

## 3 heart-centered questions

To help focus your efforts on what's ready to fall away in your life to let better in.

Take a deep breath and ask your heart to be your guide.

**1** What feels heavy in my life?



**2** What would it feel like to let someone help me carry this?



**3** What would it feel like if I just let this go altogether?





# Examples

1

- A really long commute
- The pile of papers that's always in that corner
- Clothes in your closet that no longer fit
- Memorabilia that should be gone through and donated
- Debt that you keep ignoring
- Things you say you want to do but never do
- An old way you used to act, but it won't get you to where you want to go

2

- Could a recruiter help you find a new job closer or could you commute with someone?
- Phone a friend: my NYC friend group often helped sort through old papers and closet purge. It always made it more fun.
- What if the right financial advisor could help you find new solutions?
- Ask someone you love to do this thing with you, it will hold you accountable
- Tell someone you love you're trying out a new way because you're ready to make your dreams come true, ask them to support you.

3

My dad had nearly 200 units of Snow Village Christmas Ceramic decor. Some of my fondest memories were of him setting this up. It brought out the kid in him and he LOVED Christmas. But it also took up a whole closet and hadn't been set up at it's fullest in years.

My heart wanted to keep them all, but I knew I needed to go through them. They're not really worth much more than they're original value, so instead I found an organization that could benefit from them. This was the first Christmas of the pandemic and joy was hard to come by. I donated almost 70 pieces benefiting others and lightening my load. It felt amazing.

