

Your Soul's Work

Your soul's work is the work you do that allows your true nature to shine through in everything you do. There are a number of steps and questions you can consider when doing your soul's work. The ones I've included are not exhaustive. I suggest you use the 20 questions as journal prompts, write your reflections and then make commitments for tangible actions to let your soul shine.

5 steps in the journey to your soul's work:

1. **Self-discovery.** *Discovering and living in alignment with who you are, your values, and your gifts and talents is your soul's work.*
2. **Self-acceptance.** *Learning to love, forgive and accept yourself without condition will enable you to live in perfect freedom, joy and inner peace.*
3. **Raise Consciousness.** *Awakening to the realization that you are an important part of this vast universe and interconnected to everything that is.*
4. **Let Go.** *Unhinging yourself from limiting beliefs, childhood wounds, social comparisons, and anything else that leaves you doubting yourself, playing small, and withholding your gifts and talents is your soul's work.*
5. **Live Purposefully.** *Transcending self to be in service to others is our highest order of need and is an outwardly visible expression of the inner soul's work.*

20 Questions to guide your soul's work journey:

1. What does my soul wish to express more fully through me?
2. What dreams do I have for my life?
3. What lights me up when I'm engaged in the work?
4. What touches my heart such that I feel compelled to get involved?
5. What messages am I repeatedly noticing?
6. What brought me the most joy as a child? What brings me the most joy now?
7. What are my unique gifts and talents? What are my strengths?
8. What gifts am I withholding or not fully expressing in my life?
9. What am I grateful for?
10. What needs to change in my life?
11. What am I tolerating that no longer serves me?
12. What past wound still needs healing? Who do I need to forgive (including self)?
13. What do I find myself wanting to know more about?
14. Where in my life am I not speaking with authenticity?
15. When do I feel most alive?
16. What part of my life story do I wish to rewrite? What would be different?
17. What needs to happen so that I can do more of what I love and feel called to do?
18. What are my core values?
19. How brave am I willing to be to live as my true self?
20. What lingering questions do I have within my heart? What answers am I ignoring?