

TRICIAZODY  
*Another Beautiful Life*  
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

**Episode 164 - Unwilling**

Typically, we want our lives to go a certain way. Most of us have an idea how we want to experience life. But sometimes we are sabotaging ourselves because of what we are or are not doing.

The way to find out if we're self-sabotaging is to ask ourselves a few questions. First, “What do I want in one particular area of my life?” This could be big picture, or it could be a small “next” thing - like “what's the next step?” kind of thing.

1) Describe what you want or what you want to happen in one particular area of your life:

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2) What are you *willing* to do to get that thing?

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3) What are you *unwilling* to do?

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