

# SOUL BOOK

## **MEN'S EDITION - PROMPTS FOR SELF -**

**HELLO BEAUTIFUL SOUL! THIS PACKET CONTAINS A COLLECTION OF PROMPTS MEANT TO BE USED IN MAKING YOUR OWN SOULBOOK. THESE PROMPTS WILL HELP YOU GET BACK IN TOUCH WITH THE DEEP TRUTHS WITHIN YOURSELF, AND HELP YOU REMEMBER THOSE TRUTHS ON DAYS WHEN YOU START TO FORGET. READ THROUGH THE PROMPTS ON THE FOLLOWING PAGES, AND CUT OUT THE ONES THAT SPEAK TO YOUR HEART.**

**THE SOULBOOK TOOL IS PART OF A WORLDWIDE MOVEMENT... AND WE'D LOVE TO HAVE YOU JOIN US. YOU CAN LEARN ALL ABOUT IT (AND FIND A SOULBOOK GATHERING NEAR YOU!) AT [BRAVEGIRLSCLUB.COM/SOULBOOK](http://BRAVEGIRLSCLUB.COM/SOULBOOK).**

**ENJOY MAKING YOUR SOULBOOK... WE HOPE IT'S A POWERFUL TOOL YOU'LL CHERISH FOREVER.**

**XOXO - MELODY, KATHY, AND THE BRAVE LIVING TEAM**

**SOMETIMES I FORGET WHO I AM... AND SOME OF THE ANSWERS ARE IN HERE.**

**I KNOW THINGS BECAUSE I HAVE LEARNED THINGS, BUT I ALSO KNOW THINGS THAT I HAVE FORGOTTEN. THOSE ARE THE THINGS THAT KEEP COMING BACK TO REMIND ME OF WHAT I KNOW.**

**MY MIND SPEAKS, AND SO DOES MY HEART. I AM MOST AT PEACE WHEN I LISTEN TO MY HEART.**

**I KNOW FOR SURE THAT I MUST FIND MY ANSWERS IN MY HEART AND LISTEN TO MY GUT, AND ALWAYS GO WHERE THE PEACE IS.**

**I KNOW THAT COMPARISON IS THE THIEF OF JOY—MY LIFE IS MY LIFE, AND I DON'T NEED TO MEASURE IT AGAINST THE LIVES OF OTHERS.**

**I WANT TO REMEMBER THAT MISTAKES ARE A PART OF THE DEAL, AND SO IS PAIN.**

**I WANT TO REMEMBER THAT CHANGING MY ATTITUDE AND PERSPECTIVE CAN GET ME THROUGH JUST ABOUT ANYTHING.**

**I WANT TO REMEMBER THAT LOVE IS WORTH FIGHTING FOR.**

**I WANT TO REMEMBER THE PEOPLE I LOVE, AND MAKE SURE THEY KNOW THAT I LOVE THEM.**

**I WANT TO REMEMBER THAT CRYING IS A NATURAL, HEALTHY PART OF BEING HUMAN.**

**I WANT TO REMEMBER THAT I HAVE DONE DIFFICULT THINGS, AND THAT I CONTINUE TO DO DIFFICULT THINGS.**

**I WANT TO REMEMBER THAT FORGIVENESS IS ALWAYS WORTH IT, AND THAT FORGIVENESS LIGHTENS MY LOAD.**

**I WANT TO REMEMBER THAT IT IS OKAY TO FORGIVE MYSELF—THAT I MUST—AND THAT NO ONE IS GOING TO DO IT FOR ME.**

**I WANT TO REMEMBER THAT WHO I CHOOSE TO SPEND MY TIME WITH IS SUCH AN IMPORTANT CHOICE.**

**I WANT TO REMEMBER TO LISTEN TO MY GUT WHEN IT TELLS ME TO WALK AWAY.**

**I WANT TO REMEMBER THAT I'M NOT PERFECT, AND NEVER WILL BE. I AM GOOD AT LOTS OF THINGS, AND I STRUGGLE WITH LOTS OF THINGS. THIS IS THE WAY OF LIFE.**

**I WANT TO REMEMBER THAT I AM NOT MY MISTAKES, AND THAT MY MISTAKES DO NOT DEFINE ME.**

**I WANT TO REMEMBER THAT MY TIME IS PRECIOUS, AND THAT I NEED TO TREAT MY MINUTES AND HOURS WITH THE DELIBERATE CARE MY LIFE DESERVES FROM ME.**

**I WANT TO REMEMBER THAT WORDS CAN HURT OTHERS, AND THAT I ALWAYS WANT TO CHOOSE MY WORDS WITH ABSOLUTE CARE.**

**I WANT TO REMEMBER THAT EACH DAY IS A BRAND NEW CHANCE TO START OVER.**

**I WANT TO REMEMBER THAT IT'S OKAY TO ASK FOR HELP—IT'S A SIGN OF STRENGTH, NOT WEAKNESS.**

**I WANT TO REMEMBER THAT MOST PEOPLE ARE FIGHTING A BATTLE THAT CANNOT BE SEEN FROM THE OUTSIDE... AND THAT A LITTLE BIT OF KINDNESS AND COMPASSION COULD CHANGE EVERYTHING FOR THEM.**

**I WANT TO REMEMBER TO PUT MY ENERGY TOWARD THINGS I CAN INFLUENCE, AND TO SPEND AS LITTLE TIME AS POSSIBLE ON THE THINGS OVER WHICH I HAVE NO INFLUENCE.**

**I WANT TO REMEMBER THAT SOMETIMES I WILL CROSS THE FINISH LINES OF MY PERSONAL VICTORIES ALL ALONE... AND THAT IT IS OKAY.**

**I WANT TO REMEMBER TO ALWAYS TAKE THE HIGH ROAD... NO MATTER THE CIRCUMSTANCES.**

**I WANT TO REMEMBER THAT I AM NOT MY TITLE, MY POSITION, MY POSSESSIONS, MY APPEARANCE, MY NEIGHBORHOOD, MY AGE, MY BODY SIZE, MY RACE, OR MY INCOME.**

**I WANT TO REMEMBER THE PEOPLE WHO TRULY LOVE AND APPRECIATE ME FOR WHO I AM, EXACTLY AS I AM.**

**I WANT TO REMEMBER THAT I'M FAR STRONGER THAN I THINK I AM.**

**I WANT TO REMEMBER THAT HARD DAYS ARE A NORMAL PART OF LIFE AND I CAN WORK THROUGH THEM.**

**I WANT TO REMEMBER THAT SOMETIMES THE BEST THINGS COME TO AN END AND I HAVE TO GRIEVE THOSE THINGS SO THAT THEY DON'T TURN TO ANGER AND BITTERNESS.**

**I WANT TO REMEMBER THAT MY BODY HAS LIMITATIONS AND THAT DOESN'T MEAN I'M LESS VALUABLE.**

**I WANT TO REMEMBER THAT I DON'T HAVE TO BECOME WHO OTHERS ARE WANTING ME TO BECOME, I GET TO DECIDE WHAT I WANT TO BECOME.**

**I WANT TO REMEMBER TO ALWAYS LISTEN TO MY DEEPEST TRUTH.**

**I WANT TO REMEMBER THAT I DON'T HAVE TO WAIT FOR ANYTHING TO BE HAPPY... I DON'T HAVE TO WAIT FOR THE RIGHT INCOME, THE RIGHT PEOPLE IN MY LIFE, THE RIGHT CAR, THE RIGHT ANYTHING. I CAN CHOOSE TO BE HAPPY RIGHT NOW.**

**I WANT TO REMEMBER TO SAY WHAT I MEAN AND MEAN WHAT I SAY.**

**I WANT TO REMEMBER TO ACT IN FAITH, NOT FEAR.**

**I WANT TO REMEMBER TO MAKE CHOICES THAT I WILL BE PROUD OF AT THE END OF MY LIFE.**

**I WANT TO REMEMBER TO HAVE FUN.**

**I WANT TO REMEMBER THAT SOMETIMES IT'S WORTH DOING SOMETHING NEW AND CRAZY JUST TO HAVE AN AWESOME STORY TO TELL LATER.**

**I WANT TO REMEMBER THE PROMISES I'VE MADE... AND TO DO MY BEST TO ALWAYS KEEP THEM.**

**I WANT TO REMEMBER THAT THERE ARE A LOT OF WAYS TO SHOW HOW I FEEL AND I CAN FIND THE WAYS THAT WORK THE BEST FOR ME.**

**I WANT TO REMEMBER THAT IT IS IMPORTANT TO EXPRESS MY FEELINGS TO THE ONES WHO ARE MOST IMPORTANT TO ME.**

**I WANT TO REMEMBER, IN TIMES OF STRUGGLE AND HEARTACHE, THAT I WILL FEEL JOY AGAIN.**

**I WANT TO REMEMBER THAT I'M NOT DEFINED BY THE WAYS OTHERS HAVE HURT ME.**

**I WANT TO REMEMBER THAT I'M NEVER POWERLESS—I CAN ALWAYS CHOOSE.**

**I WANT TO REMEMBER THAT MY MISTAKES HAVE TAUGHT ME VALUABLE THINGS.**

**I WANT TO REMEMBER THAT THERE ARE PEOPLE WHO LOVE ME AND PEOPLE I LOVE.**

**I WANT TO REMEMBER THAT THERE ARE STILL SO MANY THINGS FOR ME TO EXPERIENCE AND TO LEARN.**

**I WANT TO REMEMBER THAT MY BEST YEARS MAY NOT EVEN HAVE HAPPENED YET.**

**I WANT TO REMEMBER THAT MY WORDS, ACTIONS AND MOODS AFFECT OTHERS.**

**I WANT TO REMEMBER THAT I CAN START OVER.**

**I WANT TO REMEMBER THAT MY ROAD IS MY ROAD AND IT'S OKAY IF IT'S DIFFERENT THAN OTHERS'.**

**I WANT TO REMEMBER THAT I HAVE THE ABILITY TO CREATE WHAT I AM SEEKING TO FIND.**

**I WANT TO REMEMBER THAT I WILL BE OKAY NO MATTER WHAT HAPPENS NEXT.**

**I WANT TO REMEMBER THAT GETTING OLDER IS A GIFT THAT IS NOT GIVEN TO EVERYONE.**

**I WANT TO REMEMBER THAT EVERY DAY I AM WRITING THE STORY OF MY LIFE.**

**I WANT TO REMEMBER THAT MY STORY IS NOT EVEN CLOSE TO BEING OVER YET.**

**I WANT TO REMEMBER THAT I'VE EARNED SO MUCH WISDOM, AND THAT I CAN ALWAYS USE IT.**

**I WANT TO REMEMBER THAT I DON'T HAVE TO SETTLE FOR THINGS THAT DON'T FEEL RIGHT.**

**I WANT TO REMEMBER TO BE WHO I AM—NOT ANYONE ELSE.**

**I WANT TO REMEMBER THAT I'M ENOUGH, AND I DON'T HAVE ANYTHING TO PROVE TO ANYONE.**

**I WANT TO REMEMBER THAT THE GOOD THINGS THAT HAPPEN TO ME ARE DESERVED, AND MEANT FOR ME.**

**I WANT TO REMEMBER THAT I WILL HEAL FROM MY TRAUMAS... THAT I'M HEALING RIGHT NOW.**

**I WANT TO REMEMBER THAT IT'S IMPORTANT TO TAKE TIME TO HAVE FUN, TO REST AND TO JUST BE.**

**I WANT TO REMEMBER TO LET THOSE I LOVE SEE THE FUN AND LIGHT SIDE OF ME.**

**I WANT TO REMEMBER TO KEEP MY PROMISES.**

**I WANT TO REMEMBER THAT LIFE IS MEANT TO BE ENJOYED.**

**I WANT TO REMEMBER TO BE BRAVE ENOUGH FOR TOTAL, RADICAL HONESTY.**

**I WANT TO REMEMBER THAT ANGER IS OKAY, AND THAT I CAN FIND HEALTHY WAYS TO PROCESS IT.**

**I WANT TO REMEMBER TO PROTECT WHAT NEEDS TO BE PROTECTED.**

**I WANT TO REMEMBER TO LET GO OF HEAVY THINGS.**

**I WANT TO REMEMBER THAT I CAN BEGIN AGAIN, NO MATTER HOW MANY TIMES IT TAKES.**

**I WANT TO REMEMBER TO COMMUNICATE IN LOVE AND FAIRNESS, ALWAYS BEING CLEAR.**

**I WANT TO REMEMBER THAT THOSE I LOVE WILL GIVE ME GRACE WHEN I MESS UP.**

**I WANT TO REMEMBER TO GIVE GRACE TO THOSE I LOVE WHEN THEY MESS UP.**

**I WANT TO REMEMBER THAT IT'S OKAY—CRUCIAL, EVEN—TO SLOW DOWN AND REST SOMETIMES.**

**I WANT TO REMEMBER THAT LIFE COMES IN SEASONS—SOMETIMES HARD AND CONFUSING, SOMETIMES EASY AND FUN.**

**I WANT TO REMEMBER THAT I'M NOT TOO DAMAGED TO BECOME WHOLE AGAIN... I WILL BE WHOLE AGAIN.**

**SOMETIMES I FORGET THAT I AM NOT MY PAST OR MY MISTAKES OR MY SHORTCOMINGS... I AM A HUMAN BEING WHO IS LEARNING.**

**SOMETIMES I FORGET THAT THE BEST THINGS TAKE A LOT OF TIME AND SACRIFICE, BUT THAT IT IS ABSOLUTELY WORTH IT.**

**SOMETIMES I FORGET THAT IT'S NEVER TOO LATE TO CHANGE.**

**SOMETIMES I FORGET THAT I HAVE REALLY GOOD IDEAS.**

**SOMETIMES I FORGET THAT FRIENDSHIP IS NOT SUPPOSED TO HURT.**

**SOMETIMES I FORGET HOW IMPORTANT IT IS TO SAY THANK YOU.**

**SOMETIMES I FORGET HOW IMPORTANT IT IS TO SAY I'M SORRY.**

**SOMETIMES I FORGET TO JUST TAKE A DEEP BREATH AND PUT THINGS INTO PERSPECTIVE.**

**SOMETIMES I FORGET JUST HOW FORTUNATE I AM.**

**SOMETIMES I FORGET HOW JUST HOW COMPETENT I AM.**

**SOMETIMES I FORGET THAT EVERYONE MAKES MISTAKES... AND THAT THE MORE HARD STUFF YOU DO, THE MORE HARD STUFF YOU TRY, THE MORE MISTAKES YOU WILL MAKE—BUT IT'S SO MUCH BETTER THAN BEING AFRAID TO TRY THOSE THINGS IN THE FIRST PLACE.**

**SOMETIMES I FORGET TO JUST GO OUT AND DO IT ANYWAY—EVEN IF I'M TIRED, AFRAID, UNSURE, OR IF CIRCUMSTANCES SEEM TO BE OUT TO GET ME.**

**SOMETIMES I FORGET TO GIVE MYSELF TIME TO REST AND PLAY.**

**SOMETIMES I FORGET THAT MY LOVED ONES ARE THE MOST IMPORTANT, ABOVE ALL ELSE.**

**SOMETIMES I FORGET THAT EVERYTHING HAS ALWAYS WORKED OUT SOMEHOW, AND THAT EVERYTHING WILL CONTINUE TO WORK OUT SOMEHOW.**

**SOMETIMES I FORGET ALL THE INCREDIBLE THINGS I'VE ENDURED TO GET TO WHERE I AM NOW.**

**SOMETIMES I FORGET THAT IT REALLY DOESN'T MATTER WHAT EVERYONE ELSE THINKS.**

**SOMETIMES I FORGET THAT MY DREAMS MATTER.**

**SOMETIMES I FORGET THAT THE LITTLE THINGS ARE USUALLY THE MOST PRECIOUS THINGS.**

**SOMETIMES I FORGET THAT FEELING FEAR IS NOT WEAK—THAT BRAVERY JUST MEANS MOVING FORWARD INTO WHAT'S GOOD, EVEN AMIDST FEAR AND UNCERTAINTY.**

**SOMETIMES I FORGET THAT LOVE CAN FIX ALMOST ANYTHING.**



**SOMETIMES I FORGET THAT LIFE IS NOT A COMPETITION.**

**SOMETIMES I FORGET THAT I DON'T HAVE TO WIN TO BE VALUABLE.**

**SOMETIMES I FORGET THAT MY PRESENCE IS WHAT MY FAMILY WANTS AND NEEDS THE MOST FROM ME.**

**SOMETIMES I FORGET THAT WE WOULD ALL BE OKAY IF WE CHOSE TO SIMPLIFY OUR LIFE.**

**SOMETIMES I FORGET THAT I WAS ONCE A KID AND I'VE HAD TO LEARN HOW TO BE AN ADULT.**

**SOMETIMES I FORGET JUST HOW FAR I HAVE COME AND HOW MUCH I'VE TAUGHT MYSELF TO DO.**

**SOMETIMES I FORGET ABOUT ALL OF THE PEOPLE WHO LOVED ME ENOUGH TO HELP ME GET TO THIS DAY.**

**SOMETIMES I FORGET ALL OF THE PEOPLE WHO WOULD BE HERE AT A MOMENT'S NOTICE IF I EVER NEEDED THEIR HELP.**

**SOMETIMES I FORGET THAT I AM NOT ALONE IN LIFE.**

**SOMETIMES I FORGET THAT I AM GOOD.**

**SOMETIMES I FORGET THAT I NEED TO JUST STOP, GET QUIET, AND LISTEN.**

**SOMETIMES I FORGET THAT LIFE DOESN'T HAVE TO BE SO COMPLICATED.**

**SOMETIMES I FORGET THAT LIFE ISN'T MEANT TO FEEL LIKE A CHORE.**

**SOMETIMES I FORGET THAT I GET TO CHOOSE.**

**SOMETIMES I FORGET THAT I AM LOVED, IMPORTANT, AND NEVER FORGOTTEN.**

**SOMETIMES I FORGET THAT I CAN CHANGE DIRECTION AND EVEN REINVENT MYSELF WHENEVER IT IS TIME.**

**SOMETIMES I FORGET THAT I HAVE A LOT OF PEOPLE IN MY CORNER.**

**SOMETIMES I FORGET HOW MUCH HELP I'D HAVE IF I JUST ASKED FOR IT.**

**SOMETIMES I FORGET HOW GOOD IT FEELS TO GO OUT AND HELP SOMEONE.**

**SOMETIMES I FORGET HOW MUCH SKILL AND EXPERIENCE I HAVE THAT I COULD USE TO HELP OTHERS.**

**SOMETIMES I FORGET HOW MUCH I ALREADY KNOW.**

**SOMETIMES I FORGET THAT HARD TIMES ALWAYS PASS.**

**SOMETIMES I FORGET TO GIVE MYSELF SOME GRACE AND LET MYSELF BE HUMAN.**

**SOMETIMES I FORGET TO BE PATIENT WITH MYSELF.**

**SOMETIMES I FORGET TO REACH OUT FOR HELP FROM THE PEOPLE WHO LOVE ME.**

**SOMETIMES I FORGET THAT DOING THAT RIGHT THING CAN BE UNCOMFORTABLE AND DIFFICULT—BUT THAT IT'S STILL THE RIGHT THING, AND IT WILL BRING ME PEACE.**

**SOMETIMES I FORGET HOW LOVED I AM BY THOSE AROUND ME.**

**SOMETIMES I FORGET THAT I DON'T HAVE TO EARN MY WORTHINESS—I'M WORTHY JUST AS I AM.**

**SOMETIMES I FORGET HOW MUCH VALUABLE WISDOM I HAVE FOR OTHERS TO LEARN FROM.**

**SOMETIMES I FORGET THAT I'M ENOUGH, RIGHT NOW.**

**SOMETIMES I FORGET THAT THE WORLD WOULD NOT BE THE SAME WITHOUT ME.**

**SOMETIMES I FORGET ABOUT THE TREMENDOUS DIFFERENCE I'VE MADE IN THE WORLD... IN THE LIVES OF THE PEOPLE AROUND ME.**

**SOMETIMES I FORGET I WAS BORN FOR GREATNESS.**

**SOMETIMES I FORGET THAT I HAVE UNIQUE THINGS INSIDE ME THAT ONLY I CAN CONTRIBUTE TO THE WORLD.**

**SOMETIMES I FORGET THAT IT'S OKAY TO FEEL WEAK, TO FEEL OVERWHELMED, TO CRY.**

**SOMETIMES I FORGET THAT MY FIRE NEVER GOES ALL THE WAY OUT... I'M STILL IN THERE, AND I CAN STILL STOKE THAT FIRE UNTIL IT'S ROARING AGAIN.**