The Soul-First Spiral

A Self-Inquiry Tool for Returning to What's Real

The healing journey isn't linear. It spirals-through your body, mind, soul, and spirit. Each layer holds wisdom. Each turn invites a deeper return. This journal page is your moment to pause, breathe, and ask:

"Uhere am I in the Spiral right now?"

There's no wrong answer. Only awareness, presence, and the choice to walk with compassion.

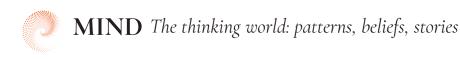


BODY The physical world: safety, survival, sensation

What is my body trying to tell me today?	
Where am I feeling tension, fatigue, or hunger for care?	

"The soul doesn't speak urgency. It whispers in stillness, in the breath after tears, in the space between words."





What th	oughts keep ci	rcling in my	head right	e now?	
Are they	rooted in fear	, or aligned	with truth	?	
	OUL The fee				uth
What do	I feel deeply l	out haven't y	vet expresse	ed?	

"You don't need to do everything. But you do need to do something that aligns with your soul."



SPIRIT The unseen world: connection, trust, divine support

Where am I being called to surrender or rise? The state of the surrender			
	nat is one soul-first action I can take today to honor that need?	Where am I beins	g called to surrender or rise?
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"Soul-First Living isn't about mastering routines, ticking of habits, or never being triggered again. It's a relationship-an unfolding presence with your inner world, your energy, your choices, your purpose."

