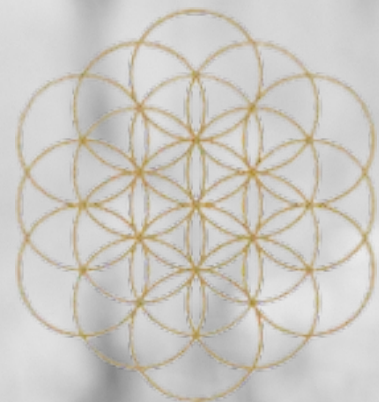




Soul Time

How to Create & Run your
Business and Life Aligned with
Soul



Soul-Time

You're seeking a new relationship with time.

You're craving to ditch Busyness.

You're craving flow and freedom.

You are ready to go from Busi-ness to Soul-ness.

Creating your business/es as an expression of your
Soul.

Creating a life that is Soul-Infused.

You know that there is a better way to create, design,
run and operate your business/es.

You crave Soul-Aligned Business Strategy & Soul-
Aligned Solutions.

This is your portal Sister!

Dive into this playbook and be deliciously surprised
with what you now create and design.

Blessings and Love,

Alexandra

What is Soul-Time?

It is living in and from Creative Ecstasy.

Your true power of creation lies within the creative process. It's time to take your focus off your outside world (your creation) and put it on yourself (the creator) and the creative process.

It is time to create your daily and business life anew, aligned with the impulse of your Soul.

This is the creative process.

Listening to what inspires you, what enhances joy, what lights you up, what pulls you, what you simply want & desire to engage in.

You no longer engage in the activities and that drain you energy, you no longer build relationships with people who aren't aligned with your new energy.

You are being called to become fierce with what you are in relationship with.

Are you in relation with your Soul, your visions, your desires – LOVE?...

Or are you in relation with rules, limitation and conditions that you have been told you should be, ways of being, doing and acting that society has told you is the way to do things and conduct yourself?

In this playbook you are going to dive into the deliciousness of the creative process, so you can start accessing, aligning and moving from what is your truth.

The life of Soul in form awaits you; all that is required of you is to say "HELL YES".

Everything that matters deepens, and you will discover that you have all the time you need to accomplish that which is aligned with your SOUL.

Nothing will get left behind, you will not drop balls, that don't need to be dropped, you will still fulfill your responsibilities, because when you are guided by Soul everything that MATTERS is attended to.

What gets left behind are the things that aren't aligned with your Divine Purpose.

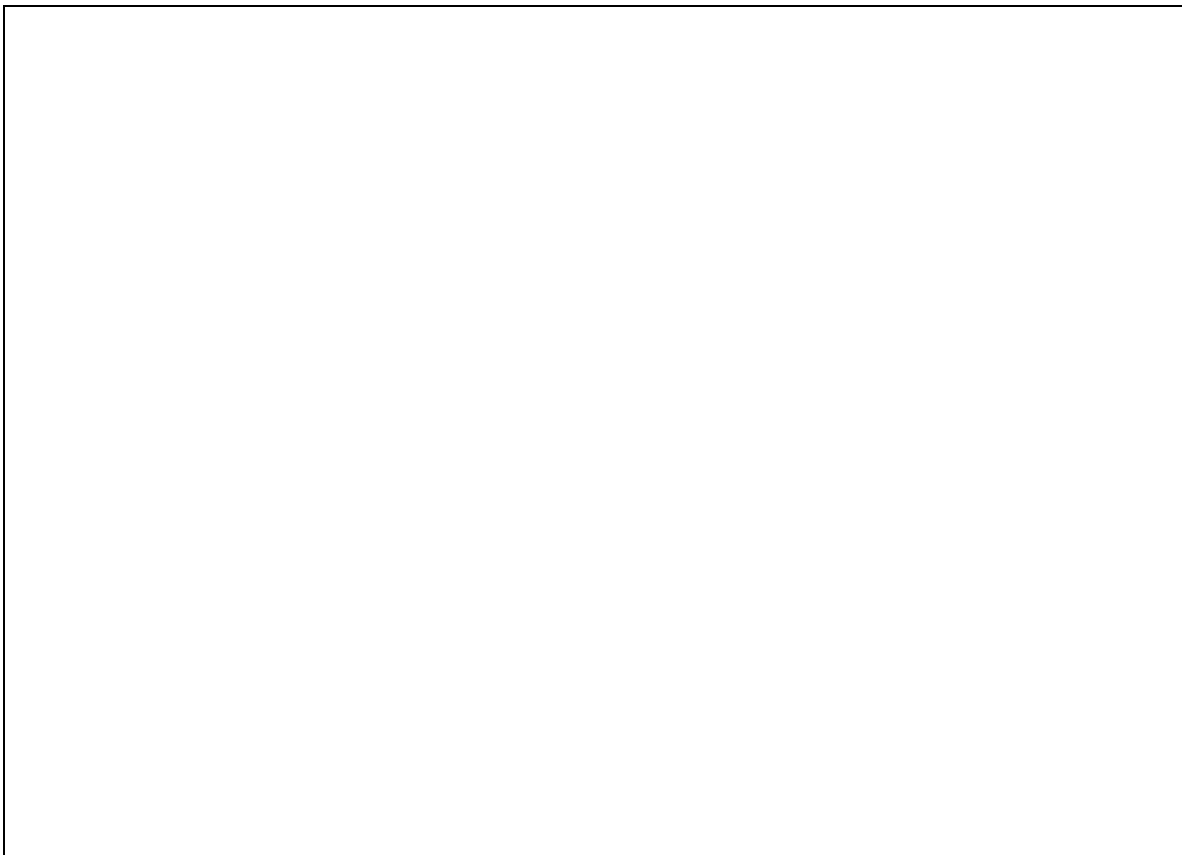
Lets dive in Sister



*What if you lived only from your Soul's
impulses?*

First, you are going to claim this open-hearted exploration as yours, something that you have chosen to fully engage with, and a process that you are saying "YES" to.

Write your statement of devotion & agreement below:

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What does Soul Impulse mean to you? Download everything that comes to your mind.

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Do you desire to create your daily business and life anew, only engaging with that which brings you joy, lights you up, and is inspired action?

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Do you believe at this point on your journey that this way of doing business and living is possible? What comes up for you? Be honest, raw and real with yourself.

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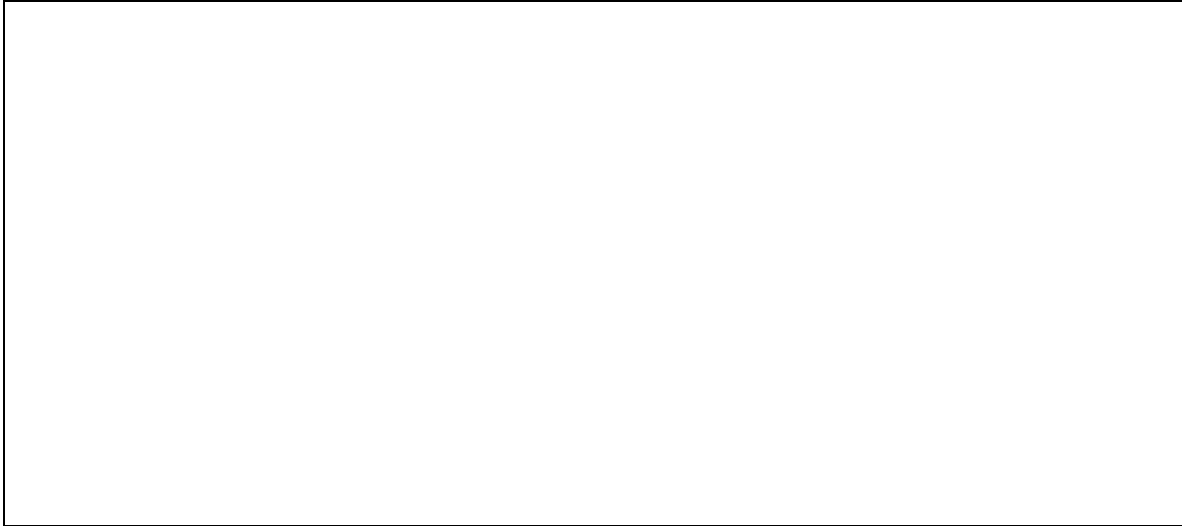
If you believe that this is possible, do you believe it is possible for you? Do you believe that you deserve this type of business and life?

