, and continuous effort.

Action Planning Essentials

- Define Specific Tasks – Break the goal into daily or weekly actions (e.g., "Run 3 miles on Monday, Wednesday, and Friday").
- Use SMART Criteria – Make tasks Specific, Measurable, Achievable, Relevant, and Time bound.
- Create a Calendar – Schedule tasks in a digital or paper planner to build accountability.
- Track Progress – Maintain a log or use an app to record achievements and identify patterns.

Building Habits for Sustainable Action

Habits reduce the mental load of decision making. By associating a cue (e.g., a morning coffee) with a routine (e.g., reviewing goals), you can automate the "do" phase.

- Start small: Commit to 5 minutes of reading each day before expanding.
- Use habit stacking: Pair a new habit with an existing one.
- Reward yourself: Celebrate milestones to reinforce the behavior.

Overcoming Procrastination

Procrastination often stems from fear or overwhelm. Break tasks into micro steps, set a timer for 10 minutes, and use the "two minute rule" – if a task takes less than two minutes, do it immediately.

Common Pitfalls and How to Overcome Them

Pitfall 1: Vague Goals

Ambiguity leads to confusion. Ensure each goal has a clear outcome and measurable indicators.

Pitfall 2: Lack of Accountability

Without external or internal checks, motivation can wane. Find a mentor, join a community, or set up regular check ins.

Pitfall 3: Over Planning

Excessive planning can delay action. Aim for a balance: enough structure to guide you, but flexible enough to adapt.

Pitfall 4: Ignoring Self Care

Burnout erodes progress. Incorporate rest, nutrition, and sleep into your routine.

Practical Tips for Implementing Wish Want Do

1. Start with a Vision Board

Collect images, quotes, and symbols that represent your goal. Place the board where you'll see it daily to reinforce the wish.

2. Write a Personal Mission Statement

Articulate why your goal matters in a concise statement. Refer to it whenever doubts arise.

3. Set a "Launch Day" Calendar Event

Schedule a specific date to start your action plan. Treat it like a professional meeting to emphasize commitment.

4. Adopt a Growth Mindset

View challenges as learning opportunities. Replace "I can't" with "I'm learning how to."

5. Use Technology Wisely

Leverage apps for habit tracking, reminders, and progress visualization. Choose tools that align with your workflow.

6. Celebrate Small Wins

Recognize incremental progress. Even minor achievements fuel momentum.

Real Life Success Stories

Case 1: From Wish to Entrepreneur

John had a wish to start his own graphic design studio. He wanted to leave the corporate world and create his own brand. By setting a launch date, drafting a business plan, and taking weekly online courses, he began the studio within six months. Today, his business is profitable and he enjoys creative freedom.

Case 2: Achieving Physical Fitness

Maria wished to lose weight but struggled to commit. She wanted to feel confident and energetic. By tracking meals in an app, scheduling workouts, and joining a local running group, she lost 30 pounds in nine months and maintained a healthy lifestyle.

Case 3: Learning a New Language

Alex wished to speak Spanish fluently. He wanted to travel and connect with Spanish speaking friends. He set a goal to complete a language course in six months, practiced daily with a language partner, and visited a Spanish speaking country. He achieved conversational fluency and broadened his cultural horizons.

Tools and Resources

Goal Setting Apps

- Todoist – Task management with priority levels.

- Goalmap – Visual goal tracking and habit building.
- Notion – Customizable workspace for plans and journals.

Habit Building Platforms

- Habitica – Gamified habit tracker.
- Streaks – Simple habit streaks for iOS.
- Loop Habit Tracker – Android habit tracker with analytics.

Learning Resources

- Coursera – Courses on goal setting, productivity, and mindset.
- Mindvalley – Personal growth and habit formation programs.
- Udemy – Affordable courses on specific skills and entrepreneurship.

Books to Inspire

- “Atomic Habits” by James Clear – Insights on building tiny habits for big results.
- “The Power of Habit” by Charles Duhigg – Understanding the science of habits.
- “Mindset” by Carol S. Dweck – The importance of a growth mindset.

Conclusion

The journey from wish to achievement is a deliberate, three step process that blends imagination, commitment, and action. By acknowledging the power of a wish, amplifying the emotional desire behind it, and then translating that desire into concrete, measurable actions, you can turn fleeting dreams into tangible results. Remember, the wish is just the spark; the want fuels the fire, and the do stage builds the path. Embrace the wish want do framework, apply the strategies outlined above, and watch as your aspirations evolve into lasting success.

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