

SOUL-FIRST STARTER PACK



Welcome to the Soul-First Starter Kit

You made it here, and that means something.
You're not just seeking answers—you're remembering your truth.
You're not just surviving—you're ready to rebuild, soul-first.

My name is Nelia, founder of Carnelian Heart. I created this brand and this starter kit as an offering—for the ones who've held it all together, walked through the fire, and are now hearing the quiet call to come home to themselves.

This journey began for me in the aftermath of grief—after losing my mother and falling into a deep unraveling. In the dark night of the soul, I met the lioness within me. I remembered that truth is not something we earn—it's something we return to. And I knew I couldn't live from survival anymore.

That remembering became The Soul-First Way.
And now, it's yours too.

This kit is not a prescription. It's a portal.
An invitation back to presence, power, and self-leadership.
Use these tools however you need. Start small. Trust yourself.
There's no perfect way—only your way.

Nelia

How to Use this Kit

Each tool in this kit is here to help you reconnect with your spirit, soul, mind, and body—one breath, one word, one truth at a time.

1. Soul-First Spiral Journal Page

Use this printable tool to reflect on what's true for you across the four levels of the Soul-First Spiral: Spirit, Soul, Mind, Body. End each day with one aligned action.

2. Mini Soul-First Reflection Guide

This 3-step guide will help you understand the Soul-First philosophy, why it matters, and how to begin living it—gently and daily.

3. Daily Soul-First Alignment Page

Use in the morning or evening. Set an intention, check in with your emotions, and choose one small act that honours your truth.

4. Soul-First Affirmation Card Set

Print and cut these affirmations to keep beside your bed, on your mirror, or in your journal. Let them be gentle reminders when you forget who you are.

5. 10 Signs You're Ready to Rebuild From Soul, Not Survival

A short, powerful read to help you recognize when your soul is calling for change—and to remind you that you're not alone.

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NOT SURVIVAL



Soul-First Spiral *Journal Page*

A daily soul-check-in for alignment, clarity, and truth.

Use these pages to pause, reflect, and return to your center. You don't need to answer everything—just what calls to you. This is not about doing it right. It's about doing it soul-first.



BODY

What is my body communicating to me?

What does my body need to feel nurtured & supported?



MIND

What thought, story, or belief needs reframing?

What shift in perspective will bring me closer to my truth?



SOUL

What truth or desire is rising in me?

What emotion, need, or longing wants to be heard?

Soul-First Spiral *Journal Page*



SPIRIT

What divine message feels present for me today?

What whisper of guidance am I ready to receive?

Based on what I've uncovered, I choose to...

SOUL-LED ACTIONS



*"Your soul doesn't speak in pressure.
It whispers through peace, presence, and the pull to
return."*

Mini Soul-First Reflection Guide

A 3-Step Invitation:

Return to your truth.

STEP 1 WHAT SOUL-FIRST MEANS

Living Soul-First is not about perfection-it's about presence.

It's the daily decision to live from the inside out.

To lead with your soul, not your survival.

To stop performing for approval, and instead embody truth, alignment, and sacred fire.

SCUL-FIRST ASKS:

1. What's true for me beneath the noise?
2. What does my inner voice say, even if it's inconvenient or quiet?
3. What would it look like to honor that truth-today, in this moment?

Self-Reflection + Awareness:

[illegible]

Mini Soul-First Reflection Guide

A 3-Step Invitation:

Return to your truth.

STEP 2 WHY SOUL-FIRST MATTERS

In a world that rewards burnout, performance, and pretending... choosing soul is a revolution.

Soul-First Living matters because:

It brings you back to yourself—when the world pulls you away.

It reconnects you to your intuition, your values, and your voice.

It helps you navigate grief, change, growth, and uncertainty with integrity and grace.

SOUL-FIRST ASKS:

You stop asking, “*What should I do?*” and begin asking “*What is true for me now?*”

Self-Reflection + Awareness:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

4 *"When you live Soul-First, you don't just survive life-you co-create it."*

Mini Soul-First Reflection Guide

A 3-Step Invitation:

Return to your truth.

