



LESSON ONE

Are You Ready for a Breakthrough?

When I am anxious, it is because I am living in the future.
When I am depressed, it is because
I am living in the past.

Anon.

WHEN WE'RE ON THE VERGE of a breakthrough regarding an important solution or new perspective, we can become more critical, more irritable, and less tolerant of others—family, friends, or co-workers. We also start noticing our impatience about events occurring in our personal or professional lives. We even become irritated about what's going on in our community or in world events as they are reported in the media.

Over the years, I've gradually learned to recognize these signs as positive messages. And so instead of trying to ignore them, or pretending to have a positive attitude, I use these times to really pay attention. I take more walks, spend more time in reflection, and make sure I'm rested.

Whether or not you find yourself in such a mental space, the following questions will help you move closer to discovering where you are and where you want to be.

- If you had more free time, how would you spend that time?

- How do you want to be remembered?

• Is your life in balance?

• What are you moving towards?

- What are you moving away from?

- Do you have clarity and focus about your direction?

- Are you always focused on *doing* as opposed to *being*?

*What Prevents You from
Having the Life You Want?*

The ultimate of being successful is the luxury of
giving yourself the time to do what you want to do.

LEONTYNE PRICE

In moving forward, it's valuable to reflect on what you see as the impediments that have prevented you from creating the life you desire. The following questions will help you identify the challenges and blocks that need to be dealt with in order to live the life you desire:

- What is the biggest challenge you are facing right now?

- Where have you stopped contributing?

- What conversations are louder than your commitments?

- What do you need to let go of to move forward (relationships, commitments, obligations, activities)?

- What prevents you from manifesting your life dream or vision?

Journal Page

Use this page to reflect and expand on your answers.



There is only one journey: going inside yourself.

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