

## **Am I Doing Okay in My Life?**

And welcome to you all. It is Portia and the Guides, and your question this week is, “Am I Doing Okay in my Life?”

We thank you for this question because many human beings do not pause to ask this question. To check in. To reflect on their life, their choices, their behaviors, their evolution, their inspiration, their joy. It is a full complement, the human life.

As you know, your spirit requested this human life in this timeframe, in this body that you have, in this country that you live in, in the home that you are living in currently. All of the things that your spirit asked for are for your evolution, your learning, your growing, your stretching, and your blessing life on earth and God as well.

Are you doing okay in life? We ask you to take a moment and be quiet with this. What comes up for you? Allow what comes up to be greater than what your human mind feeds up because your human mind will bring up all of the details of why you are not succeeding in life. Why you are not doing okay. The human mind has a negativity bias as you know. And so, there it is, it lays everything out on the table as to why you are not okay, and it also does not give you solutions that are meaningful and that will resolve anything – an issue, a problem – that it brings up. It is like a hamster on a wheel.

So, as you ask this question, “Am I doing okay in my life?” we ask you to sit back in your chair and relax. To feel your back supported. Breathe several deep breaths and exhale fully. Come to the center of your being, which is quiet, peaceful, comforting. And from that place ask God and your spirit, “How am I doing in this lifetime? Am I on the right path? Do I need to change anything? Try something new? Be more my true nature?”

Ask all of the questions that come up from your heart. It is not from your human mind. This is from your heart. And this connection, heart with God and your spirit, will reveal much to you. And we add here that this conversation will likely need to be repeated because it is just not “one and done.” You will receive the goodness and the guidance and the approval, the nod, the yes, from God and your spirit when the bell rings within you and you feel the truth of the answers that come to you.

Again, this is not a mental exercise, this is a heart opportunity. And when you do this, you will hear inspiration, guidance. It may be small and simple. It may be grand and extensive. It does not matter because you are asking from your true heart, “How am I doing in this lifetime? Am I doing the reason I came here at the request of my spirit?”

Keep asking, dear ones, because this is an ongoing assignment for you. It is for you to continue to check in with God and your spirit. And when you do, you will feel a peace and a sense of knowingness and being at home, that you are doing your good work in this lifetime.

And we remind you that your human mind may have all kinds of comments, snarky remarks, and resistance to the truth, the highest truth that comes to you. But stay steady, knowing that you are walking the rightful path, the golden path designed for you in this lifetime.

You will feel and know all is well.

Our love and blessings are with you always. Namaste.

**Portia and the Guides**

Week of April 20, 2026

Channeled by Susan