

SOUL BOOK

Women'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.

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.

Blood runs through my veins and light runs through my spirit.

I am important and loved by lots of people. I have lots of people to love.

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 happiest when I listen to my heart.

I am afraid of so many things but I have found that if I just keep going anyway and do hard and scary things, that things seem to always work out and that it gets easier and easier the more I practice.

I know for sure that I cannot seek answers from the outside world... and when I am confused and hurting or when I have lost my way it is usually because I am seeking answers from the outside world when my answers are waiting quietly for me to go inside.

I know for sure that I must find my answers in my heart and listen to my gut and always always always go where the peace is.

When I compare myself to others it hurts terribly...and it never ever does any good either. I need to remember to never forget this...no comparing.

I want to remember that it is okay to forgive myself, and 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 that my gut knows when I need to walk away, and I want to remember to listen to it... and then do it.

I want to remember that I can change my mind and that I always have a choice... and that it is okay to change, to try things out and to do my best and then change my mind if I need to change direction.

I want to remember that it is okay to be alone... in fact, sometimes it is necessary.

I want to remember that once I was a little child, and I am still that same child.

I want to treat myself with the kind of kindness a child deserves.

I want to remember that I am not perfect, and I never will be. I am good at lots of things, and I struggle with lots of things. This is the joy of life.

I want to remember that I am not my mistakes, and that my mistakes do not get to define me.

I want to remember that every minute of my life is precious, and I need to treat my minutes, hours, and days with the respect and care and planning that my life deserves from me.

I want to remember that everything is on its way to becoming something else, or going somewhere else...and that this moment is really all I have. I want to see and love and appreciate what is right now.

I want to remember that words can hurt others, and that I always always always want to choose my words with the most precious care.

I want to remember that every single person can teach me something if I will make the time to really understand them and listen to what they are saying.

I want to remember that it is okay to be alone sometimes...and in fact being alone is absolutely the best thing for me sometimes.

I want to remember that I will continue to make mistakes for the rest of my life...and that the same is true for every other person alive...and that mistakes are how we learn... and that I will do better as soon as I know better.

I want to remember that I can never really know exactly what is going on with another person...no matter how close I am to them. So I must always treat the people I love, and everyone else too, with patience, kindness, and respect.

I want to remember that I must be the example to others of how I want to be treated...meaning that if I want to be treated with kindness and respect, I must treat myself with kindness and respect. If I want to be treated with love and patience, I must treat myself with love and patience. I teach other people how to treat me.

I want to remember that every single day is a brand new chance to start over.

I want to remember that it is okay to ask for help... and that sometimes it is the bravest thing I could do in that moment.

I want to remember that I get to decide.

I want to remember that I feel a whole lot better if I take responsibility for my moods, my actions, my time, and my life... and that only then can I actually do something about it.

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...and for me.

I want to remember that every time I give a single minute of my time to something that doesn't matter, I am stealing time away from precious people and goals that DO matter.

I want to remember that I am okay...and that I am going to continue to be okay...and that life is going to continue to be okay.

I want to remember that when I am feeling down on myself, the best thing I can do is to take the focus off myself and to go out and serve another human being.

I want to remember that everything matters...and everyONE matters.

I want to remember that no one is going to make my dreams come true for me. It is my job to get up every day and work toward the things that are deepest in my heart...and to enjoy every step of the journey rather than wishing I was already where I want to end up.

I want to remember to put my energy into what I can influence and to spend as little time as possible on the things I have no influence over.

I want to remember that my very best is absolutely all I can do.. and it really will always be enough.

I want to remember that sometimes I will cross the finish lines of my personal victories all alone... and that is okay.

I want to remember to always take the high road...no matter the circumstances and no matter how I am being treated.

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 level. I am a SOUL.

I want to remember that sometimes things happen in life that don't make any sense at all...and even seem cruel...but that I always learn something new from every experience, and that often things makes sense in the end.

I want to remember to trust my journey.

I want to remember the things that I loved when I was five years old.

I want to remember the people who really truly love me for who I am and exactly as I am.

I want to remember the power I have to spread goodness wherever I go.

I want to remember that I don't like how it feels to hold on to grudges and ill feelings toward others...and that forgiving others is one of the greatest gifts I can give to myself.

I want to remember that it is okay to be completely different from others.

I want to remember all of the things that make me admire the people that I admire...and that those things are usually very simple things.

I want to remember that I am a whole lot stronger than I think I am.

I want to remember that I am so much more beautiful than I think I am.

I want to remember that I am so much braver than I think I am.

I want to remember that miracles happen...and many have already happened in my life... and there will be many more to come.

I want to remember to always listen to my deepest truth.

I want to remember that I always regret it when I don't listen to my gut.

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 weight, the right job, the right house, the right clothes. I can choose to be happy RIGHT NOW, and that is what I want to remember to do.

I want to remember that I am just right, just the way I am.

I want to remember that I need people, and people need me.

I want to remember to say what I mean and to mean what I say.

I want to remember to act in faith, not in 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...always.

I want to remember to let nothing enslave me or take away my choices.

I want to remember to put the people I love before the people I just care about.

I want to remember the promises I have made... and to do my best to always keep them.

Sometimes I forget that I am not my past or my mistakes or my limitations. I am a beautiful soul 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 how important it is to make boundaries with others.

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 big, deep breath...and put things into perspective.

Sometimes I forget that everyone has rotten, grouchy, rough days... myself included... and that they always pass... and there is sunshine on the other side of them.

Sometimes I forget just how fortunate I am.

Sometimes I forget just how brave and competent I am.

Sometimes I forget that everyone makes mistakes...and that the more stuff you go out and do and try, the more mistakes you will make.... but that it is so much better than being too afraid to go out and do and try things.

Sometimes I forget to just go out and do it anyway.

Sometimes I forget to go where the peace is.

Sometimes I forget to give myself time to rest and play.

Sometimes I forget that I am beautiful just because I am alive.

Sometimes I forget that everything has always worked out somehow, and that everything will continue to work out somehow.

Sometimes I forget all of the amazing and brave things I have done and endured to get me 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 being authentic means that I am very very different from most other people around me... and that it is worth it to keep on being authentic.

Sometimes I forget that just because I am feeling afraid does not mean that I am not brave... and that bravery just means moving forward into what we know in our hearts to do, fear and all.

Sometimes I forget that love can fix almost anything.

Sometimes I forget that anything is possible.

Sometimes I forget that I need to just stop and get very very quiet.

Sometimes I forget that life doesn't have to be so complicated.

Sometimes I forget that I get to choose.

Sometimes I forget that resting, playing, and creating are just as important as everything else...and that I don't feel good unless I make time to do those things.

Sometimes I forget that I am very very loved, and I am never forgotten.

I want to remember that important things take time, and that the time spent working toward important things will probably mean even more to me than the thing I'm working toward.

I want to remember that I am never trapped. I can always make another choice to move a few steps or a few miles out of where I am right now.

Sometimes I forget that I have enough. I've always had enough. I always will have enough. I can rest in this knowledge.

Sometimes I forget that numbing out of my feelings just prolongs difficult times. When I make a brave choice to sit with exactly how I'm feeling, the feelings will move through me and I will make it to the other side of them.

Sometimes I forget that getting older is an incredible gift that is not given to everyone, a gift that is worthy of being valued and taken care of.

I want to remember that sometimes I forget to really notice the magic and the beauty and the blessing of the people I love the most.

I want to remember that a small handful of souls can change your life, it doesn't have to be the entire world.

Sometimes I forget that I get to start over as many times as it takes.

Sometimes I forget that no matter how far I've gotten from my path, I can turn around and get back on it at any time and it is never too late.

Sometimes I forget that it just might be a blessing that I didn't get some of the things I used to want.

I want to remember that there will always be another way tomorrow and that there is probably another way right now but that it's okay if I rest for a night and find a new way tomorrow.

I want to remember that what I do in life will never matter more than who I am becoming each day.

Sometimes I forget that every person I come across in life or throughout my day is trying to figure their life out and is going through some kind of internal challenge that I cannot even fathom and that I can either make things easier for them or harder for them.

Sometimes I forget that just about everyone is doing the best they can do right now with what they have and what they know and where they are in life.

I want to remember that I am not powerless. I can always choose to think a new thought, respond in a better way or take action toward what I want most.

Sometimes I forget that I've got to let myself change. I've got to let others change. None of us have to stay in our past, we all get to move forward whenever we are ready.

Sometimes I forget to breathe. I want to remember to take big deep breaths to clear everything up.

I want to remember that I am the only one who really knows all that I am working through right now and that others are working through things that they also hold alone. I want to give myself grace. I want to give others grace.

I want to remember that sometimes things don't get easier, so that means that I have to get stronger. I want to remember that I have unlimited capacity for growing strength in new places in my spirit, my mind and my body. No matter how hard things get, I can get stronger along with them.

I want to remember that I have the ability to influence and help the circle around me, and sometimes that is more important than trying to change the world.

I want to remember that my best is different than other's best. It's okay if I fall below average. It's okay if I end up above average. My best is my best. Their best is their best. We are all on our own path. I am on my own path.

I want to remember that I can give myself the things that I wish I could get from life or from others. I can create the experiences that I yearn for.

Sometimes I forget that my body is regenerating all the time. If I take good care, I can help it regenerate into a healthier, more fit body than I have ever had before.

Sometimes I forget that I can turn my day around by helping someone else.

Sometimes I forget that when I'm feeling crazy or overwhelmed, what I really need is just some good solid sleep.

Sometimes I forget that everything I ever REALLY wanted is right in front of my face.

I want to remember that I am here on this earth to learn. So sometimes when life feels cruel, it's actually just a really important lesson that is going to help me to know more about life, about others and about myself. Every single thing is a lesson that has the potential to give me wisdom.

I want to remember that I have earned victories that no one else knows about and that sometimes I have to celebrate my victories by myself. I want to remember to celebrate those victories BIG TIME.

I want to remember that so many people take on new hobbies and new goals and climb new mountains into very old age. I want to remember that I will not stop learning, living and loving this life until the day I die.

I want to remember that my children have lives of their own and that is a very good thing.

I want to remember that relationships change and take on a beautiful patina that cannot be developed in any other way than over time. I want to remember that there are things even more beautiful than the excitement of a new relationship. I want to remember that I can fall in love with the same person over and over again... and they can fall in love with me over and over again.

I want to remember that a part of me dies when I don't make time to create.

I want to remember that everything goes through seasons and phases and just because things don't feel the same as they felt in the beginning, that doesn't mean that they won't circle back around again.

Sometimes I forget that there is beauty and deep purpose in ALL of the seasons of life.

Sometimes I forget that there are lots of ways to be beautiful. There are lots of kinds of beauty. There are lots of ways to create more beauty.

Sometimes I forget that everything needs to be reset from time to time. Everything needs to be unplugged and rebooted. Including me.

Sometimes I forget that it's really good to cry when I need to cry, and that the tears will be gone as soon as they are done helping me.

Sometimes I forget that I am still learning, that I still have a lot to learn and that sometimes I mess up while I'm learning something.

Sometimes I forget that I have to keep remembering or else I will forget. Remembering takes work.

I want to remember that I have my own angels watching over me. Everyone does. They want to help, I just have to ask.

I want to remember that I don't have to be the perfect mother, grandmother, wife, sister or friend... I just have to show up and do my best.

I want to remember that sometimes change requires grieving. I want to remember that sometimes it hurts to go from one thing to another even though we are ready to move on.

I want to remember that everything is always changing and that when I resist, I suffer more.

I want to remember that it's okay to grieve things that aren't good for me anymore.

I want to remember that it's hard to make a new habit, but it's worth it.

I want to remember that it's okay to slow down. I want to remember that what I do and what I produce does not multiply or define my worth. I want to remember that I am the only one who can regulate my pace.

I want to remember that my Truthteller is right beside me, ready to help whenever I ask.

I want to remember that my Truthteller knows things about me that I don't even know yet...knows my potential, my purpose and my mission. My Truthteller knows how to help me best.

Sometimes I forget all about my Truthteller and I try to do things alone. That doesn't feel good and it doesn't work very well either.

Sometimes I forget that there are lots of people who would love to help if I would just find the courage to ask.

Sometimes I forget that my story is still being written...and I am the one who gets to write it.

Sometimes I forget that I believed a lot of lies about who I was and that those lies still affect me sometimes. I want to remember that I always have the power to tell myself the truth.

Sometimes I forget that I can dream new dreams whenever it's time.

I want to remember what a privilege it is to be a mother and a grandmother.

I want to remember no matter how old and solid my marriage is, it needs daily care and that it can get better and better and better.

Sometimes I forget to appreciate my beloveds.

Sometimes I forget that experiences matter so much more to me than things.

Sometimes I forget that I am a soul having a human experience and that being a human is really really hard when you forget that you are actually a soul.

Sometimes I forget that love makes everything easier.

Sometimes I forget that love can fix just about any heartbreak eventually.

Sometimes I forget how much grit I have.

I want to remember how strong I am and how strong I have always been.

I want to remember that I have a good heart and when I mess up I can forgive myself.

I want to remember that I am the one who has to teach people how to treat me and that it is so important to have boundaries.

Sometimes I forget that it is my job to decide the boundaries I want to enforce in my life and that it is my job to enforce them.

Sometimes I forget that it's important for me to be a good friend to myself.

I want to remember not to be mean to myself.

I want to remember to take good care of myself; I'm the only one who can do that.

Sometimes I forget that I am the one in charge of my life.

Sometimes I forget how important my thoughts are.

Sometimes I forget how much I need to be outside in nature.

Sometimes I forget how much I need to see the sky.

I want to remember that I feel so much better when I spend time outside. Nature is sometimes the very best medicine.

I want to remember that all I can do is my best.

I want to remember that just about everything is temporary. I want to enjoy the good things and learn from the hard things.

Sometimes I forget that I have a lot to be proud of.

Sometimes I forget that I am still recovering from a lot of things and that I need to be gentle with myself.

Sometimes I forget that I have already conquered so much and learned so much and that I will be able to continue.

Sometimes I forget that forgiveness is the key to freedom.

I want to remember that I don't have to go the way that others are going.

I want to remember that I have to decide for myself.

I want to remember that I can create what I am seeking.

I want to remember that I can create what I am yearning for.

I want to remember that I can create my vision.

Sometimes I forget the power I have to create what I am most yearning for and seeking and imagining.

I want to remember that my imagination is one of my super powers.

I want to remember to never let anyone squish my dreams and ideas.

Sometimes I forget that my ideas are a huge gift from my Truthteller.

Sometimes I forget that I can redo it, remodel it, restore it or even get rid of it.

Sometimes I forget that it's okay to have a calm life.

Sometimes I forget that it's okay to have a boring day.

Sometimes I forget that it's okay to enjoy my blessings.

Sometimes I forget that I have the power to overcome whatever it is that I am fearing.

Sometimes I forget that light always overpowers dark.

Sometimes I forget that love is always bigger than hate.

I want to remember that magical little things happen that sometimes feel like coincidences, but they are not, they are meant for me to notice and to know that I am not alone.

I want to remember how much I love to grow things.

I want to remember how much I love to keep things alive and thriving but that sometimes it's their time to be done and go back into the ground. I want to remember to just enjoy the time I got to be part of their growth and blossoming.

I want to remember that the flowers come back in the spring.

I want to remember that winter is for resting and recharging.

I want to remember that when the blossoms or the fruit or the leaves fall off of the trees, it's not personal.

Sometimes I forget that life is so beautiful somewhere nearby all the time.

Sometimes I forget about all of the people I get to love in my life.

Sometimes I forget the miracles that got me to this day.