STEP 3 THE SOUL-FIRST RITUAL: A SACRED REALIGNMENT

This ritual is a simple yet potent practice you can use anytime you feel disconnected, overwhelmed, or unsure. You don't need fancy tools. You just need presence, intention, and willingness to listen inward.

STEP 1: ANCHOR THE BODY

Sit or stand tall & roll your shoulders back. Feel your feet on the ground or your hips in the seat & take 3 slow, deep breaths, inhaling through your nose and exhaling through your mouth.

Say silently or aloud:

"I am safe in this body. I am here now."

STEP 3: LISTEN TO THE SOUL

Bring both hands to your heart.

Close your eyes.

Ask quietly:

"What do I truly need right now?"

Wait for a word, image, or feeling to arise.

Trust whatever comes.

Whisper it to yourself like a sacred truth.

STEP 5: SOUL-LED ACTION

In your journal, write down one small act that honors what came through.

"Today, I will..."

Let this action become your anchor.

STEP 2: CLEAR THE MIND

Place one hand on your forehead or heart.

Notice what thoughts are present—not to fix them, but to name them.

Ask yourself:

"What story am I telling right now? Is it mine to keep?"

Imagine exhaling the thought like smoke, releasing it into the air.

STEP 4: OPEN TO SPIRIT

Lift your gaze or turn your palms upward.

Say:

"I open to what is greater. I am guided. I am supported."

Feel the connection to something larger—God, Creator, Source, Life.

Breathe it in.

STEP 6: CLOSING

Place your hands in prayer, over your heart, or palms to the earth.

Say softly:

"I return to myself. I return to truth. I return to soul."

You've just realigned—body, mind, soul, and spirit.

DAILY SOUL-FIRST *Alignment*

A sacred pause to start or end your day in truth, presence, and purpose.

Use this page to ground yourself, gently check in, and choose how you want to show up today, soul-first.

1. TODAY'S SOUL-FIRST INTENTION

One word or phrase to guide you. Examples: Stillness, Truth, Courage, Softness, Fire, Boundaries.

I choose to life from:

2. MORNING AFFIRMATION OR EVENING REFLECTION

Morning Example: *"I am supported in showing up fully."*

Evening Example: *"I gave what I could, and that is enough."*

My affirmation or truth today:

3. EMOTIONAL CHECK-IN

What are you feeling-without judgement?

I choose to live from:

4. WHAT I NEED RIGHT NOW

Identify a need [physical, emotional, or spiritual
e.g. hydration, movement, space]

My need today is:

SOUL-LED ACTION

Today, I don't need to get it all right. I just need to take one small action. progress, not perfection.

HOW'S YOUR ENERGY TODAY?



Low



Medium



High

HOW CLEAR ARE YOUR GOALS TODAY?



