

Soul Star Worksheet



Questions to ask yourself to find your soul purpose:

- What is it I want to know about myself?
- What is it that I want to experience and express in this lifetime?
- What do I feel drawn to do?
- What is it my soul desires above all else?
- What am I here to do?
- What does it mean to love myself?
- What is it that I want to know?
- How do I express my energy?
- How do I fulfill my dreams and earn a living doing it?

Choose one and answer it here:

A large, empty rectangular box with a light beige background, intended for writing answers to the questions above.

MINDFULNESS

Just start trying. It doesn't have to be perfect or exactly like you're envisioning. It's about learning and growing, and stretching. Let go of any attachments to the desired outcome. Learn to trust that each step will be revealed when you're ready. It's a process and will take time.

