

# My Soul Vitamins

WHEN WAS THE LAST TIME I FELT TRULY LIT UP?

WHAT WAS I DOING? WHAT WAS I SEEING, HEARING  
AND FEELING AT THE TIME?

IF THIS ONE MOMENT WAS FILLED WITH SOUL  
VITAMINS WHAT WOULD THEY BE?

HOW COULD I GET MORE DOSES OF THESE IN MY DAILY  
LIFE? ON A WEEKLY BASIS?

WHAT WOULD IT LOOK LIKE?

# My Soul Cabinet

As you collect and recall more and more of the moments in your life where you feel or have felt most lit up, sparked, energised, connected, excited, start to make a note of them. You'll start to identify over time the experiences and moments you most need to get your soulful dose, so make a note of them and put them in your cabinet to refer back to. This will shift and change over time, just as you do 😊

Keep checking in with yourself at regular intervals (whatever feels right for you, monthly, quarterly, annually). And even more than that, what will you commit to doing in this period of time to give yourself the nourishment you most need and deserve?

**FOR NOW, THE BEST SOUL VITAMINS FOR ME ARE:**

**WHAT I WILL DO TO TAKE MY DOSE THIS WEEK/MONTH/QUARTER (circle your choice of time):**