

Business Soul Reflection Worksheet

Instructions: Use this worksheet to explore the energetic essence of your business. Set aside quiet time, light a candle or sip cacao, and let your insights flow.

1. Purpose & Essence

What is the deeper purpose behind my business or role?

If my business had a personality or spirit, how would I describe it?

2. Energy Flow

Where do I feel energetic flow in my business?

Where do I feel resistance or stagnation?

3. Communication & Connection

How do I communicate with my team or clients?

Does my style reflect their energetic language (affirmation, clarity, autonomy, etc.)?

4. Rituals & Alignment

What rituals or practices help me stay connected to the soul of my business?

How do I realign when things feel off?

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5. Soulful Success

What does “success” look like when viewed through a soulful lens?

What feels truly fulfilling and aligned?

6. Message & Resonance

What message does my business carry into the world?

Is it being heard clearly and authentically?