

Soul Synergy:

Activate Your True Purpose
for a Life of Abundance



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WORKBOOK:
Soul Synergy: Activate Your True Purpose for a Life of Abundance

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WELCOME

Welcome to Soul Synergy: Activate Your True Purpose for a Life of Abundance

Hello friend!

I'm so glad you're here. Your decision to open this workbook is a powerful step toward creating a life that feels meaningful, abundant, and aligned with who you truly are. Together, we're going to embark on a journey that's all about discovering your unique purpose, reconnecting with your energy, and bringing a deep sense of fulfillment into every part of your life.

Think of this workbook as a supportive guide and friend, here to walk with you as you explore what it means to be fully, authentically *you*. Each page, exercise, and reflection is designed to help you uncover layers of clarity and connection that may have been overlooked or forgotten along the way. This isn't about adding something new to your life but about revealing what's been there all along—your own inner wisdom and purpose, waiting to guide you toward greater abundance.

As we journey through this process, you'll tap into the transformative power of mastering your emotional and mental energetics. By tuning into and harmonizing the energy within, you'll start noticing powerful shifts in how you feel about yourself and the world around you. These changes ripple outward; as you refine and align your inner energy, you'll naturally start showing up differently, attracting experiences and people that resonate with your highest intentions.

In these pages, we'll dive into the subconscious mind, exploring the emotions and thought patterns that shape your energy. You'll learn how to process and release low-energy states, allowing you to live in a place of balance, harmony, and heightened vibration. The beauty of mastering this inner energetic world is that it reflects back to you in your outer world, amplifying the abundance, joy, and fulfillment you deserve.

So, let's go on this journey together. Take your time with each section and trust the process. You're not here to rush through or tick off boxes, you're here to invite yourself into a deeper, more connected experience of life. By the end, you'll have created a roadmap that brings you closer to a life that's not only purposeful but also abundant in ways that truly matter.

I'm excited for all that awaits you and honored to be a part of this journey with you. Let's begin!

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INTRODUCTION

Do you ever wonder what life would be like if you made different choices? What would happen if you found a traditional job instead of following your entrepreneurial spirit?

It's a natural part of human nature – to wonder if the grass is greener on the other side of the fence or the interminable “what would have happened if...” scenarios.

If you're plagued by these types of questions, it's time to reassess your life (and your business) and picture your realigned life. This workbook is NOT about placing blame or making you think any of your decisions in the past were “bad”. I prefer to think of decisions as being neutral. These are the building blocks to create the person you are today, and you wouldn't be here without having the desire to make changes or to pursue your bigger calling in life.

Your desire to live a purpose-filled life makes you AWESOME!

Be prepared...these exercises involve a lot of introspection. Some prompts may bring up strong emotions while others will make you really dig deep for answers. Introspection isn't easy but it's always beneficial. And if you want to live a soul aligned life – and have a soul aligned business – these exercises are the first steps to getting you on the right path.

Journaling will become your friend throughout this workbook but have no fear – these pages are for your eyes only. Even if you prefer to handwrite your journal entries, keep them in a secret place. And if you don't think you're a good writer, that totally doesn't matter. Just write what's on your heart, whether that includes proper spelling and grammar or is a bunch of bullet points. There are no grades here, but I do encourage you to finish each of the exercises and to go deep. Otherwise, you're just cheating yourself.

Are you ready to get started?

I'm here with you!

Blessings,

Kathy

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 **WORKSHEET: CHILDHOOD REFLECTIONS**

Journal (or meditate) about your childhood. Include your dreams, the adults in your life, and the lessons you learned early on.

My Childhood Reflections

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My Childhood Reflections continued

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 **WORKSHEET: STEPPING OUT OF YOUR COMFORT ZONE**

Journal (or meditate) about the last time you stepped out of your comfort zone. Give details about how/why/when you did so. If it's been a long while, what's holding you back from doing it again?

My Comfort Zone Thoughts

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STEP ONE: GET RADICALLY HONEST - WHAT YOUR SOUL IS SCREAMING TO SHARE?

📄 WORKSHEET: GETTING HONEST ABOUT YOUR BUSINESS

Something drew you to this business model. Remember to the reasons you started; your original WHY. Journal those memories, thoughts, feelings, and dreams. WHY did you get started in the first place? What did you hope to accomplish?

