
I Don't Wanna

EPISODE 85

Questions to ask to access your intuition:

- Deep down inside, what's important to you?
- What do you want your life to be about?
- What sort of person do you want to be?
- What sort of relationships do you want to build? Not just with other humans, but with other things, like food, time, money, yourself.
- If you weren't struggling with your feelings or avoiding your fears, what would you channel your time and energy into doing?

Answering these questions will help you create a clearer picture of what matters and the why of your values.

When what you really want, what you value most, what lights you up inside is your guide, it makes it very simple to do it anyway, even when you don't want to.