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*This month we will be using our Journal at our Monthly Soul Circle but you can take time also to do this after the class/replay class.*

*Your Body, Mind and Spirit can work in harmony with each other. What does this mean to you?*

*Do you feel your Body, Mind and Spirit are in flow with each other?*

*If yes, why? If no, why?*

*How often do you create space within the body for it to feel calm and balanced?*

*How often do you stop and listen to what your body needs and is asking you for?*

*Is your life in flow?*

*If yes…how does your body feel?*

*If no…how does your body feel?*

*Do you overthink?*

*Do you operate your life from your mind or your heart?*

*Do your thoughts hinder you or help you and why?*

*Is your mind creating space for you to thrive and flourish?*

*What do you believe your Soul is?*

*Do you listen to what your Soul wants for you?*

*My Soul is craving…*

*My Soul needs me to…*

*My Body, Mind and Spirit need what to work in harmony?*