

LIFE WORK WEEK 8

Finding the right answer is all about framing the right question and creating space and stillness to receive it.

- Choose at least one of these practices to call on and strengthen your intuition this week:
 - Go for a medicine walk.
 - Write down your question and read it each night before you go to sleep and when you wake up – ideally before you start your meditation.

- If you don't already have a meditative practice, make room to get quiet each day for at least 5 minutes.

- Commit to at least one action step and put it into your calendar: What is one thing you can do to take a step in the direction of your dream?