Be raw and real, and please don't judge what comes through for you. Allow yourself the grace to get to know yourself deeply, and the rules that you have been running for years.

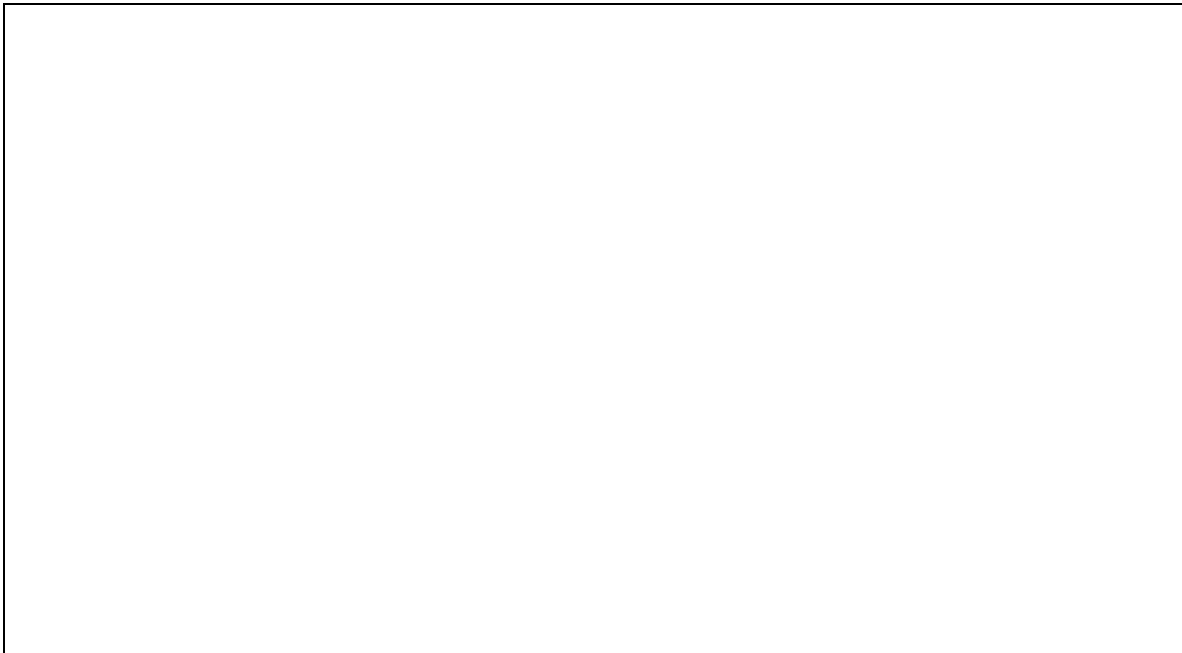
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What if this way of doing business and living was possible?

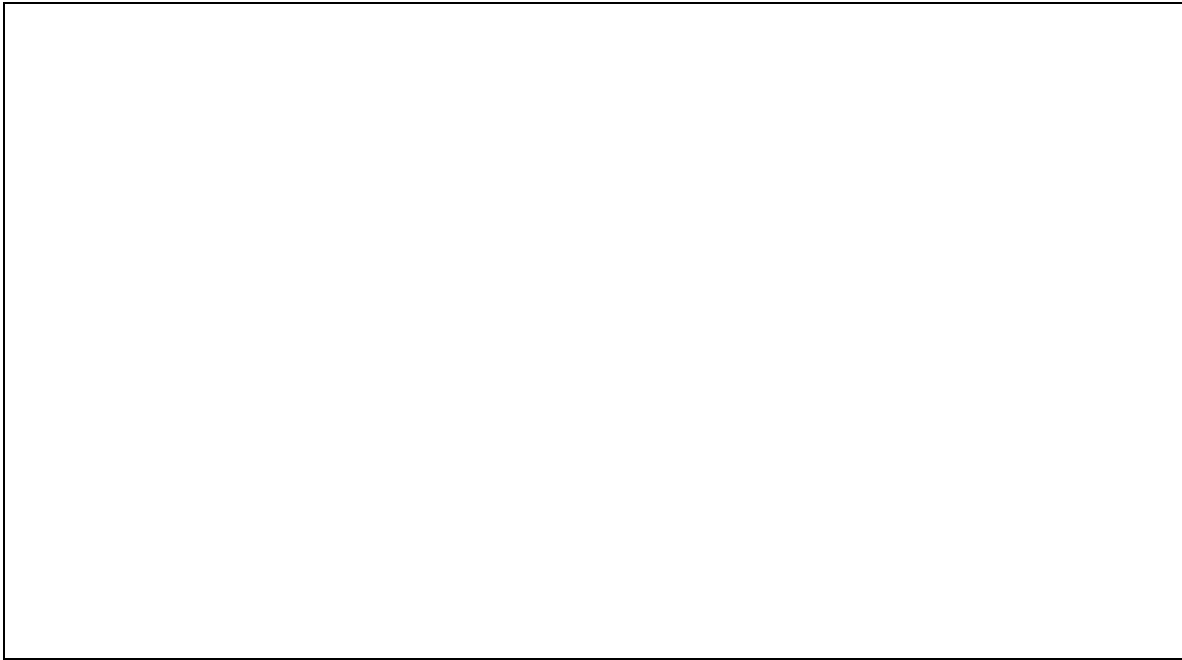
What would it feel like?

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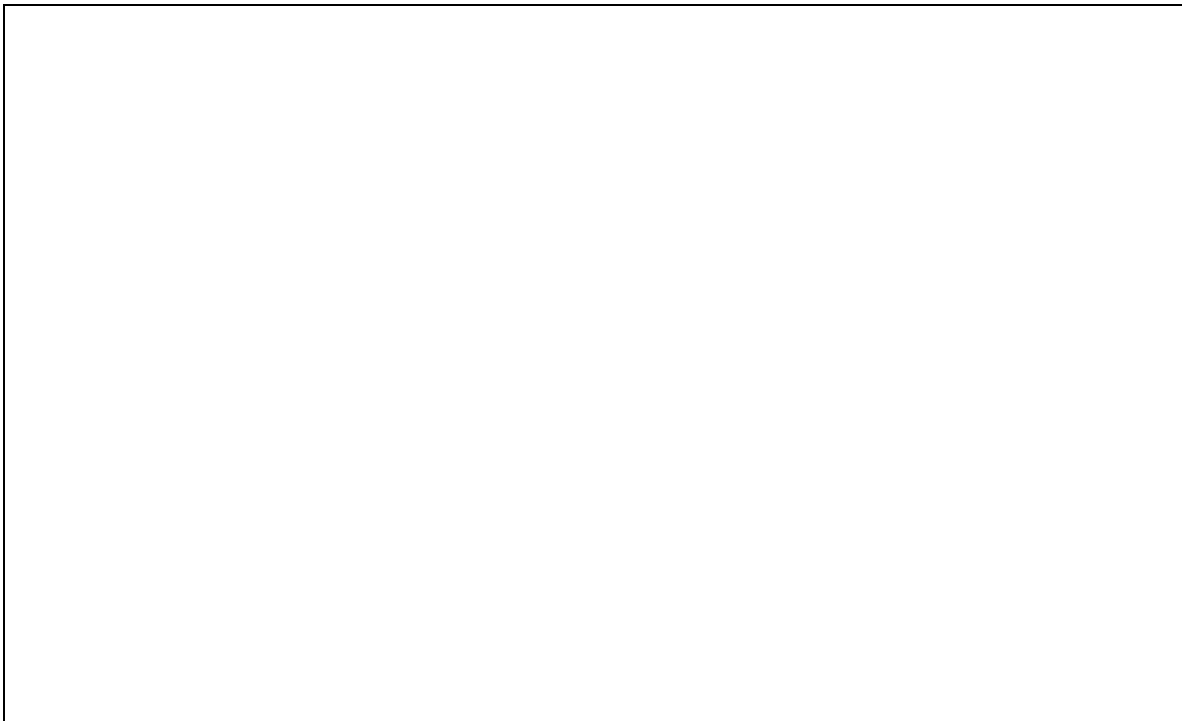
What would it look like for you?

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What would you do differently?



What would you not be doing that you currently are?



What would you still be doing and engaging with that you currently are?

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How would that feel to you? What would state of being would it enhance?

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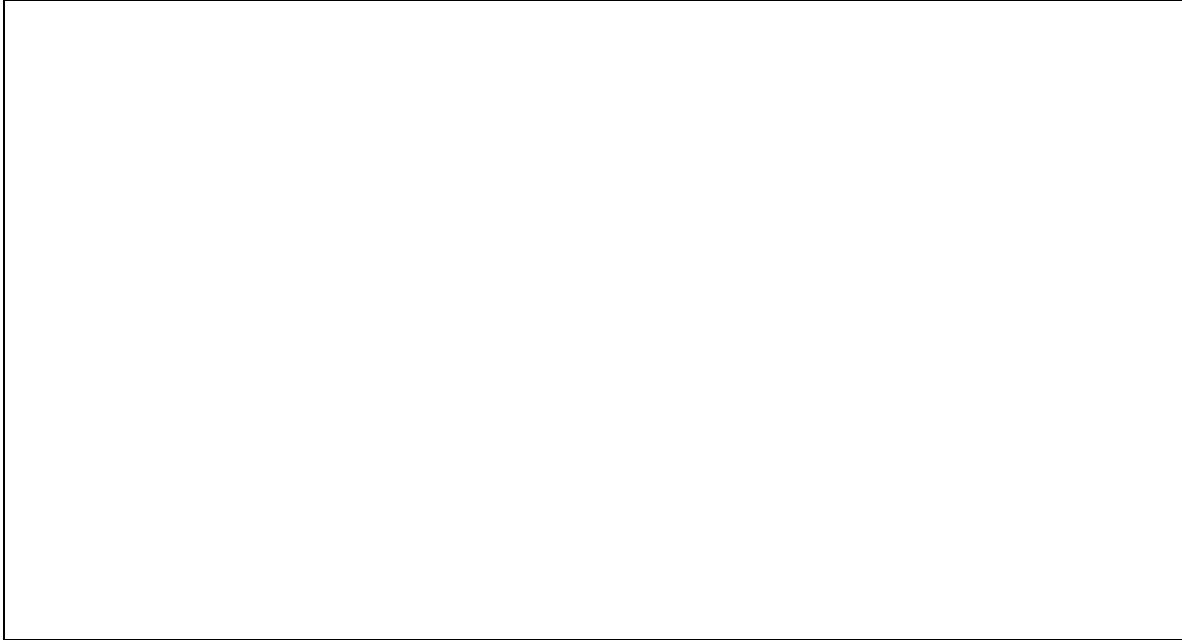
Would you treat yourself differently? If so, how?
How would you relate to yourself?

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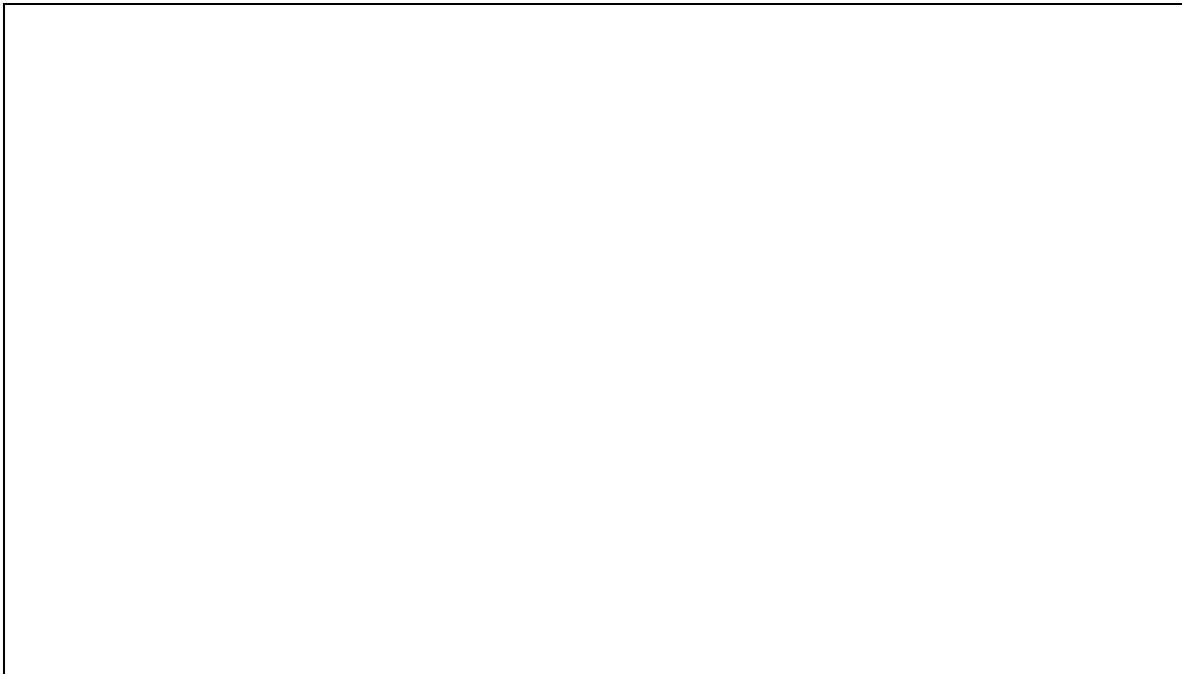
Would you shift your currently relationships? Would you show up differently? How would you be in relationship with others? Would you relate to others in different ways?

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What would you say, "NO" to that you have been saying,
"YES" to?

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What would you say, "YES" to that you have been saying,
"NO" to?

