

Four questions to discover your deepest desires.

Removal of what is: If all the barriers were removed; age, race, gender, abilities, responsibilities, duties, job, bills, and EVERYTHING was taken care of and you were given a specific amount of time to achieve it, what would you do and how long would you need? How would it feel to do that?

Answer:

Expansion of what is: What would you get out of bed at 6am on a Sunday morning for? Why does this motivate you so highly? What would it feel like to do that every day? Would every day be too much? How often a week would be perfect? What would you give up, to make that happen?

Answer:

Return to what was: If you had a magic wand and could go back to any point of your life and do what you did then, for all the rest of your life, what time would you go back to?

Answer:

Desiring what isn't: What makes you jealous? What makes you curl up inside with envy and longing and bitterness? What makes you resent that it's happening to someone else? Jealousy is a key indicator of a deep longing within you, but jealousy can also expose things we desire which might threaten what we have so we ignore the desire.

Answer: