



Silence

It's easy for all the noise you're surrounded by to confuse and distract you.

Part of knowing what you want is sitting in silence long enough to hear your own thoughts.

I've discovered that only in that space of quiet are you able to think for yourself.

When you have the courage to silence the world, you can start by asking yourself,

“What's worthy of waking up for every day?”

It's the most important question you'll ever ask yourself,

and if you don't take the time to figure it out, you'll walk around your entire life with a hole,

trying to fill it with everything else but what you really need.

I just want to remind you that it's there inside you.

And I promise that you will find it by learning to listen for it.

Alexis Jones