

Soul'd!

Day 1 Workbook

When directed, please begin your workbook with section 1

1)

If you could have ANYTHING out of your participation at Soul'd, what would that be?
Anything. What's *right there* for you?

A pink heart with two cyan wings, positioned at the bottom center of the page. The heart is a solid pink color, and the wings are a light cyan color with a subtle gradient. The wings are spread out to the left and right of the heart, giving it a sense of movement or flight.

2) One Year Vision

Center yourself, and getting in touch with everything that has opened up for you today, create a vision of where you want to be in your business and life one year from now. This vision is for your whole life, not simply your business. Please include your revenue goal, and you can also include how you are making money (what offerings you have), how much time you spend in your business, how you are impacting people and making a difference, what else you are spending your time on, what you are enjoying about your life and what you can now do, how it feels to wake up in the morning and go through your day, and anything else you want to detail. Don't overthink it, just write what is there for you now, and it can all be changed, expanded, and re-written at any time!

Write in the present tense, for example: "It's (month, year) and I'm waking up and moving into my morning routine of... After my first cup of coffee / green drink / tea I check my CRM/email and see that I've had 12 more signups for my workshop next week, and 3 new clients have booked consults with me for this week... I'm feeling energized and excited, and proud of

Yay, there's an email from one of my best friends confirming our plans for a week long healing retreat we are going on together in two months, I can't wait!"

TIP: Let go of the “how” and needing to know *how* you will make it happen – that will limit your mind. You may find it freeing to even write, “*I don’t know how, but...*” before a part of your vision, like this” “I don’t know how, but I’m now so busy with clients that I have a waiting list for 1-1 sessions, and my group healing work is growing every month, so I’m able to earn even more than my initial goal, only working 4 days a week for 4-6 hours. I have the revenue and the time to be able to go do that training I’ve been wanting to do for years!”

A pink heart with cyan wings, symbolizing love and compassion. The heart is a solid pink color, and the wings are a light cyan color with a subtle gradient. The wings are positioned on either side of the heart, giving it a sense of movement and flight. The entire graphic is centered on a white background.

2

3) Justification, Responsibility, and Divine Potentiality

Justification:

What justifications / reasons can you see you came up with in the last 24 hours for something you did – or didn't – do? Feel free to list more than one:

Responsibility:

What's an area of your life or business where you can see that you used to operate from Justification most of the time, but now you are more and more operating from Responsibility?

What's one (or more) areas of your business where you can see you still pretty consistently operate from Justification? (Hint, it's an area where you have plenty of really good reasons why it is the way it is):

If you were consistently operating in the realm of Responsibility in that area of your business, what would that look like? What would you be spending time on and accomplishing?

Divine Potentiality:

Take a few minutes to write down some ideas about what is calling to you, a difference you want to see in the world, even though you don't yet know how you can – this is where opportunities and possibilities will begin to appear from you as you live more and more in the context of Divine Potentiality:

[illegible]

4)

After the Break: What do you see for yourself and your business from this morning? Maybe about distinguishing a Context you're coming from, or what you noticed from the card draw exercise, or about how you relate to support... Please take 5 minutes and write your reflections now...

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