

## **Longings & Discontents Soul Work: Part 1**

*If I knew what was possible, what would I love in my life?*

For 10 minutes, write feverishly. Feel the freedom! Ignore your inner critic. Write as if your life depends on it, because it does!

Write your bold proclamation: THIS IS THE TRUTH OF WHO I AM!

## **Longings & Discontents Soul Work: Part 1**

*What does my inner critic have to say about what I want for my life?*

For 10 minutes, write all the reasons your inner critic told you that what you want is not possible for you.

Write your bold proclamation: THIS IS NOT THE TRUTH OF WHO I AM!