

FROM DANA MARIE PALMER

Five Honest Questions

to ask about the life you're actually living

If you're faithful and exhausted in equal measure, sit with these five.

No right answers. Just honest ones.

- I If you were paying someone to manage your life—and they were doing it exactly as well as you are right now—would you give them a raise, or let them go?
- 2 Who is really running your life right now—you, your to-do list, or everyone else's emergencies?
- 3 What if chasing a balanced life is the very thing that keeps tripping you?
- 4 Where in your life do you play straight through the rests—filling every quiet measure with invented work, certain the silence is something to fix?
- 5 Your life was never a ledger to balance. It was always a song to play. So who do you want conducting it?

*If these questions found you, my book *She Tripped Me* is coming.*

I'd love to tell you the moment it's here.