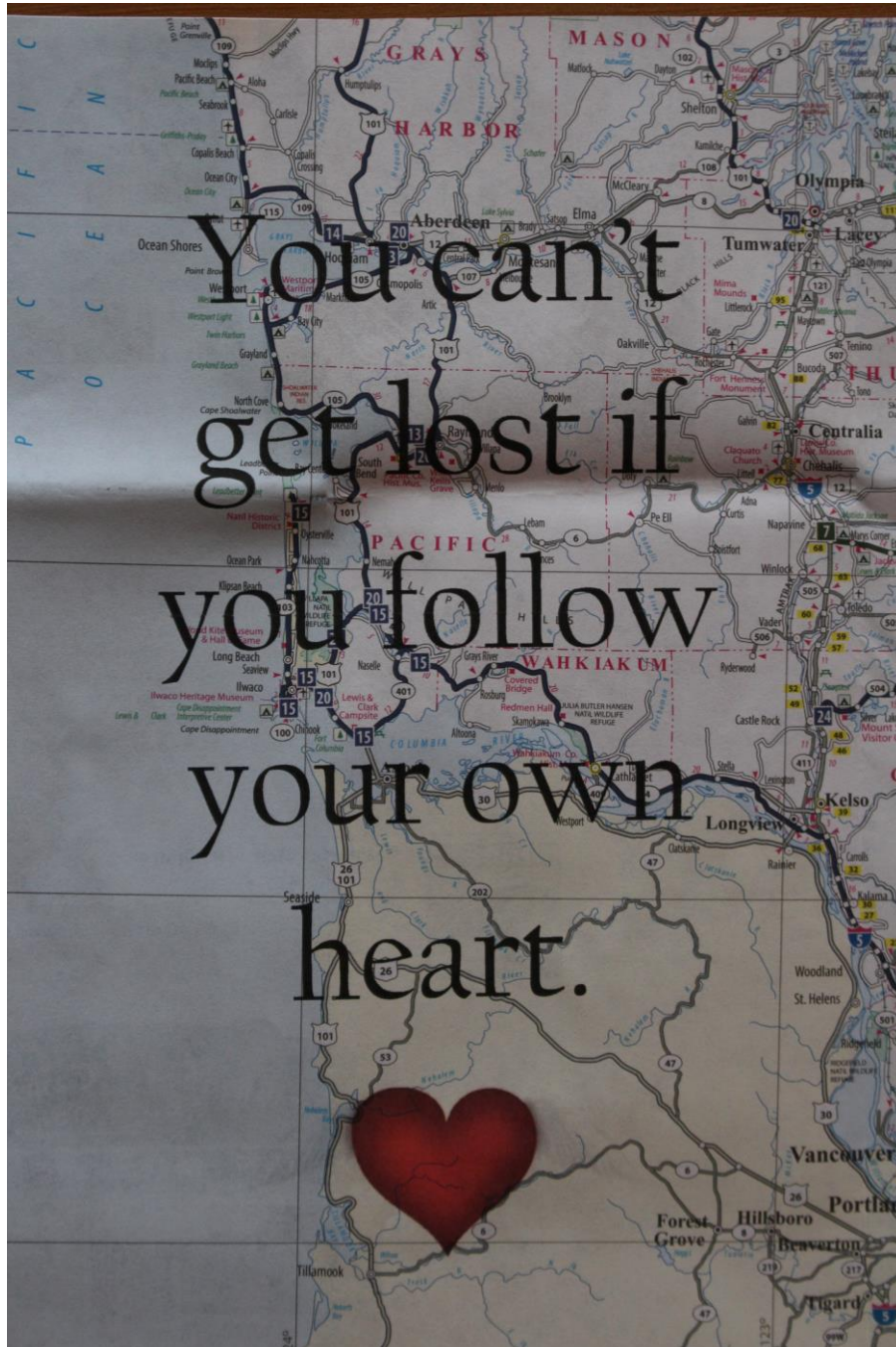


Date: \_\_\_\_\_ Your location: \_\_\_\_\_

## Almanac of Life: True Directions

"From my own experience, I want to say that  
you should follow your heart, and the mind will follow you.

Believe in yourself, and you will create miracles." - Kailash Satyarthi



Date: \_\_\_\_\_ Your location: \_\_\_\_\_

### Journal prompt for today:

What is your heart telling you? Where is it leading you?

If you were to write down the first three things that come to mind, what would they be? Trust your intuition . . . your Higher Self knows the way.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

It is surprising how intuitive we are when we listen and then follow our heart. We can hear, but do we listen? We know, but do we follow?

I sometimes wonder if it is really all that hard to follow. We make up excuses – many of which are incredibly valid during the justification process – but what’s stopping us?

I know that for some of us what we believe is stopping us are reasons that feel true: physical, mental, time, financial limitations that are true for this moment . . . but does it necessarily follow that they are true for tomorrow or next week or next year?

I am a person who likes to get things done and then see results that are gratifying and rewarding. I don’t demand instant gratification, but I do crave glimmers of positive effect. No one wants to feel as if he or she is wasting time that could be spent doing . . . what?

It strikes me that time-spent-doing-what might just as well be invested in time-following-one’s-heart. And if the glimmers aren’t always beckoning to me, maybe I have to dig a little deeper or walk a little further or stir things up a little bit longer.

Time to create some miracles!