Soul Wisdom Meditation Action Guide & 7 Day Journal

I am so glad you've joined me for this journey! You will learn to quickly tune your inner dial into your own wisdom, discovering clarity and answers to your questions in business and life.

In this Soul Wisdom training course I am giving you one of the *essential tools* I teach my private clients to help you to regularly listen, understand, and act on your inner wisdom.

To be *in touch* with your purpose, mission and the deeper-meaning in life you must regularly turn inward for guidance. When you are present to your inner wisdom it is easier to navigate from the deeper meaning of your life and truly have your career and life in *alignment* with your life purpose and mission.

This 7 day journal is to help you make the Soul Wisdom meditation, accessing your inner wisdom, and acting on your guidance a regular practice!

Key Benefits:

- Clarity
- Presence
- Re-alignment with your purpose and mission
- Getting to the next step
- Moving forward in your business and life
- Reduced stress and anxiety
- Heart Opening
- Joy, Peace, Freedom
- More Joy

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Action Guide

1. Download the Soul Wisdom Meditation. You may want to have it on your phone or iPod for convenience.

2. Print your 7 Day Journal and have it with you when you do the meditation.

3. Sit somewhere you are comfortable and that you will be *undisturbed* for 10 minutes.

4. Play the Soul Wisdom Meditation and enjoy.

5. Upon completion of the meditation, *record* in your journal the wisdom and inspiration you received, along with any inspired action you were guided to take.

6. The Next Step: Your inner wisdom has guided you to inspired action. It feels good! Following through on what is right and true for you is the Next Step. You may want to journal about your experiences as you take action on your inner wisdom and inspirations. Notice what is new and different about how you are feeling as well as what is happening in your business and life.

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Journal Day 1

Today's heart desire and inner wisdom:

Today's inspired action:

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Journal Day 2

Today's heart desire and inner wisdom:

Today's inspired action:

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Journal Day 3

Today's heart desire and inner wisdom:

Today's inspired action:

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Journal Day 4

Today's heart desire and inner wisdom:

Today's inspired action:

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Journal Day 5

Today's heart desire and inner wisdom:

Today's inspired action:

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Journal Day 6

Today's heart desire and inner wisdom:

Today's inspired action:

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Journal Day 7

Today's heart desire and inner wisdom:

Today's inspired action:

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