



YEAR IN REVIEW: 10 QUESTIONS TO YOUR SOUL

PURPOSE OF THE EXERCISE:

- * To help you create a powerful intention for 2019, based on your soul nudges in 2018;
- * To “get” what your soul was trying to teach you in 2018;
- * To integrate the difficult lessons as well as the easy ones!

INSTRUCTIONS:

Find a time and place where you won't be disturbed for an hour. Get markers, pens/pencils and a pen ready. Ground yourself by taking 5-10 deep belly breathes. Answer the questions below referring to last year (2018). Use your non-dominant hand to answer the *final* question.

1. Where did a volcano erupt in your life last year? What fell apart for you last year?
2. What did you cope with or tolerate last year?
3. What did you stop tolerating or coping with last year?
4. Where did you abandon your own needs and dreams last year?
5. What did your soul want you to release last year? Did you?
6. What stories did you tell yourself that caused you to suffer last year?
7. Where did you leave your comfort zone last year?
8. Where did you feel like you came alive last year? (Describe what you were doing, thinking and feeling.)
9. What was your soul nudging you towards last year (in 2018)?
10. Based on all of this, what's your intention for 2019? Create an intention that moves you in the direction of your soul nudges. *Use your non-dominant hand to answer this question & draw a picture of this with your non-dominant hand.*