

WAKE UP | TAPPING INTO YOUR RESERVES

Balancing “the soft life” means paying attention to what matters. It means slowing down just enough to intuit what needs to be done and then doing it.



Confront it. Face it. Look it in the eye. Write about it. Cry about it. Be in joy about the revelation. Then release it.

01 Where are you being called and ignoring it?

02 Where do you feel you're hitting a wall?

03 What's the essence of the limitation? What's the feeling that you don't want to confront?