

The background of the cover is a stylized, artistic illustration of a woman's face. She has large, expressive blue eyes and is looking upwards and to the left. Her skin is a warm, golden-brown tone. She is wearing traditional Indian jewelry, including a bindi on her forehead, a nose ring, and a large earring. Her hand is visible at the bottom left, holding a glowing, golden compass. The overall color palette is warm, with shades of brown, gold, and blue. The text is overlaid on the right side of the face.

# SOUL-FIRST IN ACTION

*A Companion Workbook to* **Soul-First: The Compass Within**  
**A Guided Journey for Mind-Body-Spirit Integration**

by Nelia Camara Pereira | Carnelian Heart

# SOUL-FIRST IN ACTION

A companion to **Soul-First: The Compass Within**, this workbook is your space to reflect, reconnect, and realign with the truth that lives within you.

Let this be your guide back to clarity,  
presence, and the quiet wisdom of your  
soul.

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YOUR NAME HERE

## CONTENT

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#### **INTENTION SETTING**

Begin with presence—set your intention and open space for truth to rise.

### -02-

#### **EXPLORING THE MIND**

Gently examine the thoughts and stories that shape your reality.

### -03-

#### **LISTENING TO THE BODY**

Reconnect with the wisdom your body holds through sensation, intuition, and stillness.

### -04-

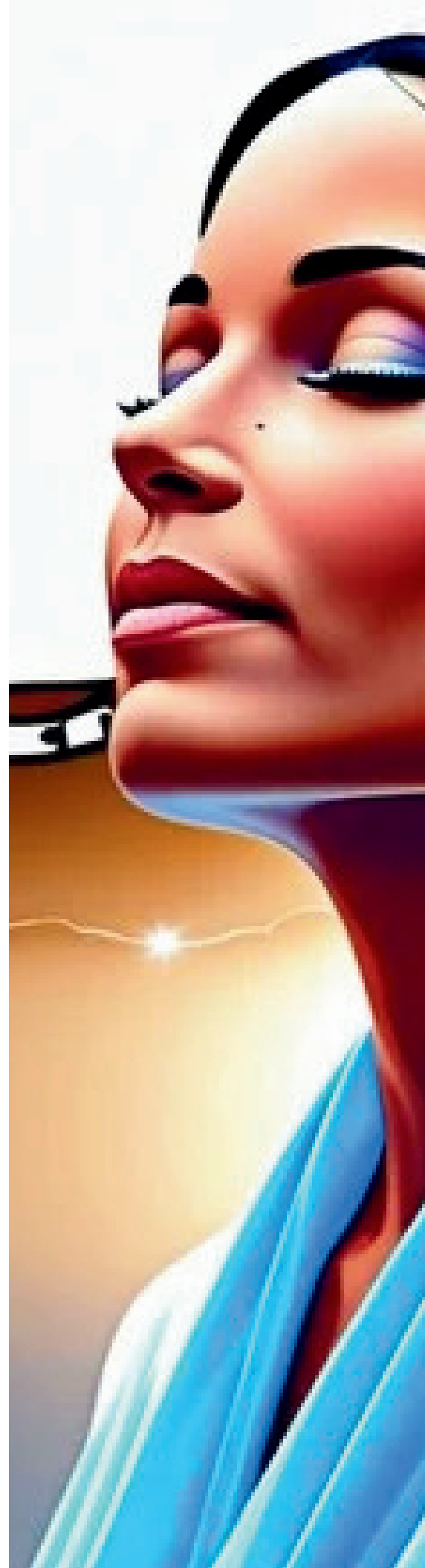
#### **TUNING INTO SPIRIT**

Explore your connection to the divine, and notice the signs that guide you.

### -05-

#### **MEETING THE SOUL**

Remember the part of you that was never lost—only waiting to be heard.



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### **THE COMPASS EXERCISE**

Map your current alignment and uncover what's leading your life right now.

