



Deep Desires: Expanding on Your Dreams



What is the BEST part of achieving your 6-month goal?

What would it mean to you to achieve that goal?

If you achieved that goal what would you do next?



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How would it feel to finally have achieved your goal?

Is there anything that makes you feel uncomfortable, nervous or unsure about your goal?

Are there any hidden consequences?



Meditation Insights

Write down any new discoveries from today's meditation.