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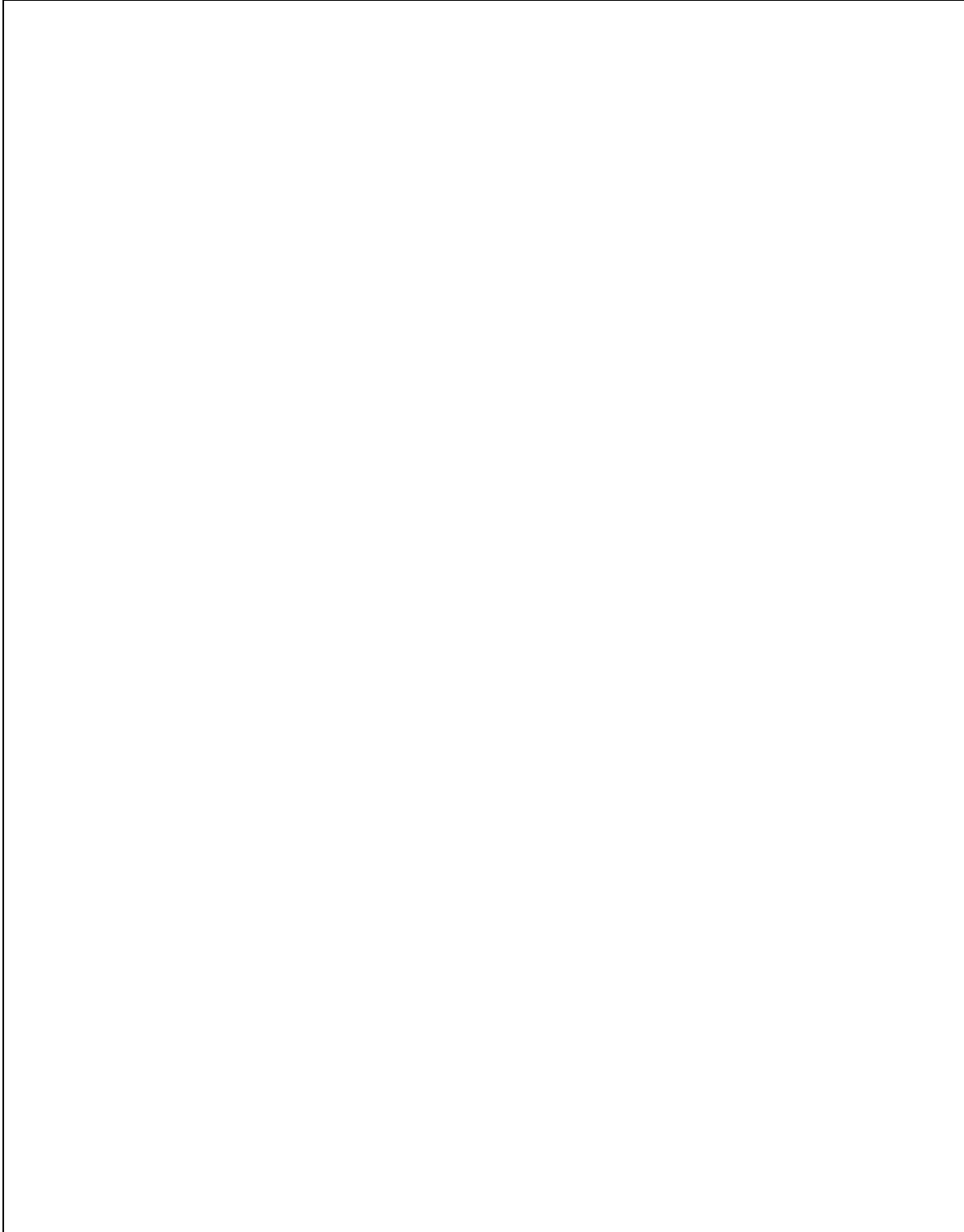
What would you say "YES" to that you have been pushing aside, ignoring, and simply rejecting?

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What if you did only create, design and run your life and business from Soul-desires and Soul-Impulses? What would be the new rules that you would create?

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Who is this woman that live and does business in this way?



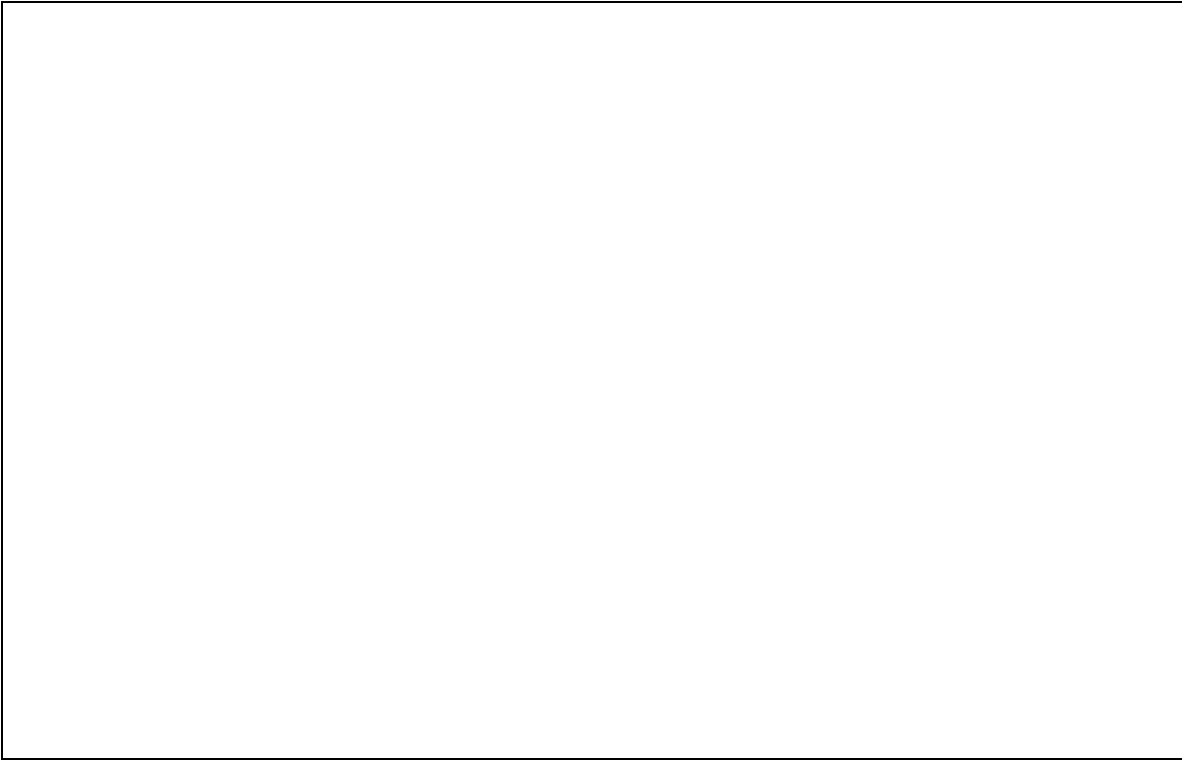
What does she think about herself?

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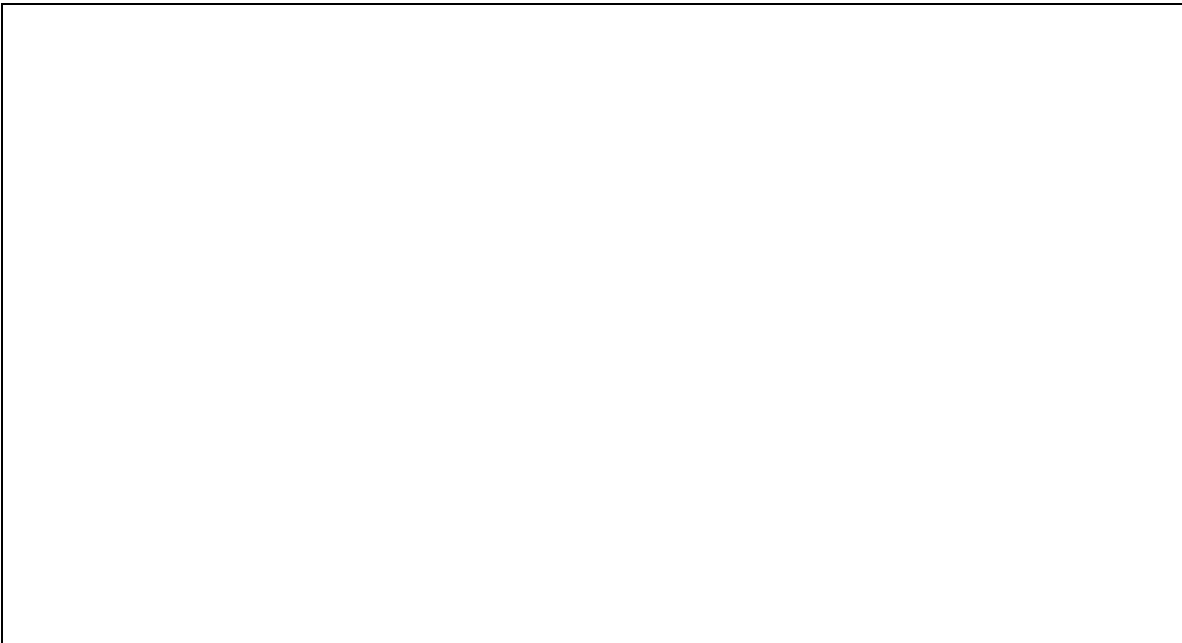
How is she in relationship with others?

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How does she show up for herself?

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How does she show up inside her business?

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Does she trust herself?
If so, what does that look like and how does she conduct herself differently in her business and life?

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Does she believe in herself?
If so, in what ways does she believe in herself? How does that shift the way that she creates, designs and operates her business and life?

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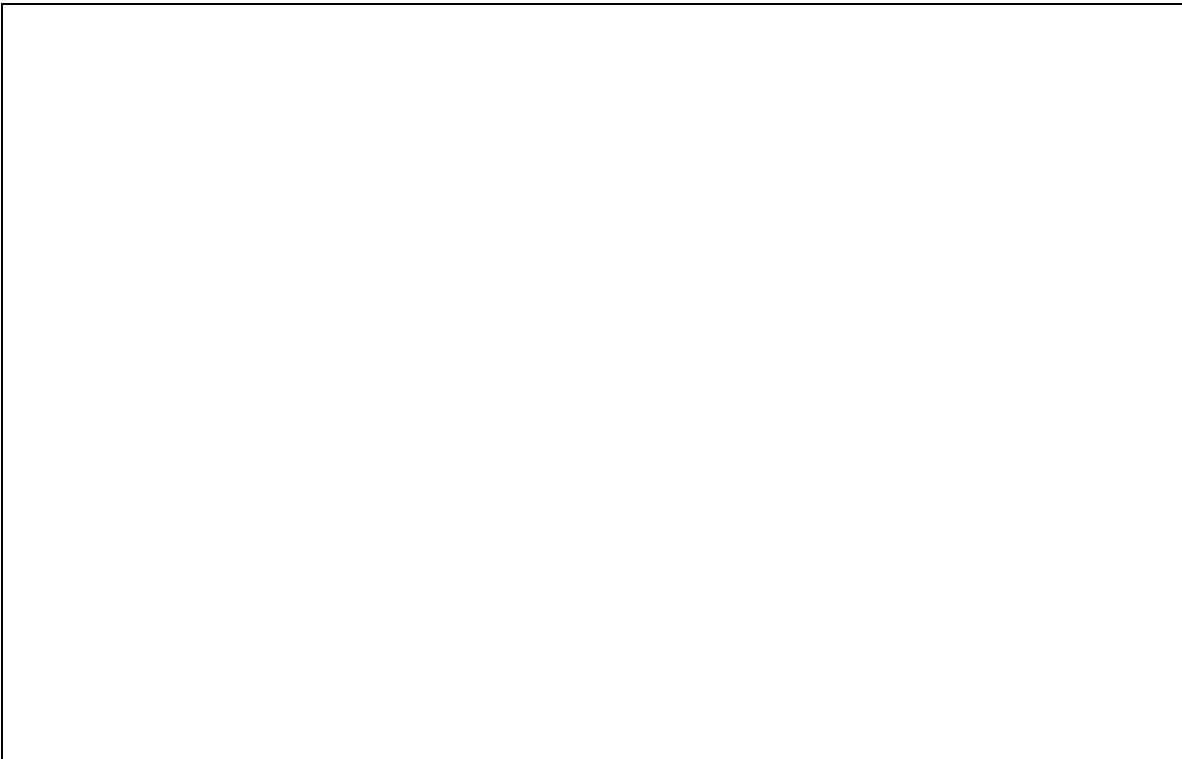
Does she appreciate and value herself?
If so, in what ways and how does that express it's self?

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What does she think about herself?

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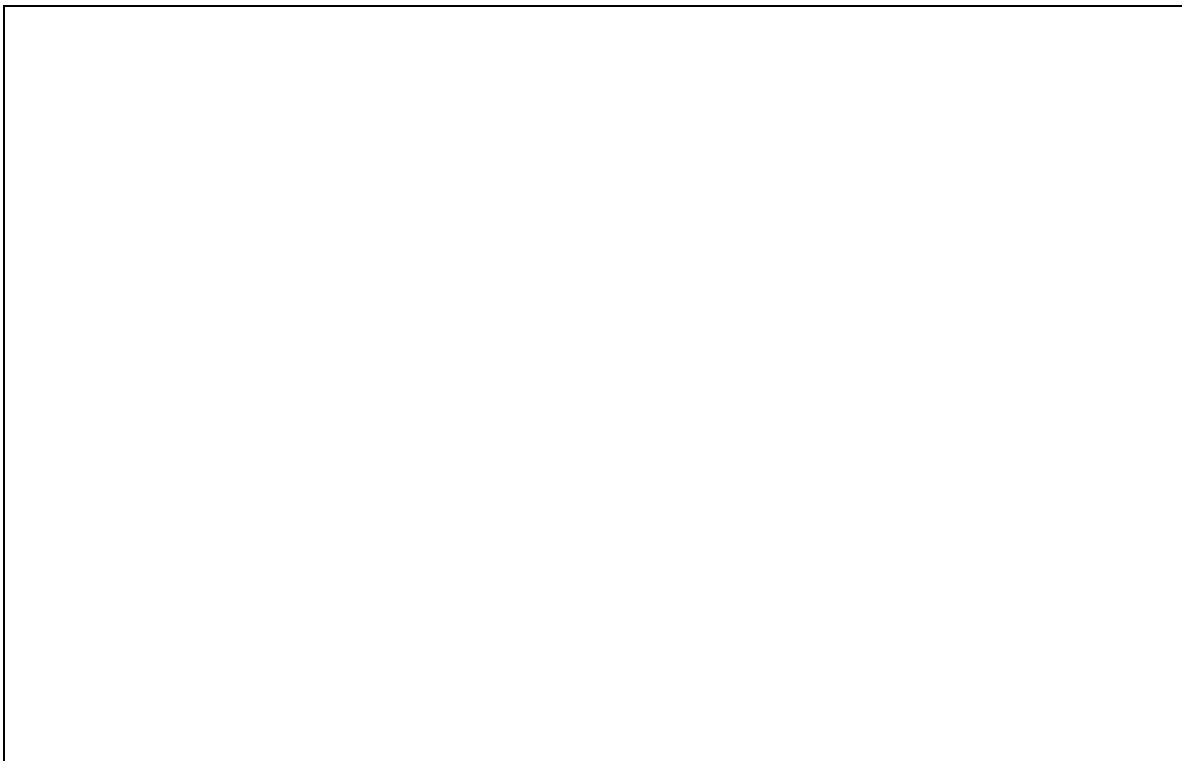
How does she feel about her business and life?

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What type of relationships does she nurture and choose?



