



## **SOUL BOOSTER No. 1 | CHARTING THE COURSE**

When you acknowledge and follow your soul, you'll embark on a journey to a special place deep inside, and you'll discover all the tools you need to start thinking and feeling from within. It's a location where you'll not only feel safe to talk to your soul, but you'll be able to listen and follow its wisdom. Over time, you'll begin to view your life, the world, and everything around you through more spiritual eyes.

In this quiet place, you'll establish your own unique relationship with the Divine Source and how it molds itself to the patterns of your life. During these times, you'll experience and receive many insights, so I recommend that you keep a journal close by to capture your spiritual progress and record the patterns weaving in and around your life.

### **This Week's Soul Learning Boost**

If you journal, this is simply a Soul Booster reminder to continue to do so. If you've never kept a journal then I highly recommend you begin. For those who journal:  
What do you feel your journal could use? Drawings? Images? Color?  
New affirmations?

Ask yourself "What can I do to personally enhance my journal even more?" Look at your journal as spiritual real estate for your thoughts – real estate that can always use a spiritual boost.

If you're about to begin journaling, give it go. You won't regret it. Whether you make your own, download the one provided in the membership portal, or purchase one, this will be a practice of working in partnership with your Soul.

### **Affirmations for the Week**

"I AM SOUL"

*"I AM worthy & I DO matter."*