No Idea



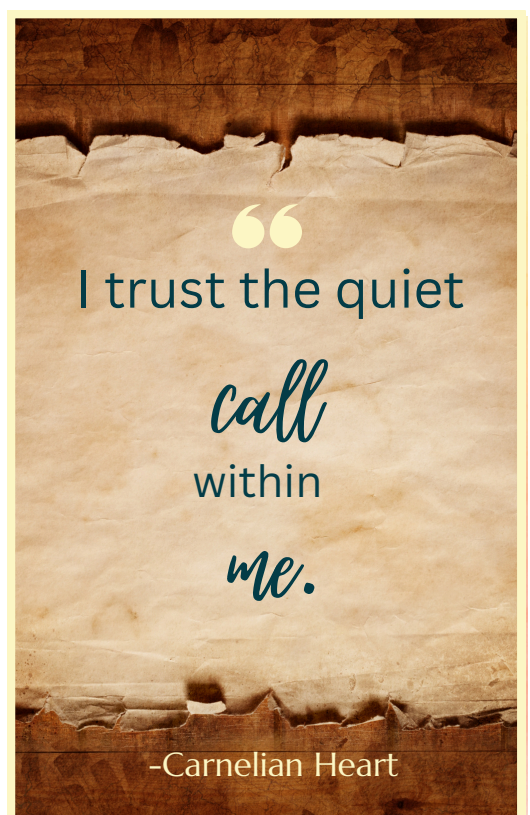
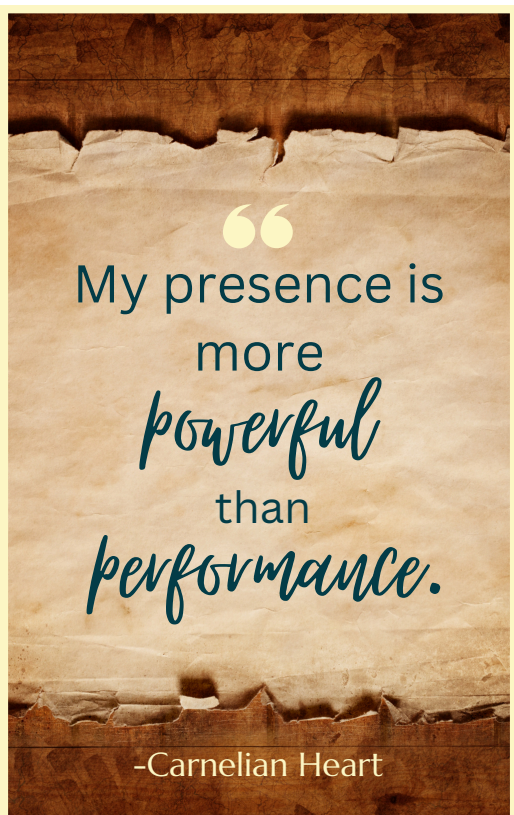
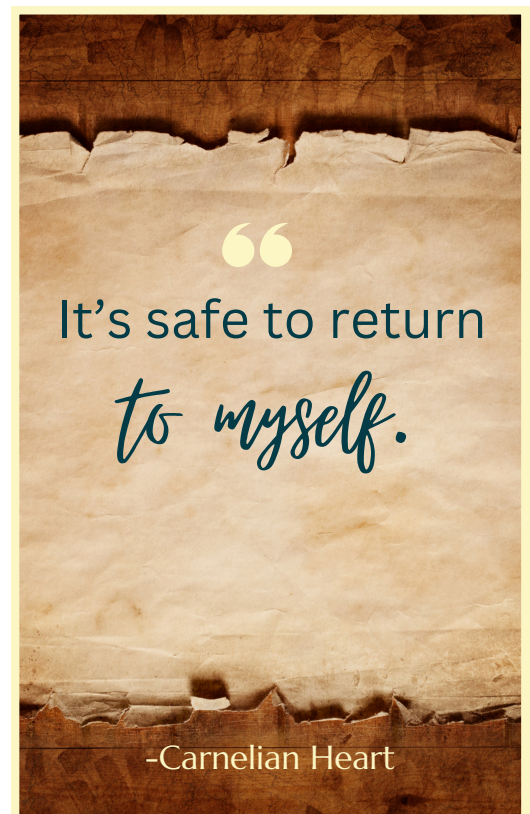
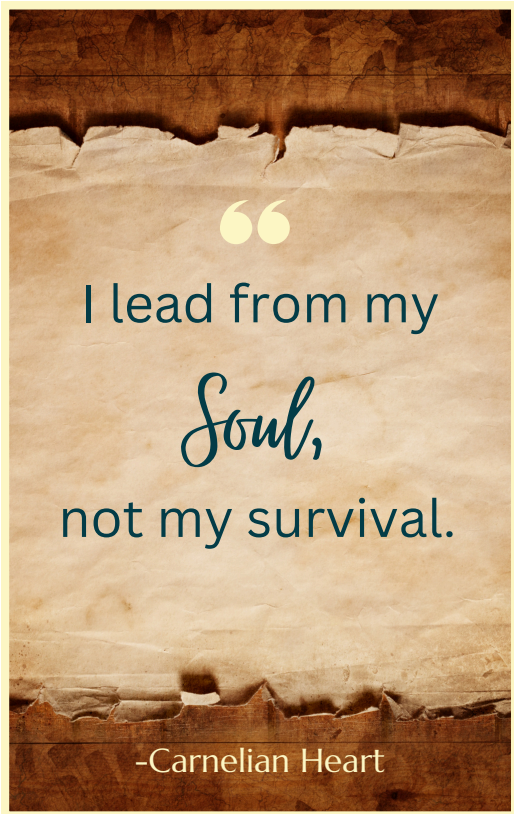
Clear



