



*Priscilla Stephan*

Lead From Your Soul

## **Leading from Your Soul: Questions for reflection**

Take a few minutes to review the questions below.

Pick a topic or a question and start there. There is no right or wrong way to do this and no rush. Just trust your inner knowing and ask your body and Higher Self to support you in the process.

### **Self-care:**

1. What practices can I lean into to feel well in my life today?
2. What does well-being look and feel like on a daily basis?
3. What simple tweaks can I make in my schedule, routines and rituals to support, nourish and fuel my joy and well-being?

### **Boundaries:**

1. Where in my life and business am I saying yes, when I really want to say no?
2. What small changes can I make today to add more life-giving time and energy into my day?
3. What has stopped me from instilling stronger boundaries that work for me? How can I reframe this so I put my needs first (and trust that we all win as a result)?

### **Speaking up & Choosing You:**

1. What conversations am I avoiding having? Make a list and commit to having one this coming week.
2. How will having these conversations support the life I desire to lead?
3. If speaking up is a challenge for you, how can you reframe your perception and fears and see this as a win-win opportunity? Remember that how another person reacts is not your business. Your concern is to follow what's true for you.



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## Wholeness

1. How do I value myself besides the external markers (accolades, money, titles, possessions, personal traits) I may rely on to validate my sense of worth?
2. Do you have a practice to connect with your yourself and a higher power (for example meditation, yoga, etc)?
3. Regardless of how others value you, what's your perception of yourself? Do you find yourself striving or proving your value and worth to others and through your work? What could change if you sourced your sense of worth from within yourself instead?

## Leading from within: Practicing stillness and getting quiet

1. How do you unplug and listen to your inner voice daily? If you don't yet have a practice, what would you like to start doing (even if you think you don't have the time for it!!)?
2. How can practicing stillness regularly enhance your life? Write down a few of these and pick one to start within the coming week.

## Bonus questions:

What and who in my life currently brings me JOY?

When are the times I feel FULL and NOURISHED?

What is my relationship to the Universe? Friend or foe?

Great work!

Remember to be kind with yourself. This process is about practice, not perfection or arriving at a particular destination.