

# 6 Figure Soul Infused

---

*(No Bullsh\*t)* Profit Plan

## Module 1 - Soul

## Putting Your Soul In Charge (Part 1)

Schedule at least 15 minutes for this exercise each day for at least three days (ideally one week). Sit quietly and allow yourself to just breathe. Breathe in and breathe out slowly three times. Once you are in a calm state journal on the following questions:

What does my soul want or need?

How can I give this to my soul?

What does my soul want or need right now?

How can I give this to my soul today?

## Putting Your Soul In Charge (Part 2)

Schedule at least 20-30 minutes for this exercise. Sit quietly and allow yourself to just breathe. Breathe in and breathe out slowly three times. Once you are in a calm state journal on the following questions:

What does my soul want to give to the world?

When am I happiest helping others?

It is likely that the more you care for your soul's wants and needs the answers to these questions expand. The more you care for your soul, the easier it is to communicate with this higher part of yourself. I encourage you to come back here and do this exercise multiple times throughout the program.

## Playdate with your Soul

Schedule 2 Hours for yourself to just play.

There are no rules to playing! That being said I find many people struggle at first with what they can do to play. So before you schedule your two hours take a few minutes to write down a few ways you can play. I'll get you started:

Color  
Dance  
Go to the movies  
Try out a new restaurant  
Visit an art gallery  
Go to the beach

---

---

---

---

---

---

---

---

I won't ask you to journal about this experience (unless that feels good to you.) What I would like you to do is immediately following your playdate write down any inspired ideas that come to you. These playdates have a magic all their own and capturing that magic is wonderful for the soul!

## Inspired Ideas

Write down any and all inspirations that find you after your playdate with your soul:

## Joysucker Treasure Hunt

1. Scan your work environment for something in your line of vision or an object you work with that sucks the joy right out of you.
2. Once you have identified your joysucker either 1. Dispose of it. 2. Donate it. 3. Transform it so it no longer sucks your joy.
3. Notice how you feel. Notice how you breathe. This simple act honors what your soul intuitively knows is right for you.
4. Repeat this exercise weekly until all joysuckers have been removed!

## The Intuition Game

As we've discussed your soul speaks to you through your intuition. The more we listen to our intuition, the stronger our intuitive abilities become and the easier it is to follow our soul's wisdom.

In this game you are simply bringing consciousness to how willing you are to follow your intuition.

Think of this as a game and the only rules of the game are:

1. You must schedule the day you are going to let your intuition lead in advance and honor that scheduled date no matter what
2. The game begins as soon as you wake up
3. The game ends the first moment your intuition guides you to do something and you are unwilling to do it

Write down the day you are picking to play the Intuition Game:

---

Once you have completed the game write down:

1. How long you played the game for:
2. What you learned: