



Nanci Deutsch
Inspired & Empowered Living™

Worksheet for Increasing Soul Qualities

1. Journal your experiences after doing the meditation on receiving self-love and compassion from your soul.

2. Journal your experience after the meditation on increasing your power and confidence from your soul.

3. Journal your experience after doing the meditation of increasing joy and gratitude from your soul.

4. Make a list of things you can do to nurture yourself and/or ways you can love yourself.

5. Make a list of things you can do that would bring you joy.

6. Make a list of things you are grateful for.

7. Journal about your experience after doing the meditation on forgiving yourself and another.