

# DARE2DESIRE

a 5-day challenge designed to unleash  
the hidden power of your desire

curated by Dr. Saida Désilets



## Day 4

Which desire do you feel most attached to?

How does that attachment show up?

What do you do when your attachment gets the best of you?

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## Day 4 - continued

What are you learning about your desire?

Image your DESIRE is a compass. How does it lead you?

1. Somatic:
2. Emotional:
3. Inspirational:
4. Synchronicity: