



10 Day Bootcamp - Day 5

Plug Into Your Purpose.

Day 5 - Your Soul's Compass

How to Listen to your heart, intuition and body.

Now that you've learned how to gain clarity and visualize your goals, it's time to tune into your soul's compass. This will ensure that the goals you set are aligned with your deeper truth and put you on the "right" path, whatever that is for you.

To live your best life, you must be connected to your heart, your intuition and your body.

There's a wisdom inside you that is profound and unique to you. But chances are, you've been taught to ignore it.

For much of our lives, we're taught to do what society tells us, what we should do. When my soul started to wake up, I realized I'd been following my mind, ego, and wallet my entire life, not my heart, intuition or body, and that was why I was unfulfilled. That needed to change.

WRITE THIS DOWN: **The body never lies.**

You have an Inner GPS, a Soul Based GPS.

This Soul Based GPS lives in your heart, your gut and your body. Today's daily tool will help you connect with your Soul Based GPS.



10 Day Bootcamp - Day 5

Plug Into Your Purpose.

Here's Your Daily Tool:

Step 1. Listen to the Heart Opening Guided Meditation that's below the video.

Step 2. Afterward, once you're in a relaxed, open-hearted space, answer the questions below:

Journaling Questions

What has your body been telling you? Maybe you've been ignoring some of your body's subtle signs...what is your body saying?

My body has been trying to tell me....



10 Day Bootcamp - Day 5

Plug Into Your Purpose.

Some of my body's subtle signs. include...

What are three things you've done in the past that felt really good in your body? These could be simple experiences, like going for a hike, dancing to a certain type of music, specific interactions with other people, or feeling like you solved a problem at work.

Three things that feel good in my body:

- 1.
- 2.
- 3.

For the next few days, start to notice what feels good in your body. Is it being in nature? Laughing with friends? Moving your body in yoga? If you notice a similar feeling when talking to someone or thinking about a business idea...it may be a sign that's worth pursuing.



10 Day Bootcamp - Day 5

Plug Into Your Purpose.

What has your gut or intuition been telling you?

When you get still and quiet and connect with your heart, what has your heart been telling you? Is there something you know in your heart to be true, but you've been ignoring or been scared to face?



10 Day Bootcamp - Day 5

Plug Into Your Purpose.

When I'm in touch with my heart, I feel....

When I'm in touch with my heart, I know....

The deeper truth I've been hiding from is...

I haven't been honest about...



10 Day Bootcamp - Day 5

Plug Into Your Purpose.

One time in the past I felt really connected to my heart or intuition was...

Another time was...

One time I had a gut feeling about something and didn't listen to it was..

One time I had a gut feeling about something and did listen to it, this happened...





10 Day Bootcamp - Day 5

Plug Into Your Purpose.

If I could pretend that my soul was talking to me, this is what it would say....

WRITE THIS DOWN: Intuition is a muscle you can strengthen with training.