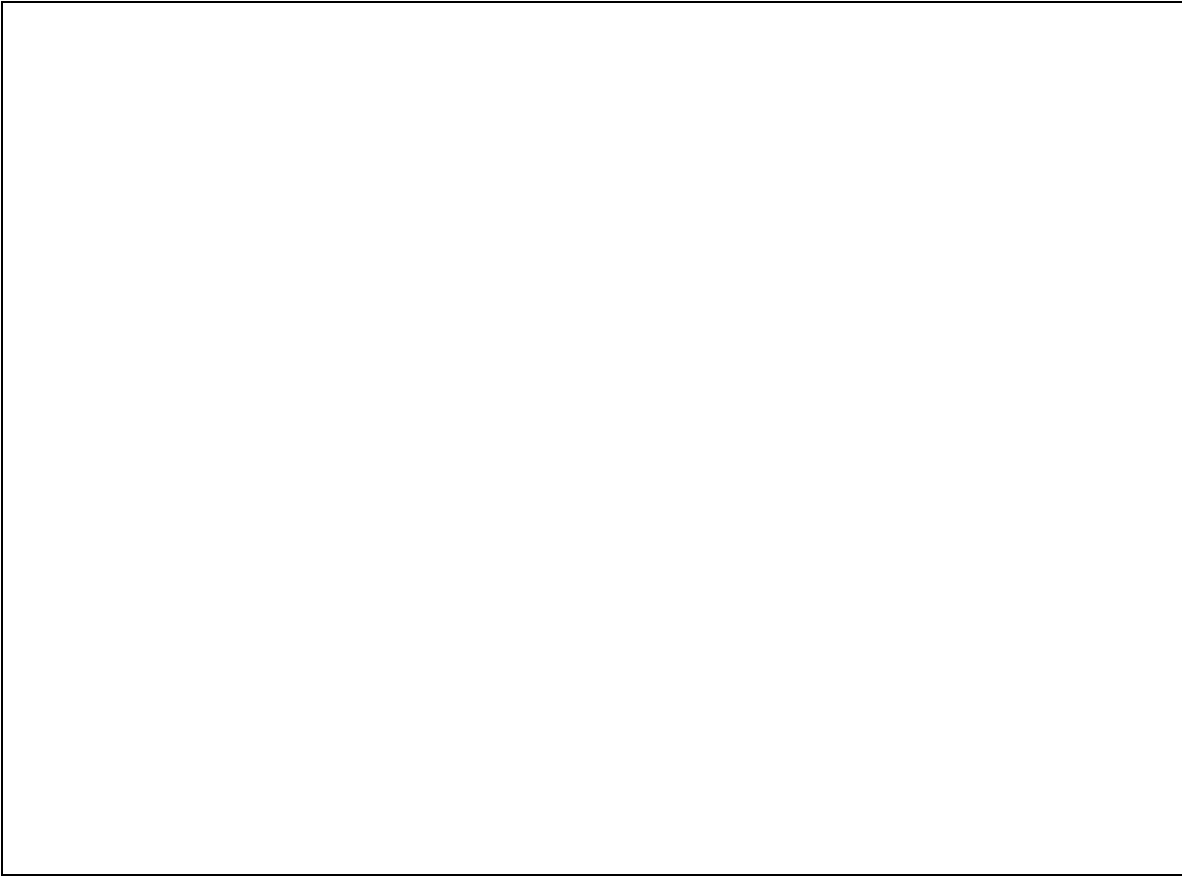
What is her relationship like with herself? How well does she know herself?



If she is the rule-maker and the rule-breaker of her business and life, what rules does she choose?

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What does a day look and feel like for her?

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What visions does she have?

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What is her Soul craving?

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How does she say "YES" to herself?

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Does she organize her day? If so, how does she do this?
Does she have to-do-lists, or not?

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What structures and practices does she have that nurtures and supports her?

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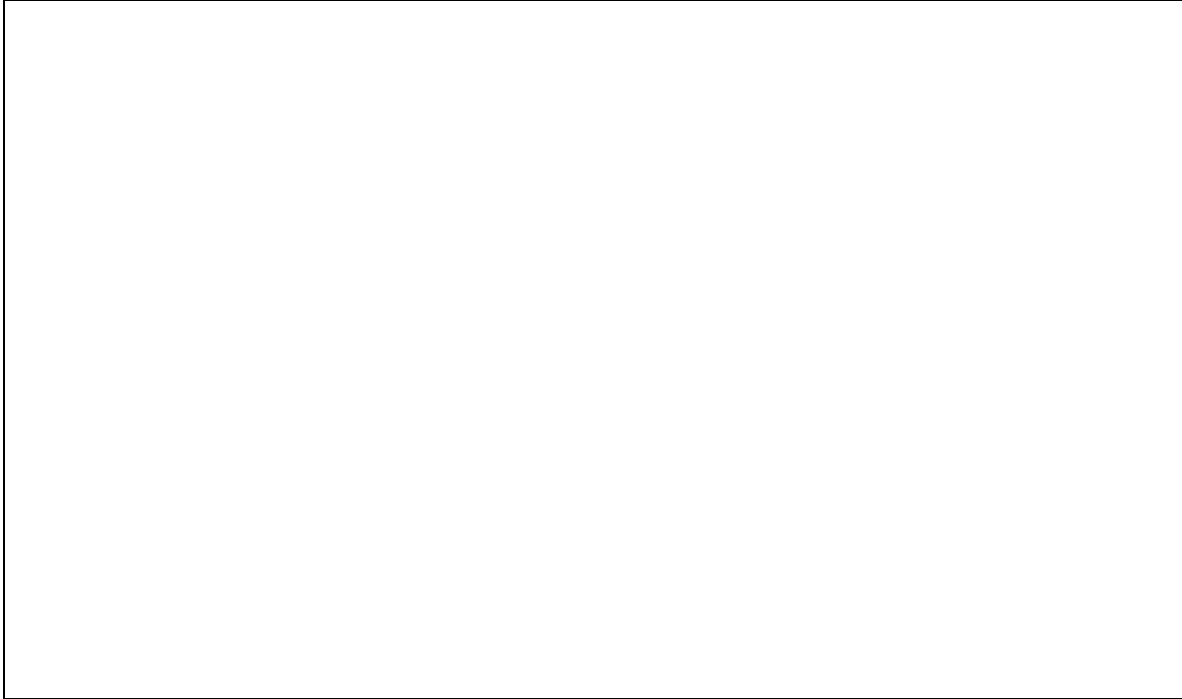
What is her self-care look and feel like?