Why did I start this business?

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Why did I start this business? continued

STEP TWO: DEEP-DIVE TO DEFINE (AND DITCH) WHAT DOESN'T ALIGN WITH YOUR UNIQUE PATH

WORKSHEET: GETTING HONEST WITH YOURSELF – AND YOUR SOUL

Now it's time to explore what has changed from the time you started your business until now. There are no right or wrong answers; people change over time, that's just part of being human and growing. Also dig deeper than just listing tasks you don't like to do. What doesn't feel right about your business anymore? What does your soul hunger for? Give yourself time to explore those feelings.

Exploring My Path	
How do I feel in the morning when I think about work?	
What do I like most about my business?	
What do I like least about my business?	

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<p>Why am I REALLY in this business now?</p>	
<p>Do I WANT to stay in this business or do I feel I SHOULD stay?</p>	
<p>Do I procrastinate, avoid, or feel afraid about anything in my business? Explain.</p>	
<p>Do I ever feel inauthentic or that I'm putting on an act? Explain.</p>	

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<p>Have I ever used any unethical strategies or behavior to get ahead? Explain.</p>	
<p>Do I feel powerful in making decisions? Explain.</p>	
<p>Am I always searching for the magic solution for success? Explain.</p>	
<p>Am I stuck in analysis paralysis instead of taking committed action? Explain.</p>	

STEP THREE: GET CLEAR ON WHAT YOU'RE DIVINELY DESIGNED TO CREATE

WORKSHEET: DISCOVERING YOUR TRUE PASSION

Now is the time to dream BIG! Your passion isn't likely hiding in plain sight; you'll need to let go of your limiting beliefs and feel into your soul to discover what type of work is your life's mission.

Discovering My True Passion(s)	
What would I do if I won the lottery? Or couldn't fail? Or if money was no option?	
What do I fantasize about doing but dismiss it as 'unrealistic'?	
What would I do even if I didn't get paid for it?	

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<p>What are my most important values?</p>	
<p>Are there any elements of my current work that I would want to keep?</p>	
<p>What can I talk about for hours/days at a time?</p>	
<p>What do I research/think about in my free time?</p>	

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<p>What did I want to do when I was 10 years old?</p>	
<p>If I was forced to leave my house every day, where would I go? What would I do?</p>	
<p>If I only had 1 year to live, what would I do? Where would I go?</p>	

WORKSHEET: YOUR IDEAL DAY

Journal (or meditate/visualize) what you would do on your ideal day, from morning until evening, if you didn't have any cares in the world. All your bills are paid and you can do anything your heart desires. What would you do all day?

My Ideal Day

WORKSHEET: GET IN TOUCH WITH YOUR INTUITION

Adults tend to ignore their intuition, but this tiny little inner voice can help us stay safe or find our passion work. Choose one or more of these mediums and create a relaxing routine. Daily is ideal but perform your routine as often as possible. Take note of what your intuition is telling you – or what direction it’s leading you.

My Favorite Intuition Routines			
Meditation	Journaling	Breathing	Visualization
<i>Include favorite music, authors, videos, or other resources.</i>			

WORKSHEET: CREATING YOUR PURPOSE STATEMENT

After this introspection, write down a purpose statement for this chapter of your life. Consider this a fluid document that can be changed at any time but for right now, write down the specifics of how you will live your life going forward.

My Soul Purpose Statement			
What are you here to give?	Who will you serve?	How will you serve?	How do you feel about this statement?

STEP FOUR: CHALLENGE YOUR OLD BELIEFS SO YOU CAN STOP STALLING & STEP BOLDLY FORWARD

WORKSHEET: REFRAME YOUR LIMITING BELIEFS/NEGATIVE SELF-TALK

We CAN change the way we think about ourselves! Write down whatever limiting beliefs appear during the day. Then change each of these into positive statements instead. Recite these positive statements throughout the day.

Negative Thoughts	New Positive Statements

WORKSHEET: BANISHING YOUR FEARS

Ultimately, fear is what holds us back from pursuing our dreams and passions. Write down your fears here – just dump it all out, no matter if it makes sense or not – and then shred it, burn it, or tear it up. This is one step to keep those fears at bay and making room for your positive self-talk.

