



# YOUR SOUL GIFTS

Take a colored pen and circle the qualities or traits that best describe your human self. The part of you that consists of your body and your mind, your ancestral line, and your family of origin; it includes your inherited traits and you could say, your fated life, or the life you were born into.

Then, using a pen of a different color, circle the qualities that best describe your soul self, the part of you that's ancient. These are the qualities that you came in with – the traits that your soul has been working on for lifetimes. Your soul's gifts (things that come naturally to you, regardless of your upbringing) and you could say, your destiny life, or the seeds of destiny that were planted within you. The qualities and the life your soul is calling you to embody, follow, trust, and live.

Don't overthink it – trust the words to which you're silently drawn. Stay open to discovering hidden qualities of your soul and the difference between your human self and your soul self.

A collection of 100+ words and phrases arranged in a grid-like fashion, intended for selection. The words are:

- Courageous, Happy, Companion, Rooted, Igniter, Luminance, Thoughtful, Weightless, Fiery
- Elder, Challenger, Witch, Shy, Generous, Wanderer, Funny
- Joyful, Way shower, Visionary, Quiet, Helpful, Connected, Patient, Accepting
- Unfathomable depths, Alchemist, Calm, Considered, Fierce, Driven, Ambitious, Witty, Storyteller
- Teacher, Midwife, Deep-Sea Diver, Ready, Gentle, Timeless, Mystic, Magical
- Abundant, Healer, Excitable, Empathic, Energetic, Love, Here, Grounded, Sacred
- Powerful, Bright, Lights up the room, Remembers, Effortless, Dancer, Fearless
- Cosmic, Beauty, Questioning, Presence, Tenacious, Wizard, Soft, Strong, Passionate
- Activating, Catalyst, Generous, Traditional, Deep, Multidimensional, Spontaneous
- Wise, Understanding, Young, Inspiring, Light, Balanced, Nurturer
- Ancient, Adventurous, Blissful, Refreshing, Lover, Risk-taker
- Unrestrained, Wild, Golden, Elegant, Clear, Curious, Devoted, Powerhouse, Divine Masculine
- Sage, Striking, Boundless, Sees the potential in everything, Playful, Fun, Divine Feminine, Enthusiast
- Embodied, Ready, Creative, Steady, Present, Grateful, Channel, Mother
- To the point, Sweet, Filled Up, Caring, Explorer, Father
- Effervescent, Poetic, Compassionate, Hearty, Nonlinear