

Longings & Discontents Soul Work: Part III

Your longings and discontents are calling you, nudging you for more of YOU!

Take 10 minutes to write out your longings and discontents. Really feel into what you want for your life.

You must become familiar with your longings by revisiting them often. Like holding the hand of an old friend.

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Shine a light on your internal conflict of what you most desire and the “what if’s”

Take a few minutes and write out all of the “what if’s” that are opposed to what you truly desire in your life..

Shine the light of Truth on what matters to you and your life.