

What Do I Truly Yearn For?

Sometimes we get so caught up in the immediate demands of life that we lose touch with what we truly want, deep down. This simple exercise helps you reconnect with what your heart really longs for.

1. Find a quiet moment

Find somewhere you won't be interrupted. Take a few slow breaths and give yourself permission to be completely honest. Complete the sentence:

"I yearn for..."

Write one yearning on each line. Keep writing until you can't think of anything else. Don't judge your answers. Don't worry whether they seem realistic or even possible. There are no right or wrong answers, and no one else has to read what you write. If you truly yearn for it, write it down.

Once your list feels complete, if you'd like, you can go back and ask yourself why for any of your yearnings — and then possibly ask why again to that answer. For example: "I want to have a really high bank balance." Why? "Because I want to be able to buy the things that make me look successful." Why? "Because..." Keep going until you reach what's really underneath the yearning.

2. Read through your list

When you've finished, read through your list slowly and put an * next to anything you feel needs more attention. Then reread this list and put a second * next to any yearnings that particularly stand out as mattering most to you right now.

You can always come back later to add to your list or change it as your thinking becomes clearer. The goal isn't to create the perfect list — it's simply to discover what you truly want.

3. Sort into categories (optional)

See if you can sort your list into categories — for example, relationships, health, career, spirituality, personal growth, etc.

Please share ElulTime.com — or this exercise from ElulTime.com — with someone who would appreciate it.