

your soul story.

I believe that the life that you lead is a gift – both to give and receive. Something you give and something you get.

I believe that the gifts of giving and receiving flow freely and ideally in your work. Actually especially your work.

I believe this because true bliss is the balance point of optimal pleasure + suffering (I'm referring to what you willingly suffer through, rather than what you needlessly suffer through – there's a distinct difference between the two). This is what it means to be truly engaged.

And your soul story is a profound insight into why you're here and what you're doing (since you are here).

Follow the method outlined here for discovering your soul story. Use paper (any size) and pen or marker or paint (to suit your fancy).

Note: When responding to the questions, reflect on the trajectory of your entire existence – the span of time from as far back as your body remembers to this very moment. **When you answer each question, respond with individual words in the affirmative.** I'll offer some key samples to help your understanding.

1. What do you struggle with most in life or find yourself coming up against that challenges you? Write your response as a list or in a cloud or cluster formation. Write as many or as few words as you wish.

For example, instead of writing "Trying not to be angry" use "peace" or "patience" or "understanding." Words that capture both the fulfillment and achievement of conquering, unravelling, dissolving and integrating what you struggle with.

2. What would you say you've been learning in your life? Assume that you exist with good reason and that your life is a curriculum comprised of practices, experiences, and trainings lived in your day-to-day. Remember to consider the overall trajectory of your life. Write your response as a list or in a cloud or cluster formation. Responding with single affirmative words is the goal.

3. Think about 1 to 3 things that you whole-heartedly, absolutely know that you love to do. These are the kinds of things that make you one with time and space – meaning that you lose track of time and space as being separate from you. “Time just flew” is something you might find yourself saying. List these three activities.

4. Reflect on these activities and write down what you receive from doing them. Write your response as a list or in a cloud or cluster formation. Single affirmative words are the goal once again.

5. Consider that to be alive is an act of powerfully desiring or craving something, which is why you persevere in life as you do. What do you crave? Write your response as a list or in a cloud or cluster formation. Respond with single affirmative words - please and thank you.

6. Consider that to be alive is an act of longing or yearning for something, which is what has compelled you to pursue what you have pursued throughout your life. What do you yearn for? Write your response as a list or in a cloud or cluster formation. Be affirmative and single-worded.

7. When someone spends time with you and you with them that feels synergistic, the interaction has a symbiotic, connective, and/or regenerative quality to it. In these moments, were you to give an assortment of single words to this energy exchange, what would they be? Write your response as a list or in a cloud or cluster formation.

8. Review all of your lists, clusters or clouds (this applies to all but question 3). Take in each word one by one and note, denote or distinguish all of the words from the collective list, cluster or cloud that “speak” to you. The words that you select over the others are the ones that feel more significant to you. They resonate more than the others. It feels like they’re choosing you.

We’ll call this collection of words your master list.

9.
 - a) Review your Master List and select 5 words that resonate the most.
 - b) From these 5 words select 3 words.
 - c) From these 3 words choose 1.
 - d) Write this word as a noun. For example: “Inspiring” becomes “Inspiration”.

10. a) Return to the Master List and select another 5 words (these may include the un-chosen words from question 9).
- b) From these 5 words choose 1.
- c) Write this word as an adjective. For example: "Challenge" becomes "challenging", "Joy" becomes "joyful".

Write your one word from 10c first and beside it write your one word from 9d.

This is your soul story.

Example soul stories: "Wondrous Love," "Inspiring Awe," "Aware Truth."

Let me know if you'd like some activities and questions to help you explore your two words. Also let me know if you come up with your own activities and insights as you live in conscious acknowledgement of your soul story (sabrina@makebelieveforreal.com).



Sabrina Ali is a Career Counselor that specializes in working with professionals and executives under 40. Located on Vancouver Island, she works with clients virtually around the world that want confidence and clarity to navigate their career path while being true to themselves. She holds a degree in Communications, studied in Sweden, was the Lead Facilitator delivering Canada's most holistic career curriculum, has spoken to audiences around the world, and is a quoted expert on Monster.com, US News and more. You're invited to visit MakeBelieveForReal.com for more.