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Few things make me shriek with excitement. However, when fantastic opportunities come along, I embrace them with an open mind and wide-open arms.

Moving to the middle of Europe is a childhood dream come true. **My stomach tingles with excitement because I know that I am about to experience wonder and joy.** Although I only have a partial plan, that is enough for me to get up and go.

Being able to travel and work satisfies both personal and professional goals. There is a chance that this is a short-term opportunity, but I am still ready for it.

I now approach life with fearlessness. **It feels so freeing to just say "yes" to things that are scary and uncertain.** But my gut is my guide. Once it feels right to my insides, I know that solutions are bound to unfold.

When I say "yes" to rock climbing, I am confronting my fears. I refuse to continue living in fear of anything. My soul is open to transformation.

Although I feel the adrenaline rush that comes with doing something scary, I keep going. The higher I go, the more exhilarating the experience is.

I know that I am being filled by the sheer satisfaction of conquering a longstanding fear.

Today, I relish the feeling of freedom I get when I agree with my instincts and go after amazing opportunities. It is thrilling to unearth the host of emotions that I experience as I resist the urge to shy away and embrace the desire to live life to the fullest.

Self-Reflection Questions:

1. What are some of the things on my wish list that I am ready to do?
2. How much consideration do I give to my loved ones when I make big decisions?
3. How do I know when something is right for me?