

# SUPER SOUL WORK

## SOUL QUESTIONS

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What do you love about yourself?

When do you express yourself creatively?

Where can you be kinder to yourself?

Where do you find peace? In nature? In church? In meditation?

When do you feel most calm?

What are things that light you up? How often do you do them?

What are your current self-care practices?

### **Activity: Self-Care Reboot**

Self-care is a divine responsibility. By taking care of yourself, you strengthen your connection to your soul. What are 3 intentions centered around improving your self-care? Ex. "I intend to have an evening of personal time once per week", "I intend to be kinder to myself and not so judgmental", "I intend to eat in a healthy + balanced way"