



DATE:

UNVEIL YOUR DEEPEST DESIRES

IT MAY FEEL LIKE THEY ARE HIDING, BUT THEY ARE ALWAYS INSIDE YOU.

- What are the things in life that bring you the greatest joy?
- What makes you smile even on your darkest days?
- What material possessions have you always dreamed of having?
- What places have you longed to visit?
- What relationships have wished to experience?
- Who have you always dreamed to meet?
- Where have you envisioned settling down?

FOR MORE SUPPORT REACH OUT TO AMANDA, AND OR SCHEDULE A CALL AT
WWW.AMANDASTARKINGSLEY.COM



WHAT IS IT THAT YOUR HEART LONGS FOR?
IF YOU COULD BELIEVE THAT ANYTHING WAS POSSIBLE, WHAT WOULD IT BE:

- What would you believe about the world?
- About pregnancy?
- About yourself?
- Your body, your mind, your heart...?



READ EVERYTHING YOU'VE WRITTEN AND TAKE A BREATH AFTER EACH OF YOUR WANTS. FEEL WHAT IT WOULD BE LIKE TO HAVE THAT THING IN YOUR LIFE.

- How would life be different if more of what you want was actualized?
- What would you start doing?
- Stop doing?
- Keep doing?
- Who would you become if you had more of what you want?
