

SOUL SYNC CORE

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10

QUESTIONS
FOR YOUR
SOUL

to connect.
revive. and
uplift your gifts.

Re-Sync from the Inside Out

*Gain Clarity and Build your strength from
within with these 10 questions.*



PLUS

The Soul Sync
Wellness
positive
Affirmation.

Welcome...

to the **Soul Sync Core** questions. My name is Connie Kanella Aramento, and I am the CEO of Soul Sync Wellness. I'm a Certified Integrative Health Coach, Licensed Desire Map Facilitator, Intuitive Strategist, and Visionary for Project Positive Change. My mission in life is to help people like you **live a purpose-FULL and Healthy Life**. To go there we often need to re-sync ourselves at the core, look at who we are in essence, and that means we need to look at what we already have to get to where we want to go.

At Soul Sync Wellness, we help you get to the core of you (your heart), ask you those deep questions first, help you nourish yourself in thoughts and food, physically strengthen you with a fitness routine, and guide you to not only feel good inside, but stand and move in your strength....and ultimately look your best on the outside all the way to your hair and dress.

The best way to work through these questions is to take one question per week. Grab a journal, your favorite tea, take a deep breath in and out a few times, and for 7 days write down what comes to mind. When we turn in, we pay attention to what we are seeing, hearing, feeling over and over again. This exercise will help you gain more clarity with where you need to begin your work.

By the end, you'll be saying this affirmation with confidence, belief, and love. My gift to you is these 10 "core" questions to begin your "re-sync". To learn more about my coaching, online classes, and health challenge programs, go to www.soulsyncwellness.com and follow me on twitter @soulsyncwellns to stay connected. And just for you, I'd be happy to set up a 20 minute session to learn more about you and how I can help you re-sync your mind, body and soul and begin to live your purpose-FULL and healthy life. Go to my contact page and let's set it up!

xo, Connie

*Affirmation...
here we go*

Today....

I am **ALIVE**

I am **HEALTHY**

I am **FIT**

I am **CONFIDENT**

I am **HAPPY**

I am **MINDFUL**

I am **BALANCED**

I am **EMPOWERED**

I am **STRONG**

I am **ME**

I am **SOUL SYNCED**

WHAT'S THE **1** MOST IMPORTANT THING FOR ME RIGHT NOW?

**"WHAT MATTERS SHOULD BE IMPORTANT, WHAT IS
IMPORTANT SHOULD MATTER"**

When we focus on one thing at a time we allow ourselves to slow down, focus on what matters, what is surfacing for us, and what needs our attention.

Start with this first.



WHAT DO I WANT TO ASK GUIDANCE FOR?

When we ask questions, we allow ourselves the ability to see what happens, connect with our higher being, and ask for guidance.

BLA BLA BLA BLA

- NO EXCUSES -

WHAT EXCUSES AM I MAKING?

WE ALL HAVE THEM. WE ALL MAKE THEM. TAKE A MOMENT TO WRITE DOWN WHAT EXCUSES YOU HAVE BEEN MAKING LATELY, AND WRITE DOWN WHY YOU THINK YOU HAVE BEEN MAKING THEM. WHAT DO YOU NEED TO PAY MOST ATTENTION TO RIGHT NOW?

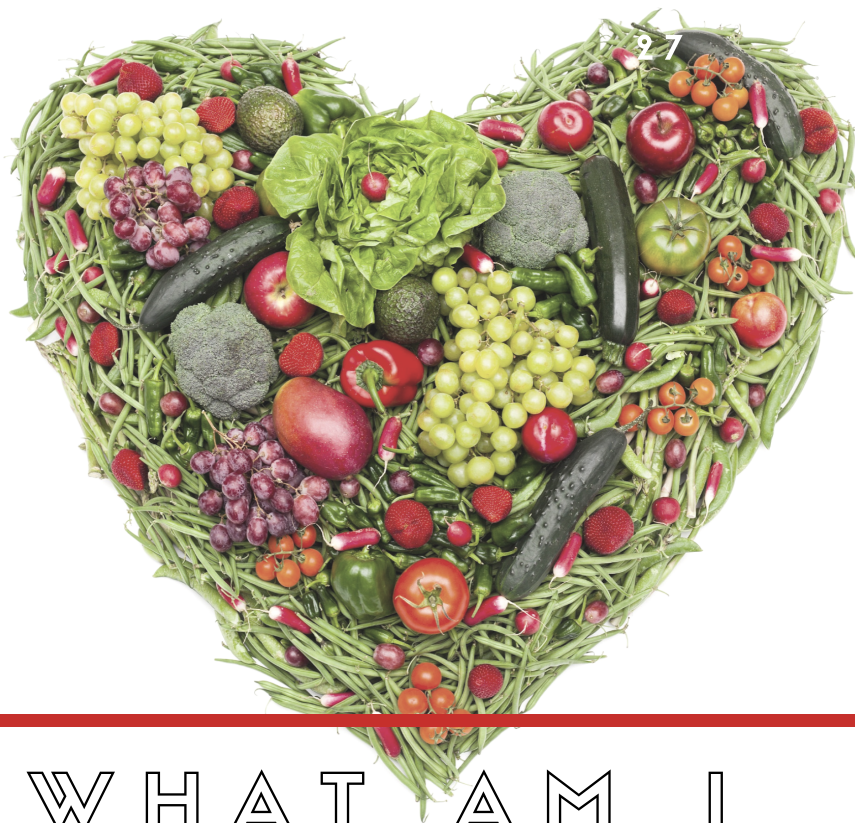
WHAT DO I NEED TO LET GO OF?

**"LET IT GO, LET IT FLOW, IF IT'S MEANT TO BE
YOU'LL KNOW"**

We hold onto a lot, physically, but especially emotionally. What's one thing that you have been wanting to let go of, and have been holding onto?

WHAT PERSPECTIVE DO I NEED TO CONSIDER?

We all have opinions, perspectives, intuitive thoughts that need to be expressed to make decisions. What current information do I know vs. what different perspective exists that I need to be more open to?



WHAT AM I

**NOURISHING
MYSELF WITH?**



Is it...

Food

Exercise

People

Confidence

Positive thoughts

LOVE....

WHAT AM I WILLING TO GIVE MYSELF PERMISSION TO DO?



Accept

Decline

With this we have to be willing to open ourselves up, allow ourselves to say "yes" to what makes us happy and "no" to what leads us away from our passion and purpose. When we add in more of what we want into our lives we begin to decline what we don't want.

FEEL HAPPY

How Do I Want to Feel Everyday?

Feelings? Who wants to talk about them? I'm sure it's not the first thing that comes to mind to do, but it's something we need to connect more with to help us get closer to our life's purpose and live our happy life. Write down 3 feelings you want in your life right now.

1	_____
2	_____
3	_____

WHAT'S MY STORY?

WE ALL HAVE A STORY. EACH EXPERIENCE OR EVEN DAY, MONTH OR YEAR IS A CHAPTER IN OUR LIFE BOOK. WHAT EXPERIENCES HAVE YOU HAD THAT HAVE MADE YOU WHO YOU ARE TODAY? WHAT HAVE YOU LEARNED THROUGH THOSE EXPERIENCES?

**List it out. As
many positive
adjectives as you
can. GO.**

**Who
Am I?**