## -07-

### **SOUL-FIRST REDEFINES (REFLECTION)**

Reclaim new definitions for success, healing, confidence, and purpose—from within.

## -08-

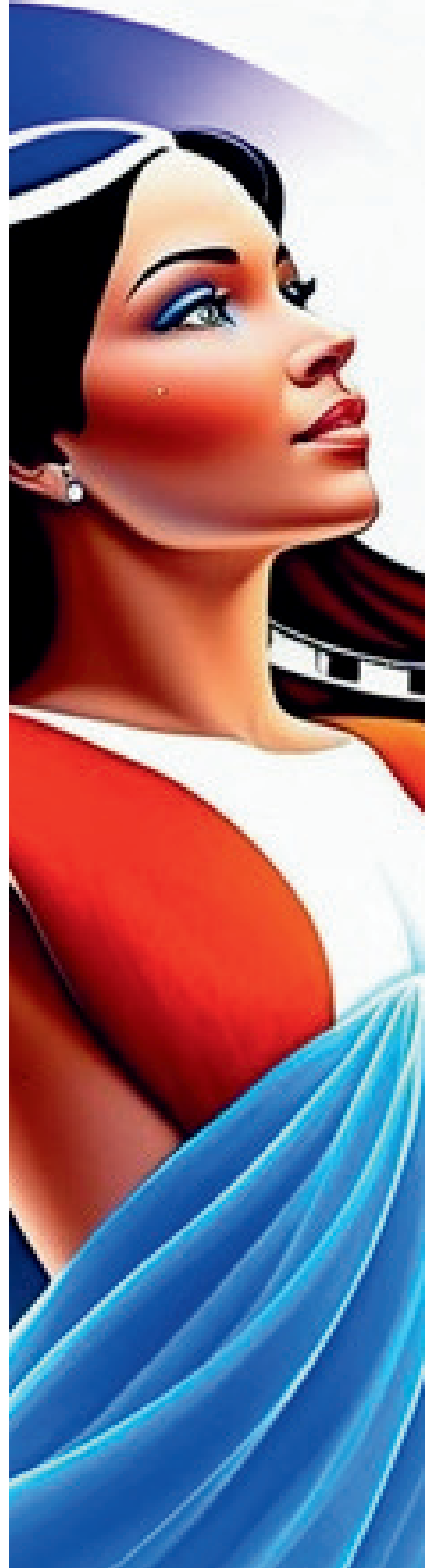
### **SOUL-LED INTEGRATION**

Take aligned action through gentle steps, soulful boundaries, and daily presence.

## -09-

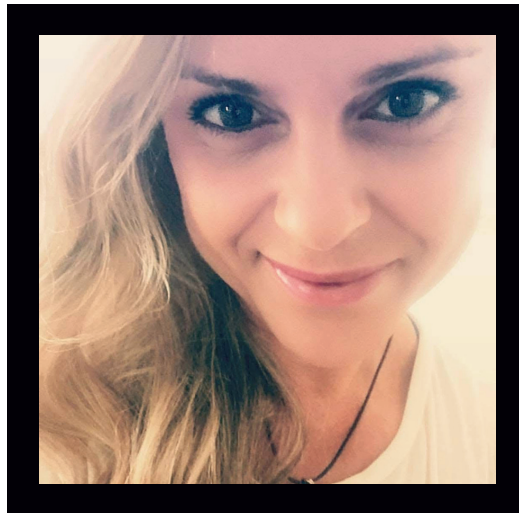
### **MESSAGES FROM MY SOUL**

Let your soul speak freely—unfiltered, uncensored, and deeply true.



NELIA

Author



# WELCOME TO YOUR SOUL-FIRST JOURNEY

This is more than a workbook—it's a space for remembering.  
A sacred companion to **Soul-First: The Compass Within**, designed to guide  
you back to your truth through reflection, intention, and inner alignment.

You won't find pressure here. Just presence.  
Move at your own pace. Let your soul lead the way.

# WELCOME

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This is a space to reconnect with the voice inside you—the one that doesn't yell but knows.