Acknowledging My Fears

What makes me nervous about pursuing this new path?	
What beliefs do I have regarding what is possible and what is not possible?	
What fears, doubts and insecurities come up when I think about pursuing this path?	
What past failures come up as reasons not to pursue this path?	
What am I afraid of losing if I pursue this new path?	
What has happened when I tried to do anyway?	

WORKBOOK:

Soul Aligned! How to Step Fully Into Your Soul Purpose to Create More, Make More, And Live More!

STEP FIVE: MAKE SMALL, SOUL-ALIGNED SHIFTS & EXPERIENCE MAJOR FULFILLMENT

WORKSHEET: MAKE A PLAN

Your overall mission might seem overwhelming unless you break it down into manageable milestones. Don't expect to change your life path overnight. Create goals that excite you and keep moving you forward.

My Goals

Daily Goal(s)	
Work I Love...Find More of This!	
Work I Don't Love...Find a Way to Eliminate This!	
Research Outsourcing or Hiring	
Create a Beta Version of My New Idea	
Create Excitement on Social Media	
Make 1-2 Small Pivots in My Business	
Surround Myself with Other Like-Minded People	

STEP SIX: REALIGN TO KEEP THE PASSION ALIVE (AND YOUR SOUL WILDLY SATISFIED)

WORKSHEET: TRACK YOUR PROGRESS

Staying in tune with your intuition and your passion will keep the momentum going in making changes to your life. Now that you're in the process of making changes, journal (or meditate) regularly and notice new opportunities that appear and/or new feelings you have regarding your business.

30-Day Progress Report	
What new opportunities have I noticed?	
How am I feeling during this change?	

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60-Day Progress Report	
What new opportunities have I noticed?	
How am I feeling during this change?	

90-Day Progress Report

What new opportunities have I noticed?

How am I feeling during this change?

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CHECKLIST:

- I understand that creating a soul aligned business will bring feelings of freedom and excitement.
- I understand that having a soul aligned business won't feel like work because I know I'm fulfilling my purpose in life.
- I understand that limiting beliefs begin in early childhood.
- I understand that children naturally dream big whereas somewhere along the way teens and adults learn to dream small in the name of being realistic.
- I understand that dreaming big will allow me to step into and discover my purpose in life and create a business that fulfills that purpose.
- I understand that I can pivot my dreams and my business at any time, at any age.
- I understand that I alone control my dreams, feelings, and actions.
- I understand that I alone can determine if I am following my own dreams and purpose or if I'm following someone else's plan for me.
- I understand that becoming realigned with my purpose in life requires stepping out of my comfort zone and doing some deep internal exploration.
- I understand why I started my business, who I'm serving, and what problem I'm solving.
- I understand that if I'm not excited to start work each day, my business may not be aligned with my purpose in life.
- I understand that feelings of resentment, procrastination, or burnout are hints that my business is not aligned with my soul's purpose.
- I have explored my feelings honestly about my business and my life purpose.
- I understand that if I am not aligned, then I'm doing a disservice to my clients and customers.
- I have spent time experimenting with journaling and meditation to get clear about my alignment in regard to my personal life and my business.

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- I have explored all the things I love and don't love about my business.
- I have allowed myself to feel my emotions and to dream about the changes I would like to make to my business.
- I am exploring those changes – both pros and cons – so I can make smart, informed decisions that will propel me toward alignment.
- I have spent time contemplating and being honest with myself about whether or not I'm living my best life every day.
- I have explored my answer(s) to the question, "If you could do anything without fear of failing or without worrying about money, what would you do?"
- I have completed the My Ideal Day exercise and contemplated my feelings and answers honestly.
- I have written notes in my journal about the answers to these two exercises.
- I will use these notes to decide what changes need to be made in my business and/or my life.
- I understand the importance of paying attention to my intuition as well as my honest feelings.
- I have written a soul purpose statement.
- I have explored the emotions that arose from writing my purpose statement.
- I can distinguish feelings of nervous energy from stepping out of my comfort zone from anxiety that my intuition is saying I'm on the wrong path.
- I understand the importance of challenging my limiting beliefs from childhood.
- I have reviewed challenging and changing those limiting beliefs so I can step into my power as a leader of my own life.
- I am ready to make changes to my business so it's more aligned to my life purpose.
- I am conquering any fears I have by writing them down and burning the paper.
- I am using journaling and/or visualization to envision my new, soul aligned life.

