

SOUL SYNC CORE WORKBOOK™

11

QUESTIONS
FOR YOUR
SOUL

*to connect
to revive
to uplift your gifts*



PLUS

Reflective
exercises
to explore
questions

Bonus!
Mindfulness
exercise to
help you
improve your
productivity

Re-Sync from the Inside Out

*Gain clarity and build your strength from within
with these 11 thought-provoking questions*

WWW.SOULSYNCWELLNESS.COM

Welcome to your Soul Sync Core Workbook™

I commend you for taking the time for self-care, and giving your mind, body and soul what it needs to **connect**, **revive** and **uplift your gifts**. You are about to embark on a re-sync journey which begins from within.

In this workbook, you will find 11 "core" questions to begin your "re-sync" process, as well as exercises to dig deeper and learn more about yourself. I'm sure by now you're thinking what does "Re-sync" really mean?

When you are in sync with your soul, you are full, healthy, and clear about who you are. You feel joy and strength from within. Have you ever looked at a child or imagined yourself as a kid and wondered, "wow, I want to feel like that again." You see, each day we add more and more layers to our mind, body, and soul. We cloud it with negative thoughts, experiences, and perceptions - whether they are ours or not that pull us away from our full potential and, ultimately, what we were born to be and do here on Earth. If you imagine a glass 100% full, what would your current percentage be and look like? What would you want it to be filled with?

When you "Re-sync" you strip down through all of those layers to get to the core of who you are and what makes you tick, and you become aware of what lights you up and how you impact the world. This workbook will help you learn from your past, understand the present, and pull you forward to where you want to go. You will build up your confidence with a new shell that allows you to shine and be your true self.

This journey is not meant to be quick, so take your time with it. Schedule "you time" to dedicate to your re-sync and focus on one question per week. Find a quiet and calming place where you feel your best to do this work. Consider partnering with a friend or a group of people who will support one another. Listen to your body and how it wants to experience this. When you tune in, you pay attention to what you are seeing, hearing, and feeling over and over again. These exercises will give you more clarity and will help you make your action plan a reality.

By the end, you'll be saying The Soul Sync Wellness affirmation with confidence, belief, and love. **Before you begin, set your intention for this journey and keep that in your heart as you continue. Let's get started.**

The Soul Sync Wellness Affirmation

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**



Be Your Own F.B.I. Agent

**Find
Balance
Inside**

**You
Already
Have All
of the
Answers**

-Connie Kanella Aramento

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

"THERE'S NO TIME LIKE THE **PRESENT MOMENT AND WHAT WE CHOOSE TO FOCUS ON MATTERS"**

When you focus on only one thing at a time, you allow yourself to slow down and take notice of what is surfacing within. You allow yourself the space to determine what needs your attention and to focus your energy on what really matters. Start with this first.

WHAT'S IMPORTANT TO ME RIGHT NOW?

LIST THE TOP 10 THINGS THAT ARE IMPORTANT TO YOU RIGHT NOW.

FOR EXAMPLE, MY TIME, PAYING MY BILLS, FAMILY, ME TIME, SLEEP... ANYTHING.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

THEN, LIST WHY THESE 10 THINGS ARE IMPORTANT.

THIS IS IMPORTANT TO ME RIGHT NOW BECAUSE...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

CIRCLE YOUR TOP 3 AND EXPLAIN WHY THESE ARE THE MOST IMPORTANT TO PAY ATTENTION TO.



FROM YOUR TOP 3, **CHOOSE YOUR #1.** PLACE A STAR NEXT TO IT.

SET AN INTENTION TO FOCUS ON THIS ONE THING DURING THE NEXT HOUR, DAY, WEEK, MONTH. FOCUS ON THIS THING FIRST.

"BLA BLA BLA"

- NO EXCUSES -

WHAT EXCUSES AM I MAKING?

We all have them. We all make them.

Take a moment to write down the excuses you have been making lately, and determine why you think you have been making them.





What do you need to pay the most attention to right now?

"BLA BLA BLA"

We all have excuses for something not happening at some point in our lives. The important thing to recognize is how often are we letting the "excuse" get in the way of our own success. What are you telling yourself that is preventing you from optimal health and true happiness?

It's time for an experiment. Keeping in mind the most common excuses we tell ourselves (time, money, not ready, tired, too hard, not good enough, family), answer the following questions:

1. Ask yourself, "What do I REALLY want to have or achieve in my life?" This could be losing weight, a healthy relationship, a better job, living in a certain place, etc. You define it for yourself.
2. Why am I not there? What is getting in the way? (This can often be where the excuse exists).
3. Take the Excuse Monitor Challenge listed below. For one week, document the following:

- | | |
|--|---|
|  1.) Identify what you want to focus on for the week (i.e. eat healthier, go to the gym, or address a conflict at work, etc.) |  3.) See if the same reason happens more than once or if it changes over time. |
|  2.) If you find yourself in procrastination or avoidance mode, make a note of what you are saying to yourself to not follow-through on your desire. |  4.) If it's the same excuse, such as "I am too busy" then you can say "no" to this for this week to say "yes" to what you want. |

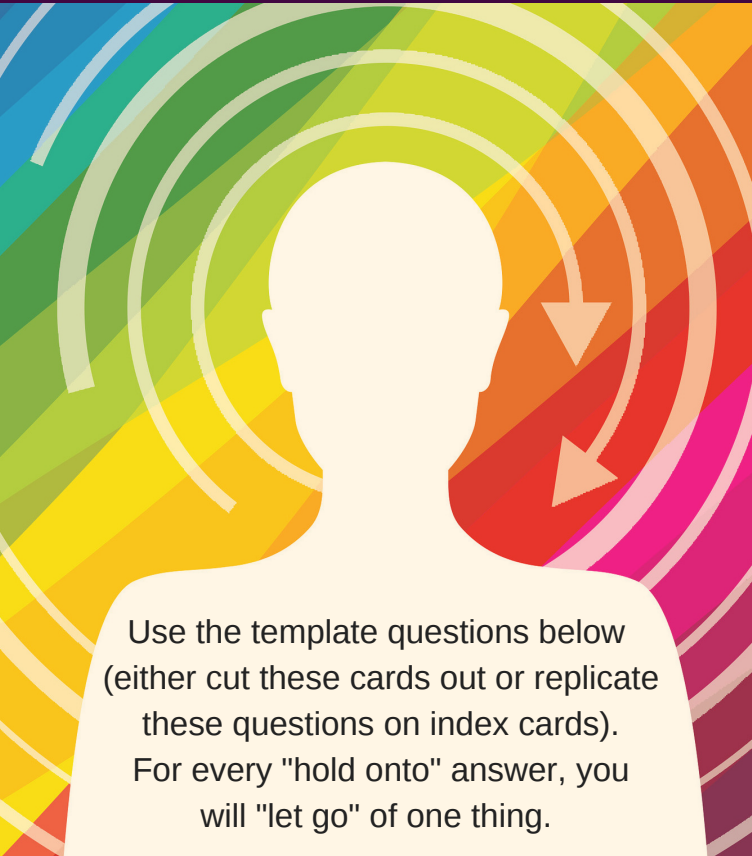
WHAT DO I NEED TO LET GO?

**"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 that you have continued to hold onto? Ask yourself why you haven't "let it go" yet.

Brain Flow Questions

Take out a blank piece of paper and answer the "Brain Flow" questions



Use the template questions below (either cut these cards out or replicate these questions on index cards). For every "hold onto" answer, you will "let go" of one thing.

- What is in the back of your mind constantly?
- What never gets done off of your to-do list?
- What feels hard or difficult to you?
- What physical symptoms might you be having?
- What emotions keep popping up for you?
- What lights you up? What drags you down?
- How do you help others?
- Where do you find your mind wandering off to?
- What do you value most? least?
- If given the opportunity, what would you only do?

