

The Soul-First Spiral

Check-In

This journal page is designed to help you tune into where you are in the Soul-First Spiral — Body, Mind, Soul, or Spirit — and gently bring awareness to what you most need. Use it as a:

- Daily check-in
 - Weekly reflection
 - Soul-reset tool when you feel overwhelmed or disconnected
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Steps:

1. **Pause and Breathe:** Sit quietly. Place your hand on your chest or belly. Breathe in: *“I am safe.”* Breathe out: *“I am here.”*
2. **Move Through Each Spiral:** Let your pen meet each part of you, one at a time.
3. **Write a Word That Resonates:** Choose one word that captures your current state or desire (e.g. Stillness, Courage, Surrender). Let that word anchor your day.
4. **Choose One Soul-First Action:** Based on what you discovered, write one small, aligned action to take today.

Keep it simple. Keep it true.
This is how healing becomes a way of being.





What sensations am I feeling right now? What does my body need?

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Word that captures my current state/desire:

SOUL-LED ACTION





What thoughts or stories are repeating? Is there a belief I can release?

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Word that captures my current state/desire:

SOUL-LED ACTION





What truth is rising in me today? What whisper do I keep ignoring?

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Word that captures my current state/desire:

SOUL-LED ACTION





Where am I being guided? What's beyond my control that I can trust?

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Word that captures my current state/desire:

SOUL-LED ACTION