You won't find rigid rules here.

Only invitations to slow down, listen deeply, and return to your own rhythm.

You are not behind.

You are not too late.

You are exactly where your soul knew you would be.

Let's begin.



## INTENTION SETTING

Before you begin... pause.

Take a breath.

Place a hand over your heart, or your belly, or wherever your body  
needs to feel you.

Release your breathe and let's begin....

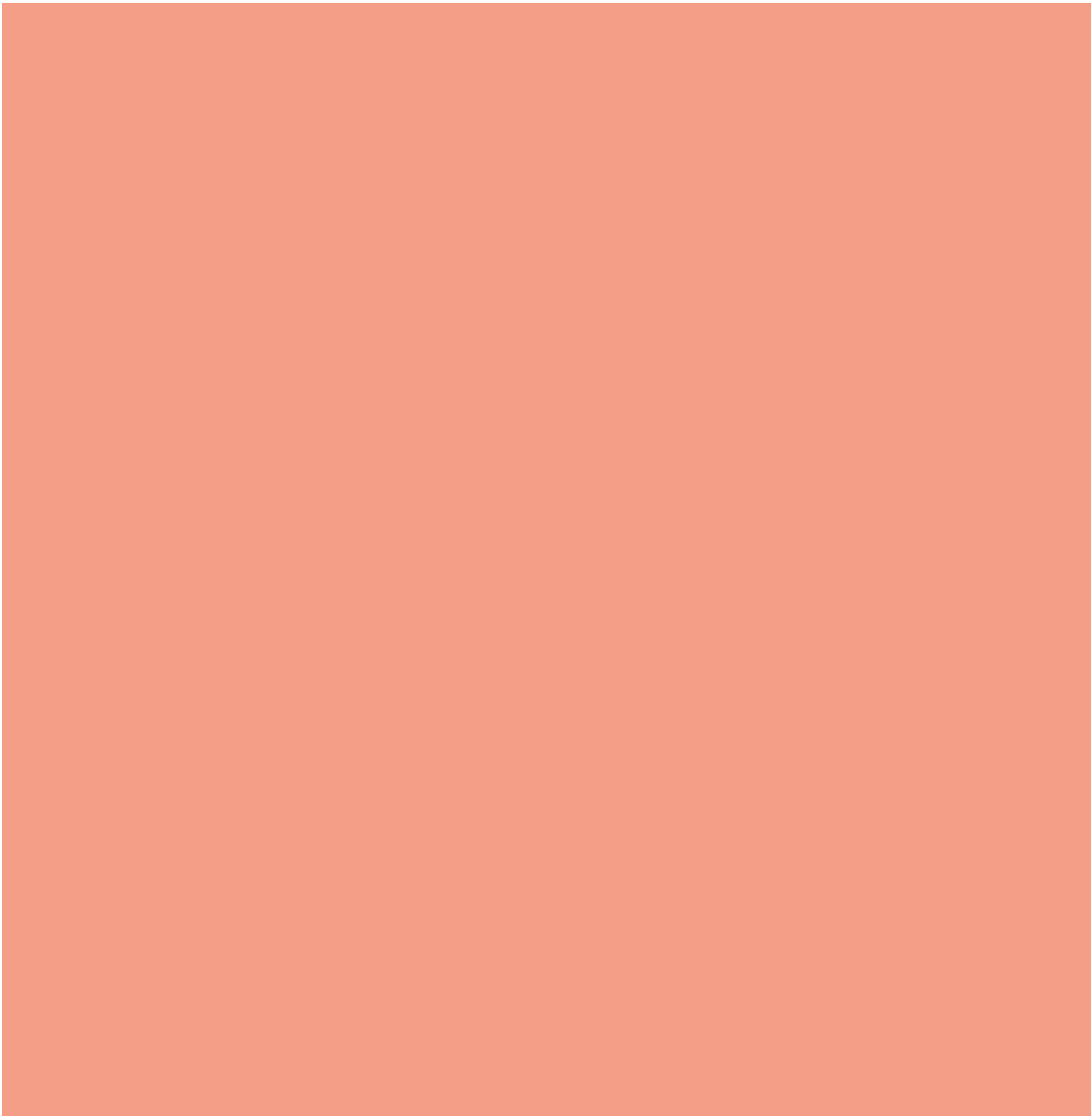


||

EVERY JOURNEY BEGINS WITH A  
REMEMBERING.  
NOT OF WHERE YOU'RE GOING  
—BUT OF WHO YOU ARE WHEN  
YOU FINALLY DECIDE TO LEAD  
WITH TRUTH.

Write a short personal intention you'll carry through this journey.

||



Now journal:

- What drew me to soul-first living?
- What part of me is calling for deeper truth right now?
- What am I ready to release?
- What would living soul-first feel like in my everyday life?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Handwriting practice lines consisting of 20 horizontal dashed lines.

# 02

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## EXPLORING THE MIND

The mind is a beautiful tool—but not always a kind master. This section helps you notice your beliefs, self-talk, and inner narratives.



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THE MIND IS LOUD WITH  
STORIES— BUT BENEATH THE  
NOISE LIVES A QUIETER  
KNOWING,  
THE PART OF YOU THAT  
DOESN'T NEED TO BE RIGHT—  
ONLY GENUINE.



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## LISTENING TO THE BODY

The body holds memory. Emotion. Intuition.  
It's the first to know when something is off—and the last we often  
listen to.



||

YOUR BODY DOESN'T SPEAK IN  
WORDS—IT SPEAKS IN  
WHISPERS, TENSION, AND  
RELEASE.  
WHEN YOU LEARN TO LISTEN, IT  
BECOMES A GATEWAY TO  
TRUTH.

Now journal:

- What sensations do I often ignore or push through?
- Where in my body do I feel “yes”?
- Where do I feel “no”?
- What practices bring me back into presence with my body?

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## Returning to Yourself: The First Steps

### Summary So Far:

You've begun the journey inward.

You've set your intention and opened space for truth to rise.

You've met the voice of the mind—the beliefs, patterns, and narratives asking to be seen.

You've reconnected with the body—its wisdom, its signals, its sacred yes and no.

Each of these steps has brought you closer to your centre. Closer to your soul.

This is the heart of soul-first living: Listening deeply. Choosing gently. Leading from within.



### Your Invitation:

Before you continue, pause.

Take a breath.

Place a hand over your heart.

Ask yourself:

- What part of me feels more awake now than when I began?
- What truth has quietly surfaced?
- What do I want to carry with me as I move forward?

Let these reflections anchor you.

Then turn the page—and keep coming home.

# 04

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## TUNING INTO SPIRIT

Spirit is your connection to the divine, to meaning, to something greater.



||

SPIRIT SPEAKS IN MOMENTS OF  
MEANING—IN THE WIND, IN THE  
STILLNESS, IN THE ACHE THAT  
SOMEHOW FEELS SACRED.  
IT'S NOT SOMETHING YOU CHASE.  
IT'S SOMETHING YOU REMEMBER  
YOU'VE ALWAYS BEEN PART OF.

Now journal:

- When do I feel most connected to something beyond myself?
- What signs or synchronicities have guided me recently?
- What practices help me feel spiritually nourished?

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Handwriting practice lines consisting of 20 horizontal dashed lines.

05

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## MEETING THE SOUL

The soul doesn't need to be found—it needs to be remembered.



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THE SOUL DOESN'T SPEAK IN  
LOGIC—IT SPEAKS IN LONGINGS.  
IN THE DREAMS YOU CAN'T  
SHAKE, THE WHISPERS YOU'VE  
SILENCED, AND THE FEELING  
THAT YOU WERE ALWAYS  
MEANT FOR MORE.

Now journal:

- When in my life have I felt most me?
- What keeps calling me back—dreams, ideas, inner longings I can't explain?
- What does my soul want me to know right now?

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## THE COMPASS EXERCISE

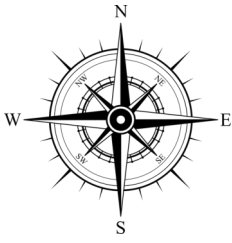
In this section, draw your personal compass.  
Place Mind, Body, Spirit, Soul in the four directions.



||

LET YOUR COMPASS BECOME  
YOUR MIRROR.  
NOT TO JUDGE—BUT TO  
GENTLY REMEMBER WHAT  
WANTS TO LEAD.

On this blank page (or a larger piece), label each direction: Mind, Body, Spirit, and Soul.



Take a quiet moment to reflect:

- Which of these is currently leading your decisions?
- Which feels loud? Which feels quiet?
- Where do you feel most aligned?
- Where do you feel disconnected?

You can use symbols, words, colours, or drawings to express how each part feels right now. There's no right way to do this—just your truth.

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Now journal:

- What's leading your life right now—mind, body, spirit, or soul?
- What part of your compass is asking to be heard more?
- If you were living soul-first, what would shift?

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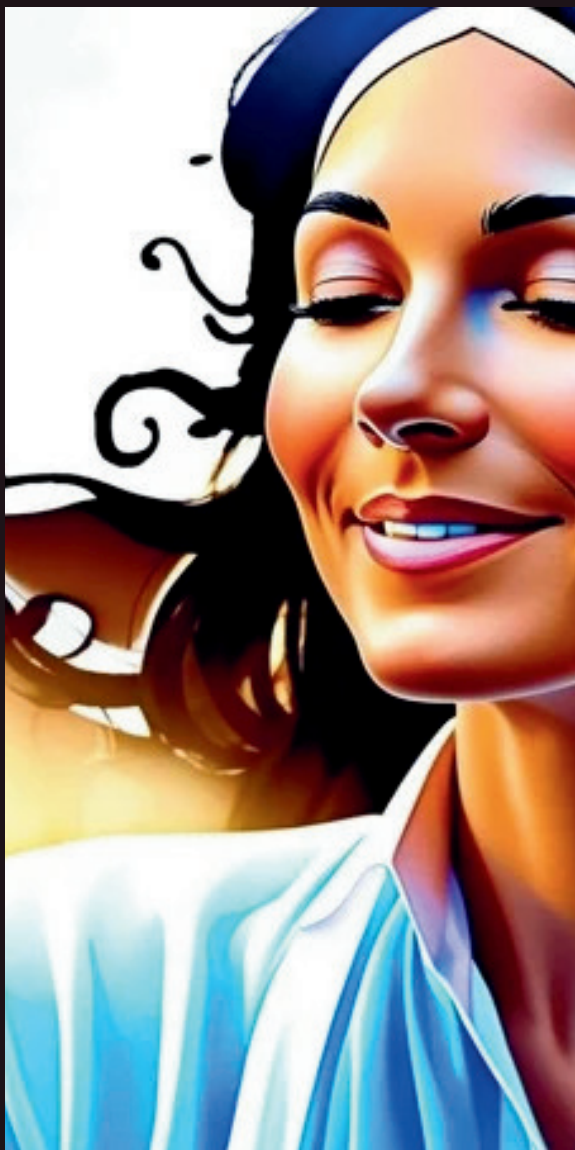
## Deepening the Journey: Spirit, Soul & Inner Compass

### Summary So Far:

You've now moved beyond the surface—into connection, remembrance, and direction.

You've tuned into Spirit, reconnecting with something greater than yourself. You've met your Soul, the quiet knowing that's been waiting beneath it all. And you've explored your inner compass—gently revealing what's been leading your life, and what your soul is ready to reclaim.

These pages weren't just reflection exercises. They were invitations—to listen differently, to feel more fully, to honour what rises from within.



### Your Invitation:

Before turning the page, pause and check in:

- Where am I still seeking permission outside myself?
- What truth did I meet in silence, that I couldn't hear in the noise?
- What direction is my soul calling me toward—right now?