WHAT DO YOU
WANT TO
HOLD ONTO?

WHAT DO YOU
WANT TO
LET GO?

BRAIN FLOW SPACE

USE THE SPACE BELOW TO
ANSWER THE QUESTIONS.



"When we
reflect on
who we are,
we are
committing
to reflecting
our best self."

WHAT OTHER PERSPECTIVES DO I NEED TO CONSIDER IN MY LIFE?

We all have opinions and intuitive thoughts that need to be expressed when making decisions. Often, we only consider our own perspective during the decision process, rather than looking at the topic from a holistic point of view. Consider something that you have been contemplating recently. Examine the information you know vs. the other perspectives that may exist. Be open and welcoming to these different perspectives.

WHAT I AM CURRENTLY CONTEMPLATING:

1.) What do I think about this topic/issue?

1. My perspective

2.) Ask someone you know and respect what they think about what you are contemplating?

2. An opinion from someone I respect

6. The pleasing factor

5. The external voice

4. My gut feeling

3. Other perspectives that exist



= The sweet spot (what would be best for your happiness)



3.) What's the flip side of your perspective?

4.) How does it feel based on what you think about it?

5.) Do you have any fears or expectations that exist about this?

6.) Is there anyone else in the equation who you are trying to please?

WHAT AM I WILLING TO GIVE MYSELF PERMISSION TO DO?

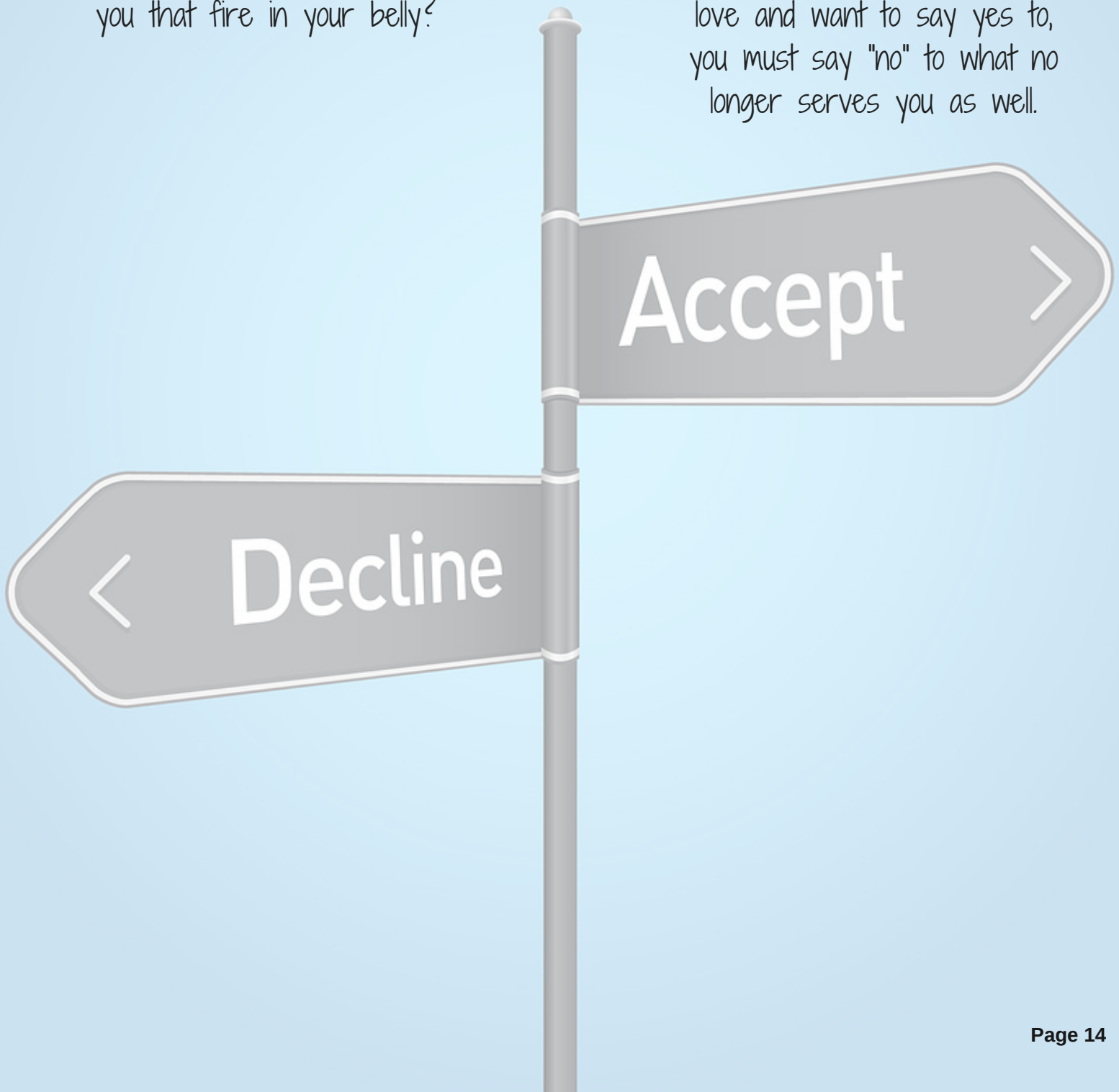
You have to be willing to open yourself up, allow yourself to say "yes" to what makes you happy and "no" to what leads you away from your passion and purpose. When you add more of what you want into your life, you begin to limit what you don't want.

