

'LYBL' THROUGH WRITING

Acknowledging Your Subtleties



Spend time writing down how you have felt the difference between 'good' and 'bad' guilt, inspiration and ego, passion and adrenaline, opportunity and seduction, and certainty and inspiration.

You already wrote about the difference between 'want' and 'should' earlier in this journal.

Give specific reference to people, places and details that will remind you of times when you have felt these subtleties.

Record any lessons you may have learned, and how you will recognise these feelings in the future.

When you pay more attention to how you feel in situations instead of relying on linear, logical judgment, you will have quicker access to the answers that will make a difference in attaining what you want.