Let this be a moment of integration. Then, keep walking forward.

Your soul knows the way.

# 07

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## SOUL-FIRST REDEFINES... (REFLECTION)

Choose 3 redefinition quotes from the Compass Within mini eBook that resonated with you.

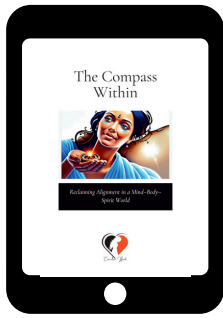


||

YOU WERE NEVER MEANT TO  
FIT INTO OLD DEFINITIONS.  
YOU CAME TO REWRITE THEM

—

WITH TRUTH IN YOUR CHEST  
AND ALIGNMENT IN YOUR  
STEPS.



Click on the image to refer to back to the mini eBook and write down the quotes that resonated with you most then journal your reflections on the following pages.

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1.

2.

3.

Now journal: For each of the three reflections, answer:

- What did I once believe this word meant?
- What truth is rising in me now?
- What would it look like to live from this new definition?

[illegible]

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## SOUL-LED INTEGRATION

This section brings it all together.



||

INTEGRATION ISN'T ABOUT  
DOING IT ALL.  
IT'S ABOUT DOING WHAT'S  
TRUE—AND LETTING EVEN THE  
SMALLEST SOUL-LED STEP  
BECOME A SACRED ACT OF  
BECOMING.

# THIS SECTION BRINGS IT ALL TOGETHER

ONE SMALL SOUL-LED ACTION I'LL TAKE THIS WEEK IS:

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ONE BOUNDARY I WILL SET OR STRENGTHEN:

---

ONE WAY I WILL NOURISH MY BODY WHILE HONOURING MY  
SOUL:

---

ONE PRACTICE I'LL COMMIT TO (E.G., JOURNALING, WALKING IN  
NATURE, MEDITATION):

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A MANTRA OR AFFIRMATION TO GUIDE ME:



## MESSAGES FROM MY SOUL

This next section is a blank, sacred space.

Close your eyes.

Take three deep breaths.

Place your hand over your heart.

Ask your soul: **What do you want to say to me right now?**

Then write. Don't censor. Don't overthink. Let your soul speak.



## Coming Home: Your Truth in Action

### Summary:

You've journeyed inward—through intention, through memory, through quiet knowing. And now, you've begun the most sacred part: integration.

You've reflected on what no longer fits, and rewritten what was never truly yours. You've made space for aligned action, for boundaries that honour your becoming, and for practices that root you in truth. And finally, you've given voice to the part of you that needed no permission—your soul.

These final pages aren't about finishing.

They're about remembering:

You already hold the compass.

You already are the path.



### Your Invitation:

Before you close this journal, take one more breath and ask:

- What wisdom from this journey will I carry forward?
- What does my soul want me to keep choosing, again and again?
- What becomes possible when I lead from within?

This is your homecoming.

This is your return.

This is soul-first.

