

You Already Know the Answer!

Do you ever wish you had a roadmap for your life? Sometimes we reach a crossroad or a turning point and we're not sure what to do next. We look for signposts to help us find our way back to familiar ground. Unfortunately, life's path doesn't go backwards. We can only move forward, and when we're facing an unknown future, it can feel rather scary.

Take heart! The answers you seek already exist deep inside you.

Beneath the clamour of the day-to-day world and the chatter in your mind, there is a quiet voice waiting to be heard. It may be just a tiny whisper at this point, but it will grow in strength as you pay attention to it. It is the voice of wisdom, and it is rich with possibilities.

The first step is to press the pause button in your daily routine. Take a few deep breaths, and create some space just for you. Ten minutes a day would do for starters. See if you can gradually set aside an hour a week. During this time out, write down a list of what you want to change in your life. It's important to get these thoughts on paper so they're not spinning around in your mind anymore. This creates room for new ideas to emerge.

Next, spend time doing whatever brings you a feeling of inner peace – a walk in the woods, a long bath, listening to inspiring music, journaling, daydreaming, meditating. While you're doing this, ask the quiet inner voice what to do next in order to move forward in your life. The answers may not come right away, so be patient and listen. Make notes of ideas that excite you and then take steps towards making them a reality.

As you'll discover, the answers are already there, just waiting to be noticed!

Six Steps to Finding the Answers

- 1. Press the pause button in your daily life*
- 2. Make a list of what's not working*
- 3. Set aside time to do whatever brings peace and stillness into your life*
- 4. Ask the quiet inner voice about next steps*
- 5. Write down ideas that surface*
- 6. Take one action to move towards the life you want*

Take another step by booking a personal coaching session at www.juliewiseconsulting.com

Awaken Your Potential!
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