

# The Soil Worksheet:

1. What does my current environment look like and how does it make me feel when I am in it ?  
(My work space, My personal space, go to places etc)

2. What do I want my ideal workspace to look like and FEEL LIKE ? What do I want to FILL this space with :)

*Ex: I like bright colors, Palo santo, Maybe some Epic music. If I am inside I like a window open with nature in sight and fresh air flowing through as the sun shines in. Clear space to create and energetically download inspired creations. At night I like candles and soft light and different kind of sound. Mmm mmm (I always make some space for dancing too ;)*

~ MAKE IT SPECIFIC ~

3. What kind of thinking is holding me back from expressing myself honestly and fully ? Are their beliefs have I held onto that are hindering my growth ?

AKA: what thoughts do I think over and over and over and over again, do they make me feel alive or depleted ?

4. Who are the top five people I am spending my attention, time and energy with ? Do we inspire positive change and inspiration in one another ? Does this relationship fuel or deplete ? Is this relationship in vibrational alignment with my truth ?

5. What am I spending my time on ? Write down a list of things you do daily and weekly... Is this "thing" or "person" or "hobby" fueling me or depleting ? Does it bring me joy, excitement and positive change ? Is it propelling me forward or holding me back ?

WHY am I doing this thing ?

6. What am I listening to lately ? Is the music, people, sounds, videos, TV Social media I'm consuming propelling me forward or holding me back ?

WHY am I listening to this ? Watching this ? Reading this ?

*Consider this phrase: Hear no evil, speak no evil, see no evil...*

**Keep an eye out for very empty placeholders for you time. If you are mindlessly pursuing and activity I can almost bet there is a different thing out there that will provide you with more fulfillment.**

7. What small and potent steps can I make daily to create a physical and metaphysical environment that is suitable for me to shine more fully ?

*Big Love, Cassidy*