HOW DO YOU CREATE MORE SPACE FOR WHAT YOU WANT IN YOUR LIFE?

IT BEGINS HERE. USE THE SPACE BELOW.

What are you open to saying "no" to?
What no longer excites you or gives
you that fire in your belly?

What are you saying "yes" to?
To create more space for what you
love and want to say yes to,
you must say "no" to what no
longer serves you as well.



HOW DO I WANT TO FEEL EVERY DAY?

Feelings... are you ready to talk about them?

How you feel is - typically - not at the forefront of your mind, but it's something you need to connect more with so that you can get closer to achieving your life's purpose and living a happier life. Write down three feelings you want in your life right now, and reflect on why these feelings are important to you. Let's see if they are listed on the next page.

I WANT TO FEEL ...

Circle 10 positive feelings that you want to feel every day. You can also add to the list below, if needed. Then, choose your top 3 to focus on. Begin to explore these feelings on the next page.

Abundant	Decisive	Kindness	Rooted
Acceptance	Desired	Light	Safe
Accomplished	Determined	Limitless	Satisfied
Adventurous	Elated	Love	Secure
Affection	Elegant	Magical	Sensitive
Alive	Empowered	Mindful	Sexy
Amazing	Enouraged	Momentum	Spontaneous
Appreciated	Energized	Nourished	Solid
At ease	Enlightening	Open	Spirited
Authentic	Excitement	Optimism	Strong
Balanced	Fabulous	Passionate	Supportive
Beautiful	Focus	Peace	Sure
Blessed	Free	Playful	Sweetness
Brave	Full	Pleasure	Thankful
Brilliant	Gratitude	Positive	Understood
Calm	Happy	Powerful	Unique
Centered	Harmony	Purposeful	Valuable
Clarity	Healthy	Relaxed	Vitality
Confidence	Important	Renewed	Vulnerable
Connected	Innovative	Rested	Wealthy
Creative	Inspired	Rich	Whole
Courage	Joy	Romantic	

HOW YOU WANT TO FEEL EVERY DAY

WHAT WILL I DO TO FEEL _____?



I want this feeling every day because:

"Feeling how you
want to feel
every day is an
inside job."

I will do the following to bring me closer to feeling this way:

What prevents me from feeling this way? What makes me feel stuck?

How will my life be when I allow myself to truly feel how I want to feel every day?

HOW YOU WANT TO FEEL EVERY DAY

WHAT WILL I DO TO FEEL _____?