Very Clear

"Consistency isn't about doing more-it's about returning to what matters."

Soul-First Affirmation Card Set



10 Signs You're Ready to Rebuild From Soul, Not Survival

For the ones who've endured, held it all together, and are now hearing the quiet call to come home to themselves.

There comes a moment on every healing journey when the old ways stop working. Not because you've failed—but because you've outgrown the life that was built from endurance, not alignment.

Rebuilding from soul doesn't mean you have all the answers. It means you're ready to stop abandoning yourself to stay safe. Here are ten quiet (and sometimes messy) signs you're ready to rebuild from soul—not survival:

1. YOU FEEL EXHAUSTED FROM PERFORMING OR PROVING.

You've spent so long being the strong one, the responsible one, the one who keeps it all together—and now, even the idea of “keeping it together” feels heavy.

2. YOU CRAVE TRUTH MORE THAN VALIDATION.

Even when it's uncomfortable, you're done pretending. You want to feel real, not approved.

3. YOU'RE ASKING BIGGER QUESTIONS.

“What am I doing this for?”

“Who am I outside of this role?”

You're no longer content with just functioning—you want meaning.

4. YOUR NERVOUS SYSTEM IS DONE WITH BURNOUT.

Your body starts saying no before your mouth does. You can feel the cost of overextending—and you're finally listening.

5. YOU'RE DONE IGNORING YOUR INNER VOICE.

Even if it's quiet. Even if it's inconvenient. You know it's time to honor the whisper that's been waiting patiently beneath the noise.

10 Signs You're Ready to Rebuild

From Soul, Not Survival

For the ones who've endured, held it all together, and are now hearing the quiet call to come home to themselves.

6. SUCCESS WITHOUT ALIGNMENT NO LONGER SATISFIES YOU.

What used to look good on the outside doesn't feel good anymore. You're done chasing outcomes that don't feel like truth.

7. YOU'RE LEARNING TO PAUSE INSTEAD OF PUSH.

You don't want to hustle your way through healing. You want to create space. To listen. To choose.

8. YOU FEEL GRIEF FOR THE PARTS OF YOU THAT NEVER HAD SPACE TO BREATHE.

And you're no longer numbing that pain—you're letting it open you, soften you, return you.

9. YOU WANT TO LIVE IN RHYTHM, NOT REACTION.

You're learning to move from inner alignment, not external chaos. And while it's unfamiliar, it feels deeply right.

10. YOU'RE NOT INTERESTED IN FIXING YOURSELF—YOU'RE REMEMBERING YOURSELF.

This isn't about becoming someone else. It's about returning to who you've always been beneath the performance, pain, and pressure.

*"You're not here to rebuild the life that broke you.
You're here to remember the truth that will set
you free."*

THANK YOU

THANK YOU!

Thank you for saying yes to yourself.
For choosing presence over performance.
For beginning—imperfectly, soul-first.

You are not alone.
You are not behind.
You are becoming.

Welcome home.
— Nelia | Carnelian Heart



 [Carnelianheart.com](https://carnelianheart.com)  [@carnelian_heart](https://www.instagram.com/carnelian_heart)