

# Life Assignment

Identify several key relationships in your life, then identify your yearnings with each of them.

## What's It To Me?

**REACT:** What strikes me?

**DIGEST:** What about it strikes me? How do I relate to this?

Feelings?

Yearnings?

**APPLY:** What are the implications of this in my life?

**ENVISION:** What long-term influence could this have?

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# Death Bed Regrets Living By Yearnings

# **Death Bed Regrets**

- I wish I'd had the courage to be my real self, not how others wanted me to be.
- I wish I'd had the courage to express my feelings.
- I wish I had faced my fear of change and let myself be happier.

# Where Spectacular Lives Begin

### **YEARNING**

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We are desire. It is the essence of the human soul, the secret of our existence. Absolutely nothing of human greatness is ever accomplished without it.

- John Eldredge

you could

If you're like most people, you know what you want. In fact, if pressed, you could probably rattle off a laundry list of wants: cars, houses, vacations, jobs, gadgets, and so on. But when it comes to what you yearn for, you may draw a blank.

There's something vaguely old-fashioned about the term. It sounds like what a heroine in a Victorian novel might say as she stares out the window of her Gothic tower waiting for a lost love to return. As a result, you probably haven't used "yearn" in a sentence recently. It feels awkward on your tongue, uncertain in your mind and hardly the dynamic power of bringing out your best and energizing your life.

We are not talking about a formula for goal achievement or a quick fix (those don't work) but rather about something deeply personal that emerges from within—a unique, new you.

The good news is that you can learn to yearn! And it's worth doing, because yearning is where you tap the power of becoming the most you. By shifting your mindset from what you've been conditioned to want to a true focus on what you yearn for, you will discover yourself surrounded by ways to fulfill your yearnings all day, every day, and to follow them to the life of your dreams.

# Yearning in Relationship

What are the key relationships in your life? What are your yearnings with each of those specific people?

| Name | What I Yearn For |
|------|------------------|
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## **Universal Yearning**

## I yearn...

#### To be secure

To exist

To be safe, to be secure

To connect, to bond

To trust

#### To love & care for, respond to others

To care for

To nurture

To love

#### To relate, see and be seen, know and be known, and to connect

To be seen, heard, known, understood

To see, hear, & know others

To touch and be touched

To feel "felt"

To empathize

### To have our existence appreciated

To love and be loved

To be affirmed, appreciated

To be cared for

To be respected

#### To express our essence, sense of self, potential

To express

To experience fully

To learn, grow, develop

To create

To be separate, have an identity

To influence

To excel

To fulfill my potential

#### To have a sense of mattering

To matter

To be valued and to value

To contribute

To do what I came here on earth to do

To make a difference

To please God

To fulfill my purpose

To unfold my destiny

#### To exchange and be connected with others

To belong

To connect

To matter

To be close

To communicate with others

To commune with others

To make deep contact with another

To be intimate

### To connect to something greater

To be connected to something greater than myself

To feel connected to the greater whole

To be one with all

To know God or the creator

For union with all that is

## **Movie Exercise**

| Wovie Exercise   |
|--|
| Favorite inspirational movie?                                      |
| Favorite character?  |
| What was the issue/problem/conundrum the character faced?          |
| What was the quality of mind/heart/spirit that the character used? |
| What does this have to do with you?                                |