

Living Your Souls Journey

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Your Souls Journey

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LIVING YOUR SOULS JOURNEY

Be sure and have a safe space, some paper and be ready to receive.

Step 1.

Connect now with your higher self and inner child. Relax and Be..... in a quiet, calm and peaceful space.

Ask "WHY" do I want to re-create my life and find my purpose.

More freedom, more money, better marriage, better standard of living, end abusive relationships, stop negative patterns in your life, be happier.....

Step 2.

Create your perfect day. Do and be exactly what you dream your life to be. Your likes, your desires and your inspirations. What is your perfect outcome?

What am I in the business of doing?

What brings me peace?

What creates excitement in my life?

What do you love? What do you not love?

Living in alignment with myself..... What does that mean? How does that feel?

Step 3.

Now that you know your perfect day, compare it to your current day and show the differences. Again, be enlightened and be aware of what is missing in step 1 from you current day. Key here is total honesty with self. It is the beginning of positive. Be kind with yourself.

Step 4.

When you are most happy..... what is it that you are doing? Thinking? Feeling?

Most important key element.....be 100% honest with yourself. It is the first step on the journey of Freedom.

Step 5.

Send this data to info@vikkeford.com to receive a free email session to discuss the insights you wrote in Step 1-3. (all private)

Enjoy this process. I understand that sometimes it is easier to “think” your answers but some magical insight can occur from writing it down.

Living Your Souls Journey brings you back to YOU. YOU are Enough!

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