I want this feeling every day because:

**"When we connect
with our inner-truth,
we begin to open
up and reveal our
authentic self."**

I will do the following to bring me closer to feeling this way:

What prevents me from feeling this way? What makes me feel stuck?

How will my life be when I allow myself to truly feel how I want to feel every day?

HOW YOU WANT TO FEEL EVERY DAY

**WHAT WILL I DO
TO FEEL _____?**



I want this feeling every day because:

**"A thought is
just a thought.
A feeling lasts
longer than the
thought."**

I will do the following to bring me closer to feeling this way:

What prevents me from feeling this way? What makes me feel stuck?

How will my life be when I allow myself to truly feel how I want to feel every day?

WHAT'S MY STORY?

We all have a story. Each day, month, year – or even brief moment – is a significant chapter in your life book. What experiences have made you who you are today? What have you learned from these experiences and living through them?

WHAT PEAK EXPERIENCE IN YOUR
LIFE STANDS OUT FOR YOU?
WHAT DID YOU LEARN FROM IT,
AND ABOUT YOURSELF?

PEAK #1

ADD A PHOTO OR QUOTE
THAT REPRESENTS THIS
EXPERIENCE FOR YOU

ADD A PHOTO OR QUOTE
THAT REPRESENTS THIS
EXPERIENCE FOR YOU

PEAK #2

WHAT PEAK EXPERIENCE IN YOUR
LIFE STANDS OUT FOR YOU?
WHAT DID YOU LEARN FROM IT,
AND ABOUT YOURSELF?

WHAT PEAK EXPERIENCE IN YOUR LIFE
STANDS OUT FOR YOU?
WHAT DID YOU LEARN FROM IT,
AND ABOUT YOURSELF?

PEAK #3

ADD A PHOTO OR QUOTE
THAT REPRESENTS THIS
EXPERIENCE FOR YOU

ADD A PHOTO OR QUOTE
THAT REPRESENTS THIS
EXPERIENCE FOR YOU

PEAK #4

WHAT PEAK EXPERIENCE IN YOUR
LIFE STANDS OUT FOR YOU?
WHAT DID YOU LEARN FROM IT,
AND ABOUT YOURSELF?

