

Soul Self Profile Worksheet

WHAT IS A SOUL SELF PROFILE?

A soul self profile and assessment is a tool that will guide you to a clearer vision of you. It will allow you to uncover and peel back the layers to your true self that perhaps has been covered up or untapped.

YOUR SOULFUL SELF IS THE TRUE ESSENCE OF “YOU”

It's when you become more “YOU” from your deep inner being. This is a place that you will find your passions, purpose and pleasures that you have been neglecting, forgetting or maybe even stuffing down. The profile is an SOS (*Satisfaction of Soul*) meter to measure your awareness and relationship to your soul self.

The profile involves some guided visual and meditative exercises to get you to drop into the core of your soul's purpose and health to YOUR ideal life.

What is it that you truly desire in your health, career, relationships and finances? What does it look like? Feel like? You will be embracing a heart centered state and your whole being is awakened, mind, body and soul.

The meditation will guide you to open up your heart where your deep desires reside. In this place is where your soulful self emerges... first in vision, then in body, then in presence! Vision is not seen with the eyes but with the heart.

To start you must be truly honest with yourself about your current reality and state of your being. The soul can only respond to honesty and vulnerability. So this exercise is between you and you.

Our soul speaks to us through our content and discontent. So be honest here and go within to find the true answer without any judgment or criticism. Are you pleased with your education level, spirituality and lifestyle environment?

Ask yourself on a scale from 1-5 how satisfied are you in your health, career, relationships and finances?

1 = NOT AT ALL SATISFIED and 5 = TOTAL SATISFACTION

Below write your soul satisfaction set point.

Health	1	2	3	4	5
Career	1	2	3	4	5
Money/Finances	1	2	3	4	5
Relationships/love	1	2	3	4	5
Education /certifications	1	2	3	4	5
Fun/Recreation	1	2	3	4	5
Lifestyle /material possessions	1	2	3	4	5
Spirituality	1	2	3	4	5

Total Soul Satisfaction Points _____

1-9 = WARNING!! Totally not in alignment with your true purpose and joy for the life God has intended for you. It's time to take some serious time out for you!! Some tender loving care back to YOU!! Your health and your heart requires immediate soul-gury(spiritual surgery)

10-19 = CAUTION!!! Awareness is good but time is ticking and your soul self will be screaming to you to get back to YOU!! Spend more time connecting to what you love! Your soul needs more attention and nurturing.

20-30 = STOP! Your soul is somewhat satisfied when you STOP to take the time to be and honor YOU!! The stop and go rythm signifies that you are tied up perhaps with some things that aren't totally aligned with YOUR passions and desires. Maybe settling or putting yourself last or perhaps playing small due to fear of some kind. Let go of the things that aren't serving your highest good. Your soul will thank you.

30-40 = FLASHING green light!! Your soul is awakened and being tended to! You have uncovered, revealed and tapped into the true essence of YOU!! Your path now is to illuminate this YOU and live with JOY, Passion and purpose to the fullest without struggle or fear. Drop any resistance to your soul self and you will have a green light to the life you desire!!

HERE'S THE TRUTH!

You were meant to live an abundant life with all your heart's desire. Every detail is meant for YOU!!

Now is the time to raise your soul satisfaction set point.

You can do this by visualizing what would be the ultimate desire for all these areas in your life. If you could have the absolute best in health, finances, home and relationships what would that look like ? feel like? What would I be doing?

This exercise will raise your mindset and body vibration to experience a fuller more expanded version of YOU!! If you can see it... then you can believe it... then YOU can receive it! Choose one aspect of your life and use the guided Heart Activation Meditation to help you go within to the soul level and create the desire you intend to have. Ask yourself.. What is the best/highest version of ME in this area?

After your meditation it is important to journal the details of your desire, Visualizing and writing them out gives them manifesting power and signals to the soul that she has been honored, heard, seen and felt. Write as if the desire is here and now. The mind has been now stimulated to program and raise your satisfaction set point. Now you must take some kind of action toward your desired outcome as soon as possible (within 24 hours.) This is how we get the body(physical self) aligned with the soul self. They are all working towards one goal...The Heart's desire!

Taking 10-15 minutes each day will get your mind body and soul aligned with the YOU you want to DO in this life of yours. It's a beginning to live the SOULICIOUS life that God intended you to have.

*Live Souliciously,
Pamela xo*