



## Our Choice Life Approach™

### S.O.U.L. Practice™:

**We simply suggest that you start each day by allowing 15 minutes**

**to read the following 4-steps S.O.U.L™ practice:**

Our S.O.U.L. practice™ is part of our Choice Life Approach™ process supporting our model and strategy. It accompanies you on a daily basis by helping you to stay true to your individuality – your purpose and passions in life. It helps you keep an open mind, reminds you to make choices and take actions based on your values, and last but not least, to welcome change as a means of bringing happiness into your life.

<b>Step #1:</b>	Simply sit in silence and notice your thoughts as you wake up. Complete your daily life planner. This will help you set your day. It will help you create a new positive and healthy behaviour. One that will begin to have a ripple effect on other behaviours. Allow 15 minutes for step 1 to 4. At first, it may take you a little longer.
<b>Step #2:</b>	Open your mind to what you want in life in order to feel happy in life. Without going into details, just imagine the endless possibilities and how it would make you feel. Take a few deep breaths and just allow this space in your mind to exist. By doing so, you are telling your physical brain to listen to what makes you feel happy in life (positive thoughts and feelings). You're also preparing your physical brain to welcome it to occur through natural cycles and rhythms in life – not trying to force it to happen. Proceeding in this way will bring in authentic results and outcomes in your life.
<b>Step #3:</b>	Understand the difference between the thoughts you have on a daily basis coming from either your mind or your physical brain. Listen to your physical brain as it is only trying to guide and protect you but allow yourself to follow your mind.
<b>Step #4:</b>	Lead with your heart, be fearless and free of emotions that elicit victimhood, and live with intensity and authenticity by nurturing and expressing your individuality. Trust that you have all the necessary life tools to live a happy life.

**Please view next page for further details about each step.**

**Thank you.**

**Step #1: Simply sit in silence and notice your thoughts as you wake up. Complete your daily life planner. This will help you set your day. It will help you create a new positive and healthy behaviour. One that will begin to have a ripple effect on other behaviours.**

**Allow 15 minutes for step 1 to 4. At first, it may take you a little longer.**

- Don't engage in your thoughts. Simply notice what you are thinking and what you are feeling.
- The daily life planner was created to help you set your day. By completing it on a daily basis, it will create a forward momentum encouraging you to reach your goals this year. (We provide a pdf version of our daily life planner on our website for you to print for free. Should you not have a printer, you can create your own daily life planner, or purchase ours which will be mailed to you.)
- Remember, this is a process so please be patient with yourself.

**Step #2: Open your mind to what you want in life in order to feel happy in life. Without going into details, just imagine the endless possibilities and how it would make you feel. Take a few deep breaths and just allow this space in your mind to exist. By doing so, you are telling your physical brain to listen to what makes you feel happy in life (positive thoughts and feelings). You're also preparing your physical brain to welcome it to occur through natural cycles and rhythms in life – not trying to force it to happen. Proceeding in this way will bring in authentic results and outcomes in your life.**

- Here's a little bit of background information concerning natural cycles and rhythms in life: Nature itself (fauna and flora) constantly evolves through natural cycles – changes. For example, change of seasons, life expectancy, natural disasters, etc.). Since we are part of nature, we too are affected by these natural changes as well as our own natural cycles in life which are changes that we cannot control. For example, the major stages of a human life from pregnancy to seniorhood, positive and negative experiences we encounter and move through in life, etc.). Since these natural cycles help us evolve as a person, we need to learn to welcome and accept change as part of human nature itself.
- In addition to welcoming external cycles as part of our daily life, as sentient beings we are affected by other changes which I refer to as our individual rhythms in life. Sentient means we have an internal awareness – an ability to feel, perceive and experience subjectively. I refer to these changes as rhythms because they are patterns we can control. Rhythms only exist based on the choices and behaviours we create ourselves, or based on behaviours we subconsciously inherited or choose to adopt from our families and society.

→ Keep your mind open to many possible different outcomes and results in life. If and when a challenge presents itself, remember you always have the choice to change your outlook, and ultimately, the direction of your life. You can choose to stay stuck in a challenge, or move through it by choosing to change your thoughts and behaviours in life.

**Step #3: Understand the difference between the thoughts you have on a daily basis coming from either your mind or your physical brain.**

→ Recognize the difference between the thoughts – feelings emanating from your mind (your internal awareness, your intuition), and the thoughts – information subconsciously recorded as patterns or emotions coming from your physical brain (external awareness).

→ Connect daily with feelings - thoughts that come from your mind as they emerge from your values, your passions, your goals, your dreams – what defines happiness in your life. Be certain to recognize the difference between your values and your beliefs. Beliefs can be both, empowering or limiting. If your beliefs are empowering, grounding you in the present and motivating you to go forward towards achieving your goals and realizing your dreams in life – go with it. If your beliefs are keeping you focused on the past, holding you back from achieving your goals and realizing your dreams, immediately redirect your thoughts to your values – from your physical brain to your mind.

**Step #4: Lead with your heart, be fearless and free of emotions that elicit victimhood, and live with intensity and authenticity by nurturing and expressing your individuality. Trust that you have all the necessary life tools to live a happy life.**

→ Take charge of your life by making authentic choices, establishing resilient boundaries, and aligning your actions with your values – not based on fears or founded on adopted or limited beliefs. Remember, it's your story to tell - be a victor, not a victim.

→ Honour your soul by letting go of what is outlived, and by welcoming what is unlived in your life. Let go of what no longer serves you or your purpose in life: judgment, guilt and shame. Welcome change through forgiveness, respect and love.

→ Welcome challenges in life as opportunities - not obstacles. Be a learner, not a judge.

**See next page to continue to create forward momentum  
towards accomplishing your goals and realizing your dreams in life.**

**Thank you.**

Before going to bed, we suggest you answer the following questions as it serves as a simple review of the outcome of your choices, behaviours and actions during your day. A reminder to stay on your game – be honest with yourself. Trust in your ability to consciously influence your thoughts in the direction of your dreams tonight, and take one small achievable step tomorrow.

Did you experience feeling happy today? Circle: YES or NO. If yes, what were you doing at that moment in time?

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If not, knowing how you feel at this very moment, what could you do next time to ensure a different outcome?

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What do you need to welcome in your life in order to feel happy? (for example: what fires your passions and purpose in life – positive experiences, self-love, self-respect, self-confidence, love, respect, forgiveness, laughter, fun, goals, dreams, aspirations, safety, security, etc.)

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What do you need to let go of in your life in order to feel happy? (for example: what no longer serves you in life – negative experiences, fears, negative beliefs, judgment, guilt, shame, unhealthy behaviours and habits, negative self-talk, and reactive language, etc.)

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