

chapter five



Here is where you get to make it real. Most likely life is looking a little different on the other side of this process or at the very least, you have a personal road map before you, a place to start. Here you bring to form the nuggets of change and wisdom that have been culled from your honesty and willingness to look at what is really going on in your life. Here is where the rubber meets the road and you can decide where it goes from here. If you have done the work in this journal with any earnestness at all, you know something new about yourself. Perhaps you have compassion where judgement lived before. Maybe inspiration has replaced apathy or ambiguity. Or maybe you are truly waking up to the fact that your life and its quality are your life's work. All the facets of what makes you and your

life unique add up to a life. A life that marches on daily, moment by moment offering up endless opportunity to grow and feel and open more. Good morning Sunshine! Get your ass out of bed!!!

Quickly answer these questions (don't think too much):

I know

I feel

I believe

I trust

I claim

I demand

I need

I choose

I ♥

