

### **Searching for New Life**

Am I, or is anyone close to me going through a tough time, or experiencing loss or grief over a loved one, a relationship, or a dream?

What is the “new life” that I am needing and desiring at this time in my life?

Is there anything in my life that I am being called to let go of at this time—an expectation, an attitude, a relationship, a commitment? How do I feel about letting that go?

What are the fears I have about receiving change into my life (whether it be changes I need to accept, or changes I need to make)?