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- I understand that making life changes does not have to happen overnight.
- I understand the importance of taking care of my physical and mental health while making changes to my business and/or my life.
- I understand the importance of taking pauses and re-evaluating my changes and if they are putting me in the right direction.
- I understand that small goals or milestones will help my changes seem less daunting.
- I understand that doing more of what I love and outsourcing what I don't love will help me from becoming overwhelmed.
- I understand that getting feedback or validation from others can help keep me moving toward my new goals.
- I understand the importance of celebrating wins – no matter how big or small. This will keep me moving forward.
- I understand the Ripple Effect – where the small, positive changes I make to my life and business will affect others in my life in a positive way because I'm becoming aligned with my work.
- I understand that realignment does not necessarily have an end point and I need to recognize when I begin to feel out of alignment in the future.
- I understand the signs of being in alignment with my business.
- I'm excited to talk about/promote my services and offers.
- I believe in what I'm doing.
- I believe in my clients and their visions for their work.
- I understand that new opportunities will arise when I'm aligned with my business.
- I understand that rewriting my soul purpose statement periodically will help me stay aligned.
- I understand that I am empowered to be a grateful and active participant in creating BEST-CASE SCENARIOS for all situations.

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- I understand that infinite intelligence reveals to me the path to doing what I love to do, divine happy and divinely prospered.

Conclusion: Embracing Your Path with Purpose and Passion

Congratulations on reaching the final page of *Soul Synergy: Activate Your True Purpose for a Life of Abundance*! Take a moment to acknowledge all the inner work, reflections, and insights you've gained on this journey. Each step you've taken—from revisiting childhood memories and redefining comfort zones, to discovering your true passions and aligning with your purpose—has brought you closer to a life that resonates with your soul's deepest calling.

Through exploring the layers of your true self, challenging limiting beliefs, and making soul-aligned shifts, you've set a foundation that's uniquely yours. You've learned to listen more closely to what your soul is eager to share and have developed the courage to step beyond old patterns that may have held you back. You've moved through exercises designed to bring honesty, clarity, and creativity to your life and work—empowering you to create a path that feels deeply fulfilling.

Now, as you leave the structured steps of this workbook behind, remember that this journey doesn't end here. Growth, passion, and purpose are dynamic, ever-evolving aspects of life. Continue to revisit these exercises whenever you need to realign or refocus and remember that every small shift you make has the potential to unlock profound fulfillment. Let this be a living document, a trusted guide you can return to whenever you need support or inspiration.

Trust the process, trust yourself, and keep listening to your soul. True alignment isn't about perfection; it's about showing up authentically and wholeheartedly. Stay curious, celebrate your wins, learn from the challenges, and allow your unique path to unfold in its own time. The abundance, purpose, and joy you seek are already within you—they're simply waiting for you to claim them.

Thank you for trusting this workbook to guide you. May this journey bring you a life filled with passion, purpose, and boundless possibilities. You've got this!

An Invitation to Go Deeper: Soul Illumination Reading

If you're ready to take everything you've discovered in this workbook even further, I invite you to consider our one-on-one *Soul Illumination Reading*. This personalized session is designed to go beyond the surface and illuminate your unique soul path with even greater clarity and depth. Together, we'll dive into the specific energies, insights, and alignments that are waiting to guide you toward the life of abundance and purpose you're ready to embrace.

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In a *Soul Illumination Reading*, you'll receive guidance tailored to your journey, uncovering intuitive insights that can empower you to take confident steps forward. This reading is perfect if you're looking for:

- Deepened clarity on your purpose and path
- Practical steps to overcome specific blocks and challenges
- Personalized energetic alignment that can fuel your goals and dreams
- A lasting sense of connection with your inner self

If this resonates with you, visit [Soul Illumination Readings](#) to learn more and book a session. I would be honored to support you as you continue this transformative journey, helping you access the abundant life you're meant to live.

Thank you for allowing me to be part of your journey—let's keep the energy flowing!