

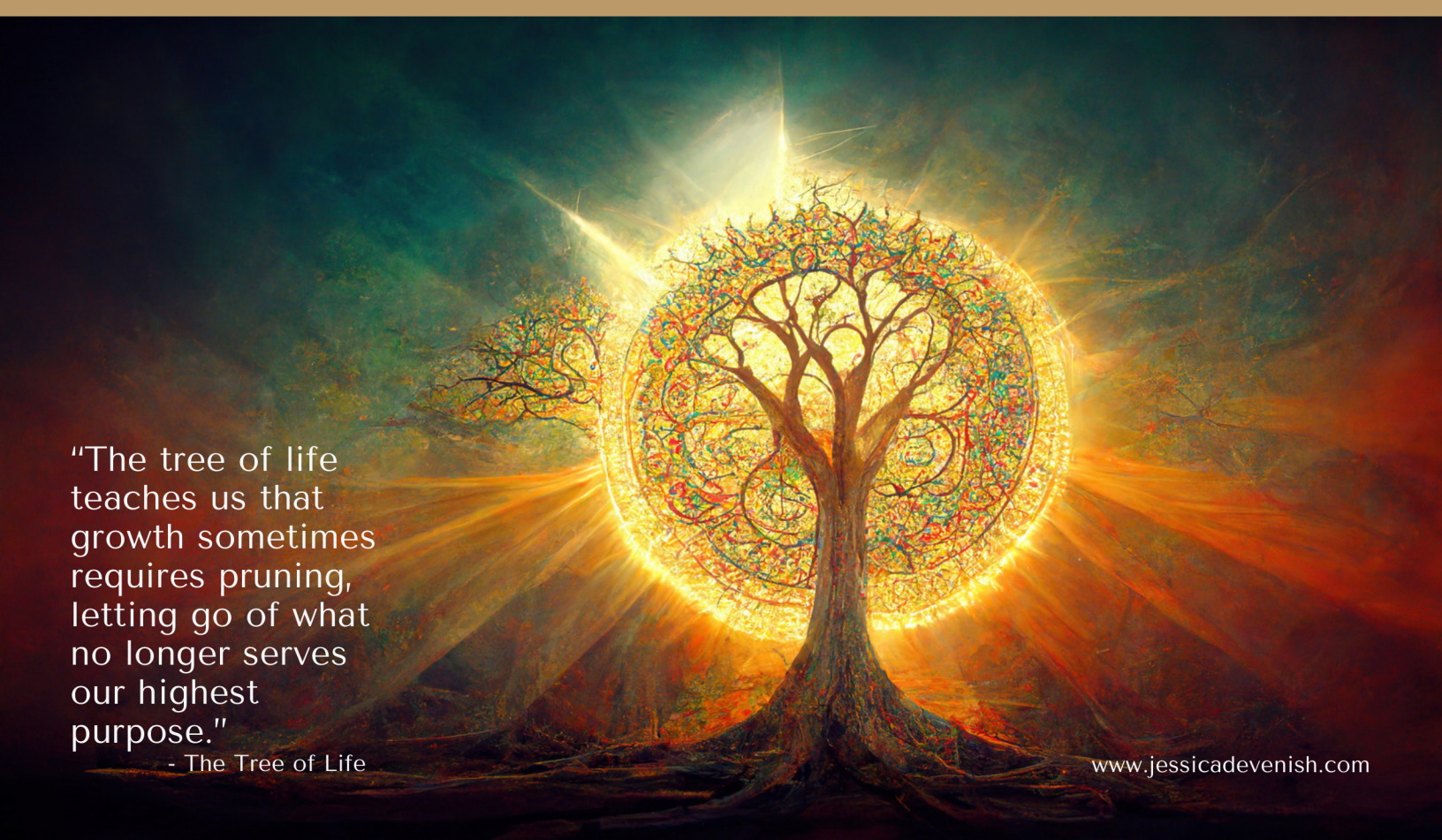
10-Step System on your
ROADMAP TO A
SOUL
LED LIFE
Guided by Gratitude and Abundance

"Align the light within & light without"

"The tree of life teaches us that growth sometimes requires pruning, letting go of what no longer serves our highest purpose."

- The Tree of Life

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WELCOME

Repetition creates mastery.

You must act on your own life. Be your own master creator.

The power of doing daily practices offers clarity and inner guidance to light you up and propel you forward with a deep sense of gratitude and abundance. My studies and experiences

have taught me that all of the soul whispers, ideas and guidance in the world lack the ability to ignite us within, without integrating them through grounded inspired action. Inspired action begins with repetition in our daily practices.

Daily practices begin with you choosing in to an abundant mindset and taking the first step.

Your first step could begin with you releasing the "what if's" and making room for the "what's next."

Staying open and curious to what's next is the roadmap to living a soul-led life. Where we find ourselves in harmony in creating a life by design. YOUR life by design.

Jessica





START HERE:

Living a soul-led life with gratitude and abundance involves aligning your actions, thoughts, and emotions with your true self and the positive aspects of life. Here are some principles and practices that can help you cultivate such a lifestyle:



1. Connect with Your Inner Self:

Take time for self-reflection and introspection to understand your values, passions, and desires. Practice mindfulness and meditation to connect with your inner self and gain clarity about your purpose.

2. Gratitude Practice:

Cultivate a daily gratitude practice by acknowledging and appreciating the positive aspects of your life. Keep a gratitude journal where you write down things you are thankful for each day.

3. Abundance Mindset:

Embrace an abundance mindset by focusing on what you have rather than what you lack. Avoid scarcity thinking and believe that there is more than enough for everyone.

4. Positive Affirmations:

Use positive affirmations to reinforce a positive and optimistic outlook on life. Repeat affirmations that align with your goals, values, and sense of abundance.

5. Follow Your Passion:

Identify and pursue activities that bring you joy and fulfillment. When you align your actions with your passions, you naturally create a more meaningful and satisfying life.



6. Practice Generosity:

Give back to others through acts of kindness, volunteering, or contributing to causes you believe in. Generosity creates a positive ripple effect, fostering a sense of abundance in your life.

7. Release Fear and Limiting Beliefs:

Identify and release limiting beliefs that may be holding you back. Confront and overcome fears that prevent you from fully embracing a soul-led and abundant life.

8. Surround Yourself with Positivity:

Choose to be around people who uplift and support you. Create a positive and inspiring environment that nurtures your soul and encourages growth.

9. Mindful Living:

Practice mindfulness in your daily activities, bringing your full attention to the present moment. Avoid dwelling on the past or worrying about the future.

10. Embrace Challenges as Opportunities:

View challenges as opportunities for growth and learning. Approach setbacks with resilience and a positive mindset.





REMEMBER

Living a soul-led life with gratitude and abundance is an ongoing journey. It involves continuous self-discovery, conscious choices, and a commitment to fostering a positive and fulfilling lifestyle.



*Ready to take the next step in
your own mastery?*

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