

## Untitled Document

Many people find themselves in what Charles Eisenstein calls the “space between stories”. It is the purp

You know you're there when nothing seems to flow; when everything feels hard; when getting out

Doreen Virtue says that to help you find what you love, you need to keep a time diary. This is sort

In the time diary you write down everything you do during the day – not just the major undertakings

By the way, girlfriend, it was only by keeping a time diary that I realised exactly how much time I sp

A time diary uncovers that blind spot in a way Parker J Palmer describes like this: “Before I can tel

Think of the times you've been happiest. What were you doing? Who were you with? Where were

As a child, when someone asked what you wanted to be when you grew up, you probably respon

Curious footnote here: I confessed to primary school friends that I wanted to be a belly dancer. Ima

In their virtual workshop, 'Find your calling', life coaches Martha Beck, Lissa Rankin and Amy Ahle

Were you strong enough to resist pressures that tried to put you into a box that didn't fit? Maybe yo

## Your piece of the puzzle

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To help find what it is you're meant to do in life, try answering these questions, even though you may not know the answers.  
Is there some activity you do which causes you to lose all track of time? Is there something about it that makes you lose track of time?

The thing is, you are happiest when you are being your natural self. Only then no effort is required to be happy.

He says that our existence is like a jigsaw puzzle, with a unique shape cut out for every living being.

You see, girlfriend, we serve each other most powerfully by finding our own place.