

Exercise: Your Longing and Dissatisfaction

Your dream might show up and talk to you in two ways. One is through your longing, your yearning, through your deep-seated desires. The other is through your discontent, the things that you are dissatisfied with or make you feel unhappy in your life. Look at the different areas of your life and write down what comes up for you.

<u>Area of Life</u>	<u>Longing</u>	<u>Dissatisfaction</u>
Health & Well-Being		
Love & Relationships		
Career & Creative Activities		
Financial Freedom & Time Freedom		
Spiritual & Personal Development		