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No one says it openly, you know? Maybe it's because you don't even want to admit it to yourself, but the

Maybe it's something you've been striving towards your entire life – just-just out of reach – and you

It's like highway hypnosis; when you're driving a familiar route and then you reach your destination

Kelsey Ramsden says that's how people are living and then they wonder why they're so bored. After

She explored why "what's next" can be the most difficult question to answer and wrote a book on it

Our work becomes our identity and holding on to that identity can be crippling. Say you wrote a bo

But you don't know what else to do, so you shift right down into neutral and your mind is not even p

"Just tell me what to do next!" is what you want to scream, but you don't because it's a bit embarrassing

Maybe it's time to start giving ourselves permission to have very different goals every few years. T

"Do not be surprised if some of the dreams, the desires and the things that you have been wanting for a

"The more you feel in alignment with who you really are . . . the void that perhaps you thought a thing, a

Theos says this does not mean you cannot desire and enjoy all the delights that are available to you.

As Rumi says, “respond to every call that excites your spirit”. But, wouldn't you then be blown into

Eva Gregory writes that there's this myth that highly successful people have everything figured out.

Eva says that she's been in business for nineteen years now and it has all unfolded one step at a time.

It's like driving at night with your headlights on, says Eva. You may have a destination in mind, but