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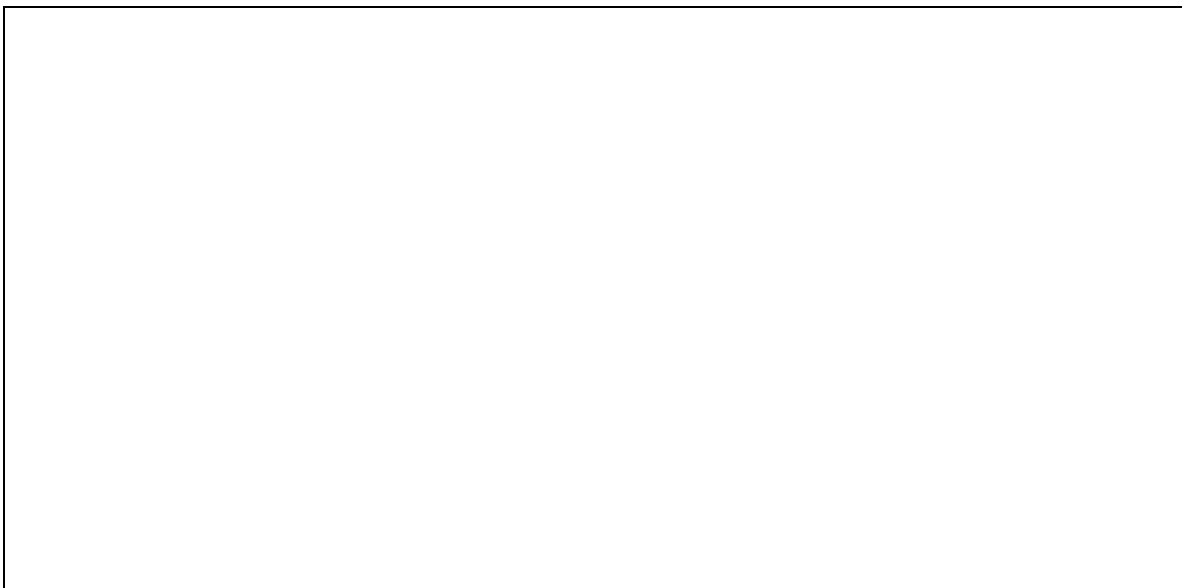
What states of being does she enhance?
What feeling states are non-negotiables for her?

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What is her Divine purpose and mission in this life? What is her Soul calling her to?

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What channels (businesses and ventures) does you choose to pour her gifts into?

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How much money does she make through her business/es?

And why?

What does she channel this money into?

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What are her desires? What are her cravings?

What does she long for?

Does she allow herself to receive and say "YES" to them
even when she has no idea of the 'How'?

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Does she always have time and money for all her desires
and Soul-Impulses?

Does she prioritize them?

Does she know and trust that as she follows them
everything she requires for the manifestation of them will
be popped into her field?

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What are her beliefs?

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How does she feel in her body?
How does she receive her Souls-aligned solutions and
guidance?

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What is her sex life like?
Does she allow herself pleasure?

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What pleasures does she gift herself?

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How does she access her soul?

Does she dance, journal, meditate, speak out loud, ask living questions, pull cards, move her body etc?

When is her guidance the strongest?

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Now you have played with all of this from a space of 'What if', it's now time read it all and put it all together.

Write about this woman and her business and life through the lense of Soul.

You are currently in an expanded state and you now get to choose whether you are ready to claim this woman as you. Because she is you, she is just the next level expanded, turned on, tapped in version of you.

She has always been you and will always be you. It's your choice whether you say "YES" to her now that you are aware of her.

Remember you are always accessing the next level of yourself, you are always deepening into Soul, and as you do that you become a more refined version of yourself and you will discover your Truest, Greatest and most Powerful expression of yourself.

You are majestic, magnetic, exceptional, beautiful, wealthy, abundant, and so FUCKING POWERFUL.

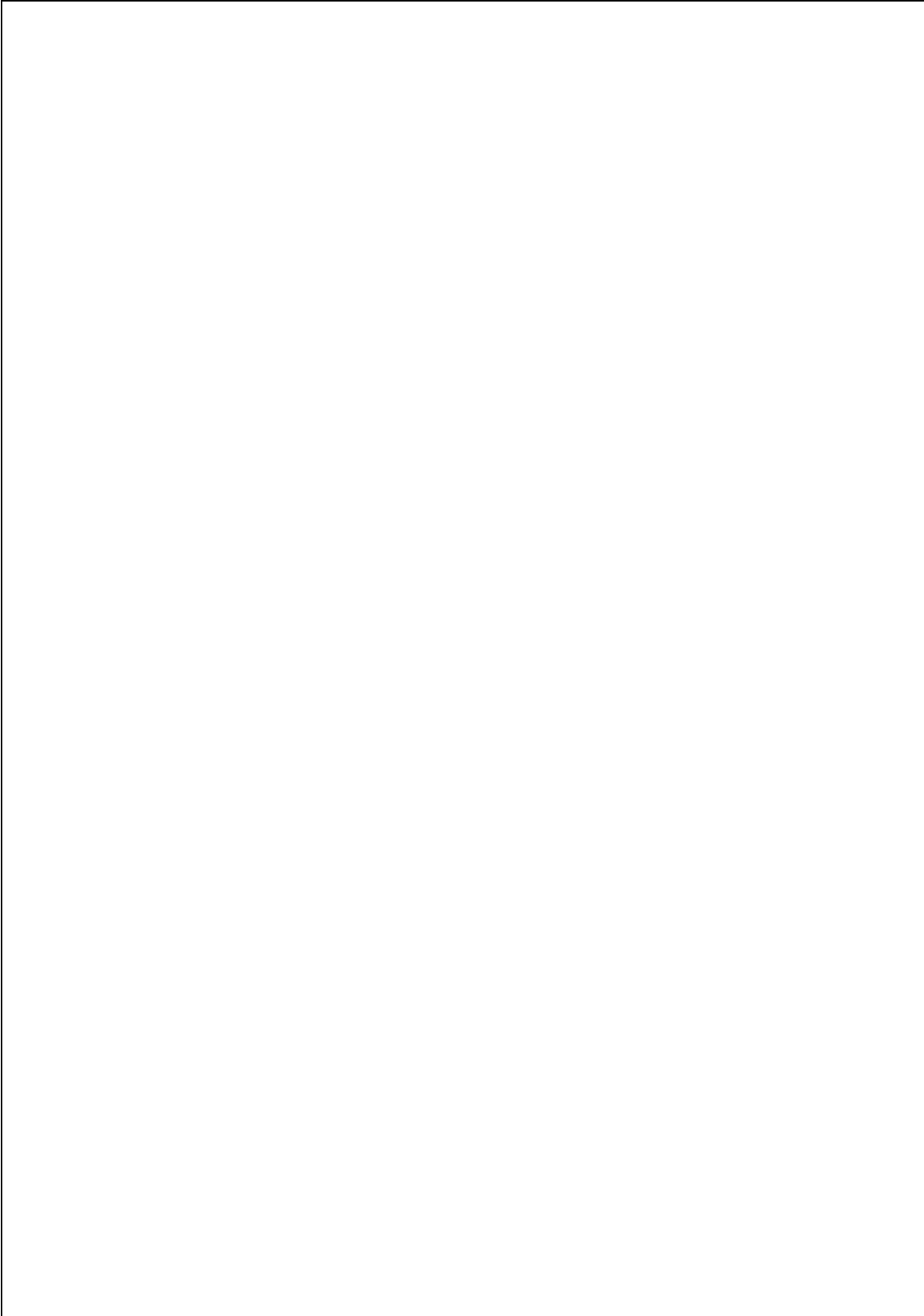
YOU ARE LOVE IN FORM
YOU ARE SOUL IN FORM
YOU ARE THE POWER OF CREATION MANIFESTED
YOU ARE INFINITE
I LOVE & ADORE YOU

Now is the time to put all of what you have accessed into one place...

Write about her, her life, her business, her feelings, thoughts, beliefs, her soul's expression, her soul's truth, her chosen rules, and what she pours into this world.