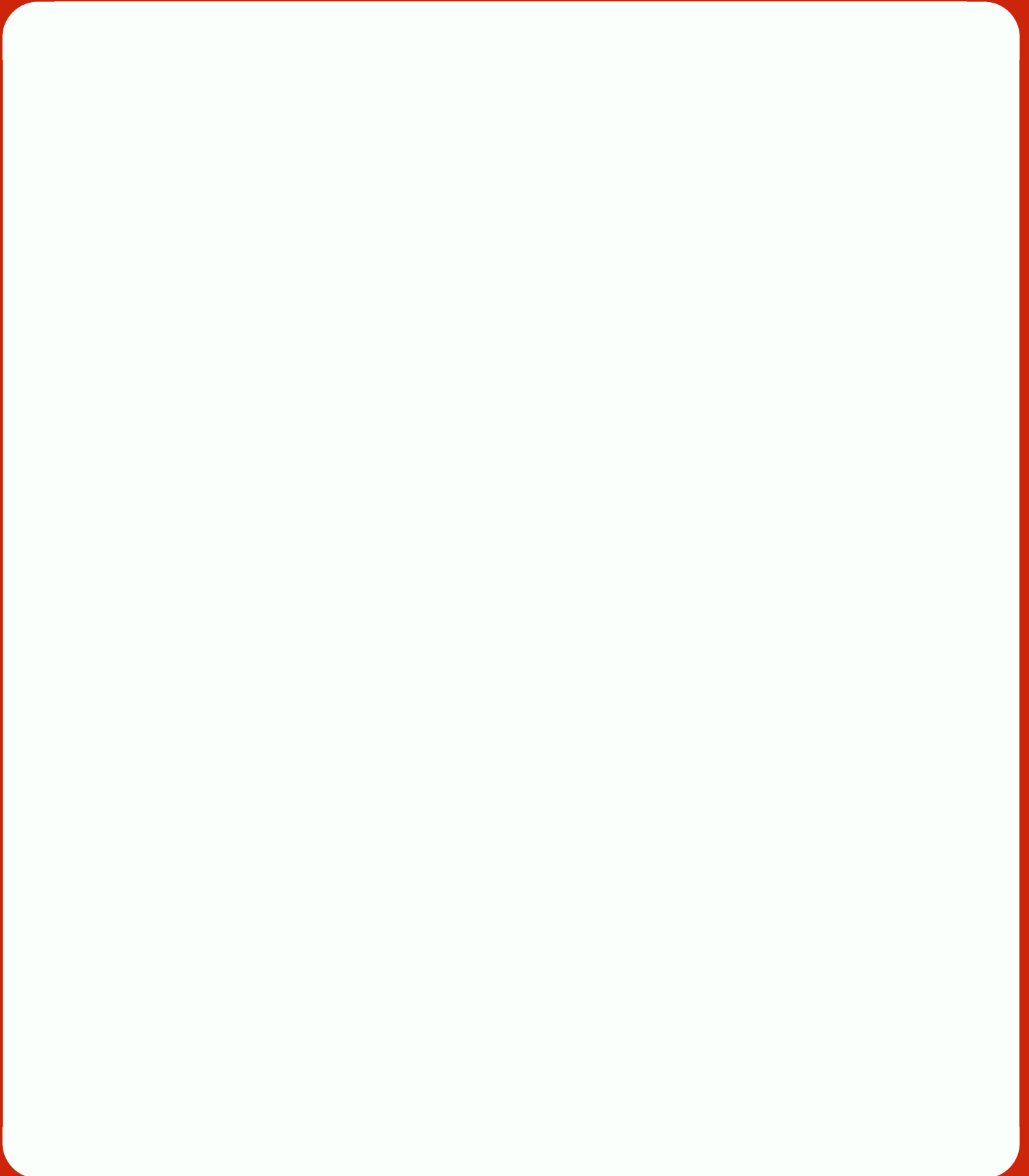
WRITE YOUR STORY

Use the space below to summarize (in 1 - 2 pages) how the peak experiences in your life have shaped you into your unique self.



WRITE YOUR STORY

Use the space below to summarize (in 1 - 2 pages) how the peak experiences in your life have shaped you into your unique self.



Think about your strengths and list them out. Use as many positive adjectives as you can. GO!

Who Am I?

Begin to write your own "Soul Sync Wellness Affirmation" for yourself. Use what you write here and begin with "I am". If you need some help with this question, ask someone who loves you and knows you the best.

For example, I am... COURAGEOUS!

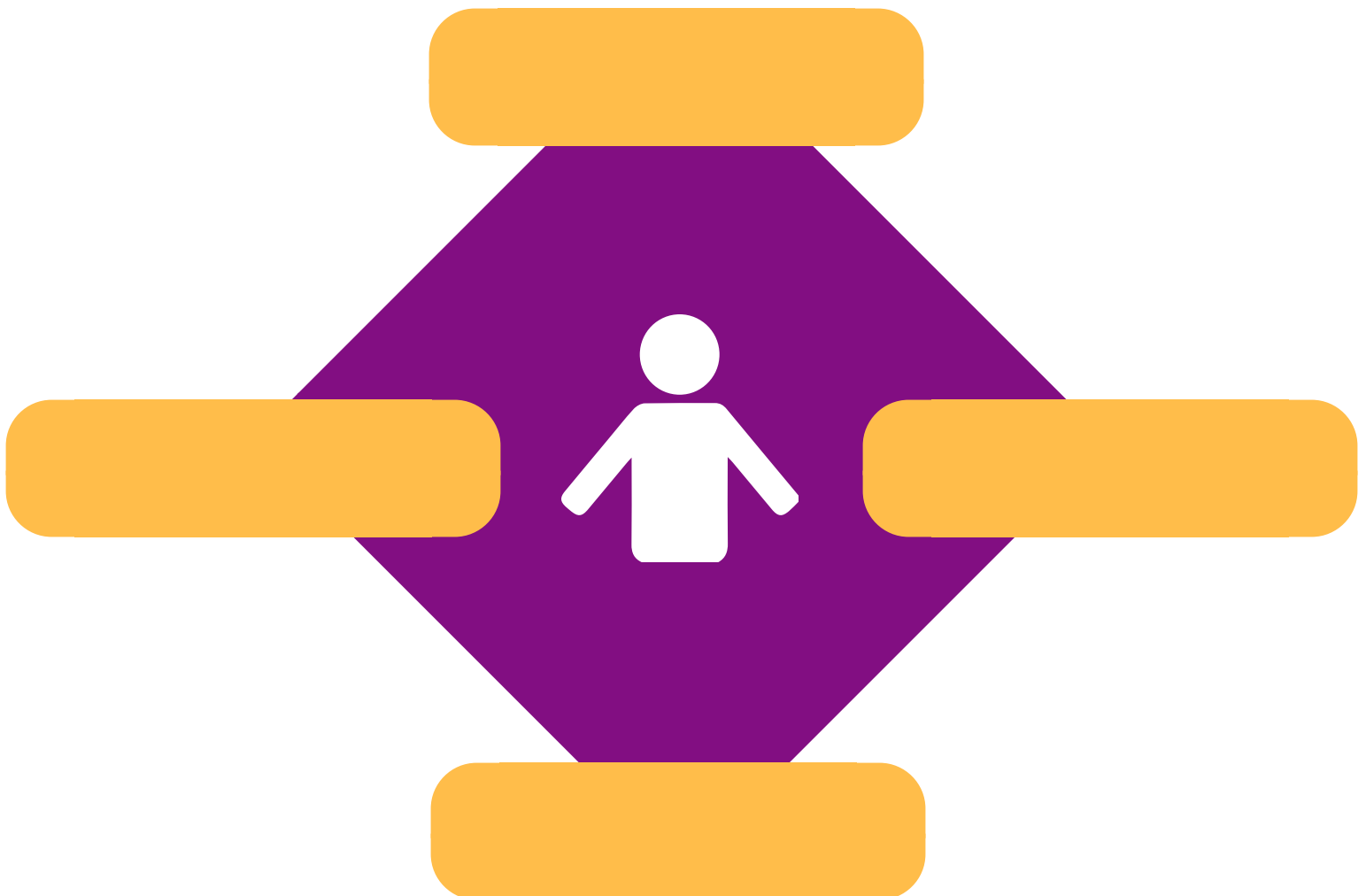
WHO IS IN MY CORNER?

Who you choose to have in your life, whether you realize it or not, influences your energy, attitudes, and decisions. Who do you turn to for advice, help, and insight? What have you learned from these individuals? And how do they show up in your life? Ask yourself, "Who is taking up my space and time?" If this includes negative people, you should think about how much of your day is connected with these individuals. You want your inner ring to be filled with people who have your back. Your time is valuable and should be spent with the people who empower and uplift you.

Who's in Your Ring?

Take a moment to close your eyes and picture yourself in the middle of the ring. You have four corners, which are your "go-to" corners. Who do you visualize in these corners? Who's "got your back?" These people are the ones you hold closest to your heart; they are a part of you and have taught you what you know (good or bad). Place one name in each corner and list the traits you admire most about each person. Write what you have learned from each person that is a part of you everyday.

Is there someone you want in your ring that isn't? Who is that? Why?



HOW AM I TAKING CARE OF ME?



Body

Mind

Soul

Confidence Positive Thoughts
LOVE PEOPLE EXERCISE
HEALTHY FOOD Meditation

We nourish ourselves in different ways. Your body tells you everyday how it feels. Your mind carries thoughts and perceptions and even emotions that impact you each day, and your soul is your character, you at the core and deeper level of what it really means to be you. How do you take care of each of these areas?

Repeat, I am mindful of my choices...I decide.



My 5 Day **Body**, **Mind** and **Soul** Journal

Each day, answer the following questions:

How did I nourish my Body, Mind and Soul today? What did I discover?

Day	My Body	My Mind	My Soul

WHAT VISION DO I HAVE FOR MY LIFE?

This can often be one of the most difficult questions to answer for yourself.

Why? Because life is not a straight and narrow path; it's often winding with detours and construction in between, causing you to change direction. Let's face it, things evolve and you evolve. But deep within you lies a desire for what you really want your life to look like, which will get you to feeling fulfilled and joyful. Visualizing your future in the present-day is an intention-setting activity that allows you to begin attracting your desires in the present.

On the next page, write what you would like to see within the following four areas: Lifestyle, Career, Environment, and Relationships.

Lifestyle

Career

Environment

Relationships

THE POWER OF POSITIVE VISION STATEMENT WRITING

It's now time to write your powerful, positive vision statements for each of the four areas. Write as if whatever you envision is currently happening or is in the present state. Be as detailed as you can so that when you read it, it feels real, it feels right and it feels possible. Here are examples for each area to get you started.

Lifestyle: "I am surrounded by my loving husband and kids, and joy is present. We travel together to new places in the summer. My career allows me to be present with my family, and I can work remotely. I am relaxed, calm, and have great friends who are there for me. I am financially stable, living on five acres of land overlooking a pond. I enjoy watching my kids play outside in 75 degree weather every day..."

Career: "I have a career that I enjoy and I work with positive people who have an optimistic attitude about life and the work that we are doing. My work makes a difference in the lives of others. I am a teacher at heart and enjoy seeing students feel good about their accomplishments. Helping them through their challenges is what makes me smile. I am surrounded by people who see my potential and are supportive..."

"When we believe what we see for ourselves, we begin to allow space to invite what we want into our lives."

Environment: "I am surrounded by color. I walk into my country home with a red door and farmers porch. The sound of the birds, and smell of the clean air bring peace to my heart. I am surrounded by the noise of my family, friends and children coming over for Sunday dinner. The walls are adorned with photos of the family and positive quotes..."

Relationships: "My relationships with family and friends are rich, loyal, supportive, and loving. We are open minded and honest, and we have each other's back. My partner and I talk about our dreams, and plan for our future. I enjoy having fun and adventure..."

THE POWER OF POSITIVE VISION STATEMENT WRITING: CAREER/LIFESTYLE

THE POWER OF POSITIVE VISION STATEMENT WRITING: ENVIRONMENT/RELATIONSHIPS

My Action Plan

Where do I go from here?

Congratulations, you have completed the Soul Sync Core Workbook™, and it's now time to put it all together with some action steps to begin to fully complete your re-sync as a recharged and evolved soul. You should be proud of yourself!

Where was I when I began this workbook? What was my intention?

Where am I now? What are my big takeaways?

What did I learn about myself throughout this process?

What is one thing I can do within the next 30 days for each positive vision statement to bring them into life?

CAREER

LIFESTYLE

ENVIRONMENT

RELATIONSHIPS

What do I need support in moving forward?

NOTES

NOTES

Bonus Exercise

The Power1 Perspective™ helps you practice mindfulness and increase productivity

We all have "to-do lists" that are neverending. Some of us may even have things on our lists for months and maybe years, and we still don't get them done. Why? because we are not excited or connected to those things, or we feel overwhelmed by the tasks at hand. This bonus exercise will help you focus on your productivity by practicing mindfulness. Through this, you will tune in to how you feel and begin to recognize what you want to do vs. what you need to do. Using this method can increase and improve your productivity.

- 1.) Place a blank piece of paper in front of you with a writing utensil. Sit in a comfortable position, close your eyes, and take three deep breaths in and out.
- 2.) