

Inviting What You Want More Of

Sometimes our longings can go unnoticed in the daily busy-ness of life. When we make time to dig deep to explore our desires, we have an opportunity to see and to take the first step that will transform how we show up in the world.

Take out your notebook. Write down today's date. If you spend 3 minutes on each question, you can complete this in less than 30 minutes.

1. In which context do you most want to make a change? Self? Work? Family? Community? Relationships?
2. What do you most want to change in that context?
3. What would that give you?
4. How would this impact your sense of fulfillment at the end of the day? And why?
5. What will you need to let go of to make room for this change?
6. Have you tried to address this in the past? If so, what did you do? How did it go?
7. Fast forward 20 years to 2037, if you had continued success in this, what could your life look like?
8. Given what you just saw in the future, is there anything you would refine or update about what you most want to change?
9. What step can you take in the next 3 days to get you started on your journey?

You might want to revisit these questions every few weeks. Once you've done this a few times, look through your notebook and notice how your answers have changed and what remains constant.

"A journey of a thousand miles begins with a single step" - Lao Tzu