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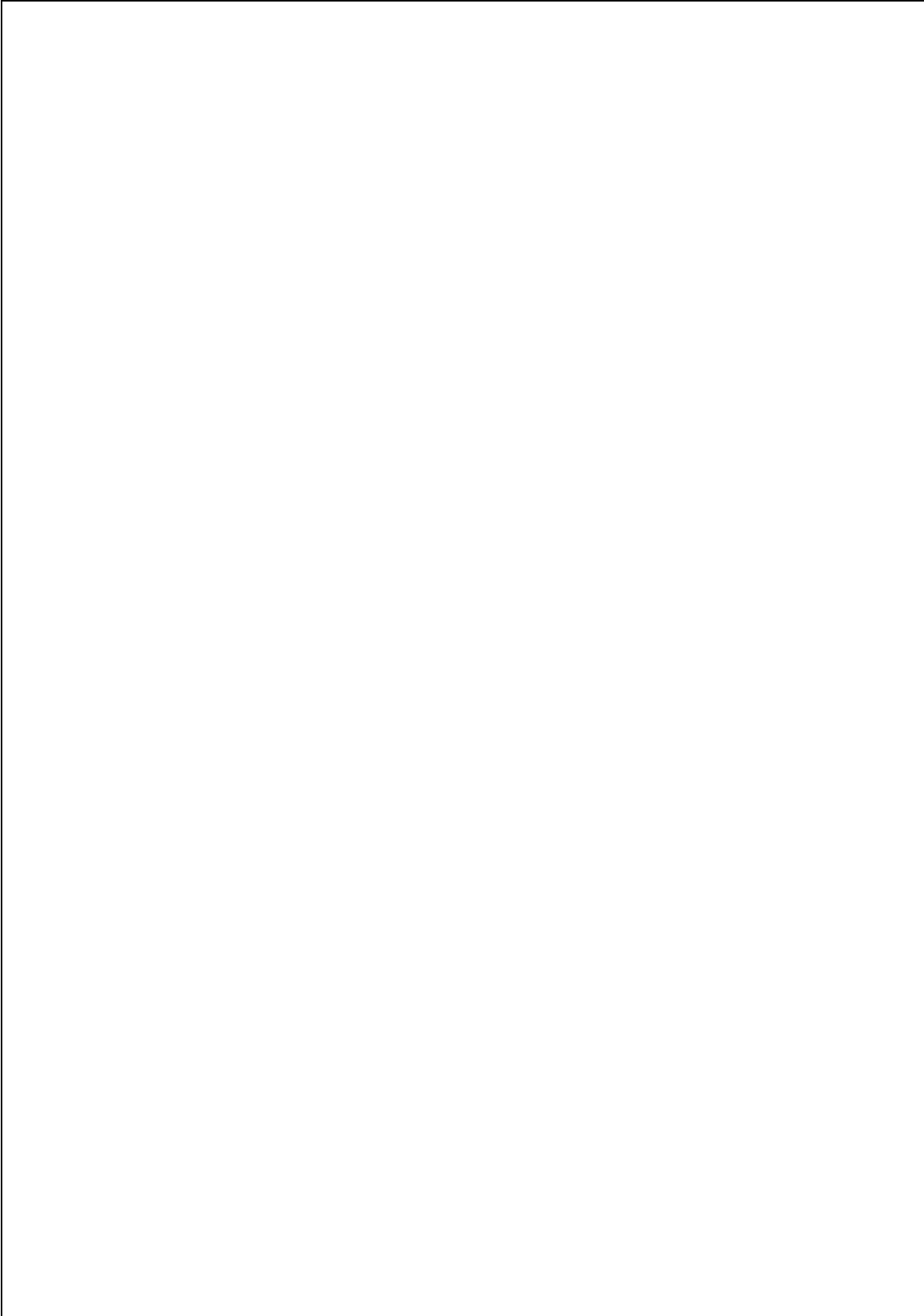


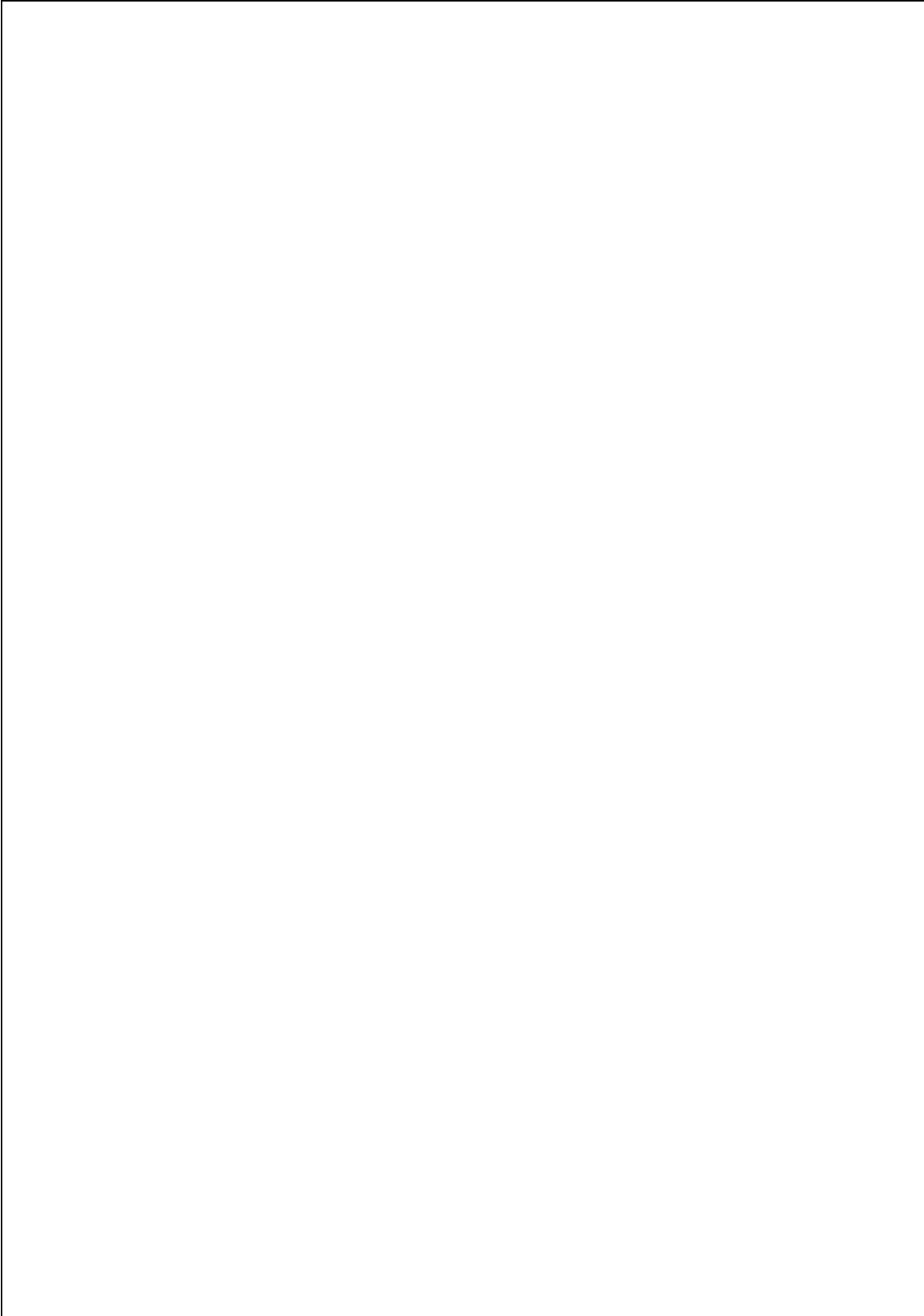
Now you have done that, it's time to claim her as yours, if that is what you desire...

You claim her by stating everything that you wrote above that resonates with you from a place of "I am", "My life", "My business", etc.

Have fun with this, and deepen into your body as you do this to feel the truth resonate throughout your very being. As you feel it, know the simple truth that it is done, you have claimed her and said "YES", to your next level of your SOUL's expression.

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It is done!

You are her!

Now start designing your day tomorrow from this place.

Congratulations sister!

If you feel so inspired please share all of what you uncovered, remembered and discovered with me and your Sister's in The Society.

Blessings and love,

Alexandra

XXX