

# Soul Spectrum Guided Prompts Worksheet

## Relationships

- Who are the most important people in my life right now? How do I nurture these connections?
- Are there relationships that feel draining or out of alignment? What boundaries might I need to set?
- How do I show love and appreciation to those I care about? How can I improve?

## Finances

- How do I feel about my financial situation right now? Secure, stressed, or neutral?
- What is one habit I can adopt to improve my relationship with money (e.g., budgeting, saving, or tracking expenses)?
- What does financial abundance mean to me beyond just monetary wealth?

## Health & Wellness

- What does vitality look and feel like for me? Am I prioritizing my physical and mental health?
- Are there any recurring health concerns I've been ignoring? What steps can I take to address them?
- How do I nourish my body with food, rest, and movement? What could I adjust?

## Physical Activity

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- What kind of movement brings me the most joy? How often do I incorporate it into my life?
- Am I balancing strength, flexibility, and endurance in my physical activities?
- How does my body feel after physical activity? Energized or drained?

### Career & Purpose

- Do I feel aligned with my current work or life purpose? Why or why not?
- What are my greatest strengths, and how do I apply them to my career or purpose?
- What small steps can I take to make my work feel more meaningful or aligned with my values?

### Personal Growth

- Am I continuously learning and growing? If not, what areas of growth excite me most?
- What practices help me cultivate a positive mindset and resilience?
- How do I prioritize self-improvement without feeling overwhelmed?

### Spirituality

- How do I connect with my inner self or a higher power? What practices help me feel grounded and centered?

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- Do I create space in my life for reflection, meditation, or prayer? If not, why?

- What gives my life meaning, and how do I honor that?

## Joy & Recreation

- What activities bring me the most joy and relaxation? How often do I make time for them?

- Am I taking life too seriously? How can I introduce more playfulness into my days?

- When was the last time I did something purely for fun? How did it feel?

## Community & Contribution

- How connected do I feel to my community? What role do I play within it?

- What causes or contributions light me up? How can I get involved or give back?

- How do I show kindness or service to others, even in small ways?

## Environment

- How does my physical space (home, work, surroundings) affect my mood and energy?

- Is there a space in my environment that feels cluttered or uninviting? What can I do to improve it?

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- What simple changes could I make to create a space that feels more peaceful and inspiring?

### Creativity & Passion Projects

- What creative outlets do I currently enjoy? How often do I make time for them?
- Are there projects or hobbies I've been longing to explore but haven't started? What's holding me back?
- How can I express myself authentically through creativity?

### Self-Care & Rest

- How do I recharge my energy when I'm feeling depleted? Am I making this a priority?
- What's my current relationship with rest? Am I allowing myself enough downtime?
- How can I better care for my emotional, physical, and spiritual well-being?