



The Wake-Up Call Soul Check-In

Every once in a while it is vital to sit down and have a heart to heart with your soul, with your higher self, and check in on how you are doing. Imagine (or remember!) that you came into this lifetime with a purpose, with a reason for being here, a highest calling. Settle in for a conversation with your soul and do a pulse check to see how it's going. Answer the following questions with that in mind.

1. What is your soul's purpose? This doesn't have to be a grand plan to end hunger or reform education (unless it is). It might look like being a loving and caring mom, bringing more laughter to the world or creatively expressing through music or art. If you don't know what your purpose is, just make it up!
2. How are you doing on fulfilling your soul's purpose? Are you on track? Off track? Not even close? Feel into it here. Answer from your Inner Wisdom, your gut, your intuition.
3. What can you do to bring yourself more in line with your soul's purpose?
4. What is one thing that you've been stopping yourself from doing that will bring joy to your soul? How can you act on that within the next 30 days?
5. What does your soul want you to know right now in your life? What's the message or present your soul wants to give you?
6. What else does your soul want you to know?

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