## CLOSING NOTE

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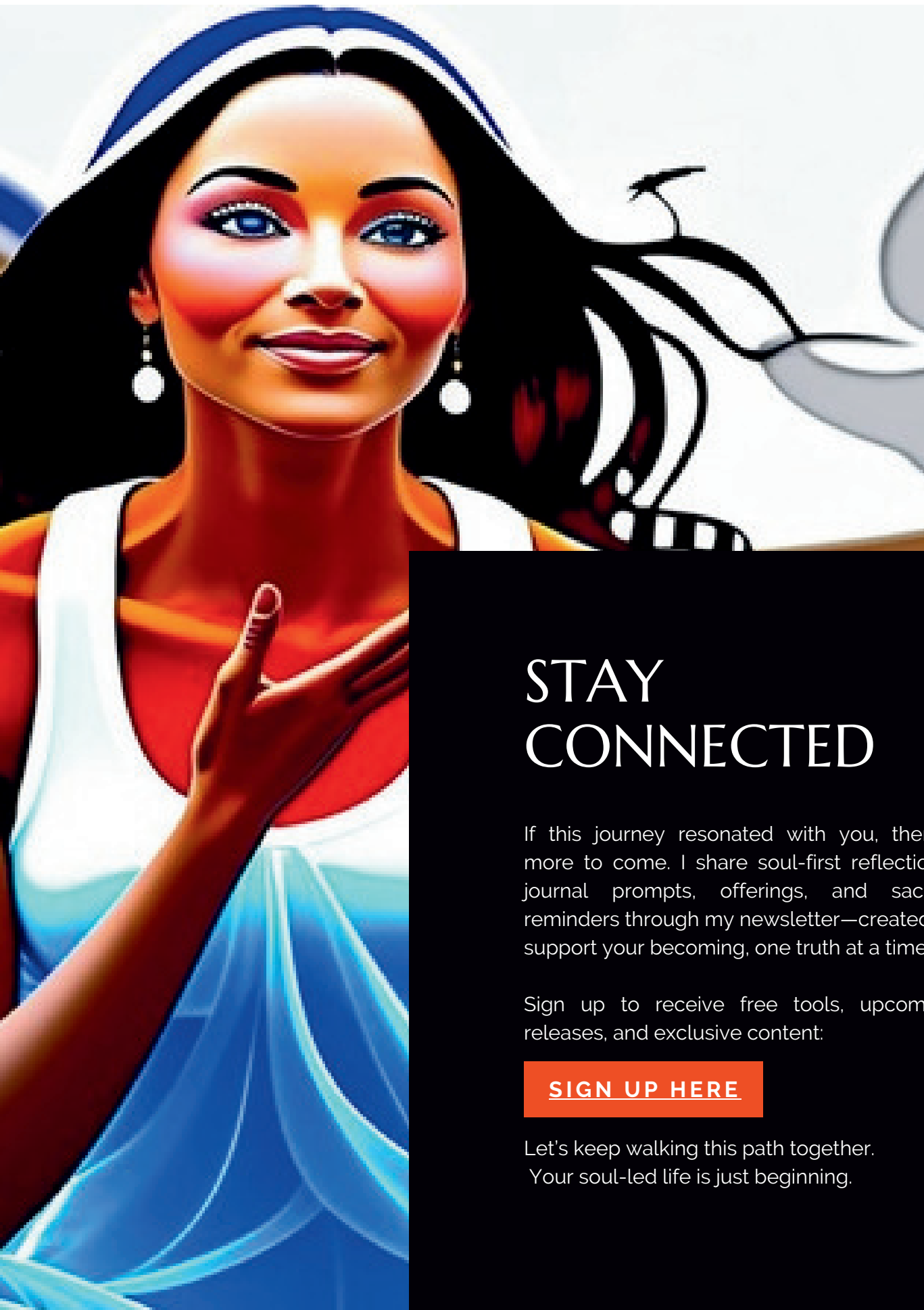
You don't have to be perfect.

You don't have to have it all figured out.

You just have to be willing to remember, again and again, that you carry a compass within.

And when you let your soul lead—you come home.





## STAY CONNECTED

If this journey resonated with you, there's more to come. I share soul-first reflections, journal prompts, offerings, and sacred reminders through my newsletter—created to support your becoming, one truth at a time.

Sign up to receive free tools, upcoming releases, and exclusive content:

[\*\*SIGN UP HERE\*\*](#)

Let's keep walking this path together.  
Your soul-led life is just beginning.

THANK YOU

# THANK YOU!

Thank you for showing up—for yourself, for your truth, for  
your becoming.

This journal isn't just pages—it's a portal.  
A return. A remembering.

May these words have held space for your soul.  
May you continue to rise—not with force, but with fierce  
devotion to who you truly are.

Keep listening. Keep leading soul-first.

With love,  
Nelia  
Founder of Carnelian Heart

