

# What You're Really Hungry For

## Reflection Guide — Module 1: *The Hunger You've Been Ignoring*

There is a particular kind of hunger that doesn't announce itself loudly. It shows up quietly — as restlessness, as a low hum of something missing, as the feeling that the life you've built is somehow no longer quite yours. It doesn't mean you're ungrateful. It doesn't mean you're asking for too much. It means something real in you is asking to be acknowledged.

This guide is an invitation to stop calling it fine.



### **Your central reflection question:**

What have you been calling "fine" that you actually want to be different?

### **If you need a doorway in:**

Where in your life do you feel most like you're performing contentment rather than actually feeling it?

What do you find yourself thinking about in the quiet moments — the ones before sleep, or in the car alone, or in the middle of an ordinary afternoon?

If a woman you deeply trusted asked you what you really wanted — and you knew she could hold the truth of it without judgment — what would you tell her?



There are no wrong answers here. There is only what's true. Write that.

*Elaine Blais* 

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