

DAY 1:

DISCOVER YOUR UNIQUE SOULPRINT FOR MOVING THROUGH LIFE WITH DIRECTION & PURPOSE

Key Ideas

- Painful experiences from our (early) past inscribe our soul with a set of core values - beliefs that are important to us and govern our behaviour. We may call this our soul values, or soulprint.
- Knowing our soul values is important, because our sense of fulfillment, direction, and purpose in life is largely determined by the degree to which we live in alignment with those values.
- When we have clarity about our soulprint we find it easier to make important decisions, feel more confident, and can begin to align all parts of our life with what we truly hold dear.

Today's exercise may bring up a lot...

I therefore encourage you to be extra loving towards yourself. I truly champion you for doing this deep work. If you need support, make sure to reach out.

Your Soulprint

1. Find a quiet space and allow yourself to settle in. Remind yourself that you are safe and that you are in control over how deep you want to go in this exercise. Tread slowly and mindfully.

Bring to mind experiences or moments from your life that were challenging and painful. Focus especially on early childhood experiences, but you can go as far up as age 25.

As a first step, you may just write down everything that comes to mind (e.g. parents' divorce at 14, being bullied at school, coming out to my dad, etc.)

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2. Great job. Now, pick one experience (you'll later repeat the process for as many as you like, so don't worry about picking the "right" one), and ask yourself the following questions:

What happened? (describe the situation/experience in your own words)

How did the experience change you as a person? What beliefs did you take on?

What have you come to value as a result of this experience? Try to identify one or more key value(s) that you hold dear in life because of what you went through. (if you struggle to identify the value(s), you may draw inspiration from the table on the next page, please keep in mind, however, that the list is not exhaustive and that you may add values that are not included)

TABLE OF VALUES

List not exhaustive!

Achievement	Freedom	Belonging	Advancement & Promotion	Friendship
Pleasure	Adventure	Growth	Power	Affection
Autonomy	Privacy	Arts	Love	Boldness
Acceptance	Making a difference	Self-expression	Change and variety	Honesty
Humor	Close relationships	Independence	Quality relationships	Community
Influencing others	Recognition	Competence	Inner harmony	Curiosity
Competition	Integrity	Reputation	Cooperation	Intellectual status
Responsibility & Accountability	Security	Creativity	Job tranquility	Self-Respect
Fun	Knowledge	Serenity	Leadership	Legacy
Ecological awareness	Unity	Stability	Kindness	Loyalty
Effectiveness	Joy	Meaningful work	Time freedom	Ethical practice
Truth	Excellence	Money	Wealth	Excitement
Nature	Wisdom	Fame	Transparency	Connection
Working alone	Fast living	Order	Authenticity	Spirituality
Personal development	Cooperation	Altruism	Balance	Service
Courage	Health	Decisiveness	Humility	Candor
Empathy	Fairness	Equality	Justice	Tolerance

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3. Amazing. I know this is not easy. But you're doing so well, and you are beginning to get clear about what truly matters to you and your soul. Now, pick another experience from your list and go over the same questions:

What happened? (describe the situation/experience in your own words)

How did the experience change you as a person? What beliefs did you take on?

What have you come to value as a result of this experience? Try to identify one or more key value(s) that you hold dear in life because of what you went through.



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4. Beautiful. Pick a third experience from your list and go over the same questions. If you feel exhausted, take a break. There is no rush.

What happened? (describe the situation/experience in your own words)

How did the experience change you as a person? What beliefs did you take on?

What have you come to value as a result of this experience? Try to identify one or more key value(s) that you hold dear in life because of what you went through.

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5. Phew. I know this was a lot. If you want, you can keep going and reflect on more experiences. Otherwise, let's work with what you got.

List all of the values you identified in steps 2, 3 and 4 below. We are now going to get clear on which of these matter to you the most.

My key values from steps 2-4 are:

Now I want you to have a look at them and see if you can **group** them. Which ones are similar to you and/or express a similar theme? Put them together in one "bucket". There is no right or wrong here, only your *subjective view* of whether some values go hand in hand or express something similar to you.

Try to create 3 buckets. If you cannot fit some of your values, leave them out for now.

Once you have done this, give each bucket an overarching value - the one that best describes this bucket for you. If you struggle with this, have a look at the example on the next page.

Bucket 1: <i>(core value)</i>	Bucket 2: <i>(core value)</i>	Bucket 3: <i>(core value)</i>
<i>Values included:</i>	<i>Values included:</i>	<i>Values included:</i>



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Example

Let's say in steps 2-4 the values you identified were

- freedom, authenticity, service, acceptance, love, independence, self-expression, tolerance, peace, harmony, contribution*

Upon reflection, you realize that for you freedom encompasses independence, authenticity and self-expression. So you put these in your first bucket with freedom as your overarching value.

Similarly, you found that, to you, love is the overarching value for acceptance and tolerance. So love becomes your second bucket.

Finally, you decide that peace, harmony, and contribution are all part of what you associate with service, so service becomes your third bucket, leaving you with the following three buckets:

Bucket 1 - Freedom (containing independence, authenticity, self-expression)

Bucket 2 - Love (containing acceptance and tolerance)

Bucket 3 - Service (containing contribution, peace, harmony)

Your 3 core values would thus be freedom, love, and service.

Please remember to not get caught up in perfectionism. Your buckets may change over time, or perhaps you wake up tomorrow and feel like changing values amongst buckets. THAT IS ALL OK and GOOD! The point is that you start becoming more self-aware about what really matters to you!

Remember that ALL of these values are important to you, or you wouldn't have identified them previously. However, by distilling them into your top 3, you create greater clarity for yourself, making it easier for you to align your life with what you truly hold dear.



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5. **Wow, you are amazing.** I champion you for completing this exercise. I know it can be challenging to revisit painful experiences from our past and reflect upon what truly matters to us. How are you feeling right now?

As challenging as today's assignment may have been, I promise that tomorrow is going to be a lot lighter. That's because we are going to explore what makes you and your soul come ALIVE.

The stuff that lights us up is a true indicator of what our soul came here to experience, your soul's true Purpose.

So get some rest and acknowledge yourself for the deep work you've done today!

Feel free to use the journal prompts below for further reflection.

Speak to you tomorrow.

Much love
Christian

When in my life did I experience [insert core values]?

What can I do in order to experience my core values right now in my life?

