

FRANÇOISE EVERETT



JOURNALING WITH
EXPANDED AWARENESS



In order to fulfill your dreams, desires, and achievements, you must participate in life in a new way. So often, we set our intentions and goals from sitting on the surface, and then we strategize on how to achieve them. But this often won't work.

Intention, sincerity, and expanded awareness will help you close the gap between where you are and where you want to be, more accurately, who you want to become. Be present. Open yourself to receive the wisdom meant just for you, and you will begin to cultivate your intuitive superpower. Be open, receptive, and curious about what you most desire. Listen for the answer.

Below are living questions to truly open you up to deeper exploration. I want to invite you to create space for yourself, perhaps with a beautiful journal, a hot cup of tea, and a candle. Sitting in a favorite, comfortable chair, experience the invitation to be held in a beautiful, safe, uninterrupted, empowered space to discover your soul's deepest yearnings.

When you're ready, spend time with one or several of these questions in any order you feel called. Enjoy the process of being present and deeply listening to yourself as you spend time in this expanded awareness.



- What do I most desire to achieve that has personal meaning for me?
- What do I most desire to experience in my life, health, career?
- What do I most desire to create with deep sincerity?
- What do I most desire to connect with, leading myself from within?
- What do I most desire to feel alive about in my life right now?
- What do I most desire to unleash and let out, which would bring joy?
- What do I most desire from cultivating my intuitive superpower?
- Who do I most desire to become as my fulfilled, future Highest Self?

What have you discovered about your soul's deepest yearnings? What can you identify as possible next steps to move you forward into a path of growth, self-expression and realized potentials?