



SOUL BOOSTER No. 4 | WHAT DO YOU BELIEVE?

What story are you telling yourself? Your Soul will continually draw to it what it needs to grow, evolve and transform. The question is: “Will you allow it?”

When you think about your dreams, aspirations, or goals, what is the *first* limiting thought that comes to mind?

Is it: “I’m too old for this? I don’t have time to commit to myself or my soul. Who do I think I am, wanting to be happy? Will my family and friends approve of my spiritual practices?”

If you are not living the life you desire, it’s because a part of you doesn’t believe it’s possible.

This Week’s Soul Learning Boost

It’s time to Soul boost your thoughts! Face your beliefs head on. Where did they come from? Ask yourself: “*Were they ingrained in me? Did I grow up with these beliefs? Have I followed these beliefs my whole life?*”

What NEW belief are you ready to change or adapt? How will this affect the outcome?

By consciously believing and knowing that spirit is running through you and that you’re meant to lead a happy, abundant existence, you’ll experience life the way you were intended to live it — as a soul.

Remember, your beliefs are the root of your result. Own it. Heal it. Boost it!

Affirmations for the Week

“I AM SOUL”

“I attract all that I need in my life that is for my highest good. I am strong, balanced, and here in the now.”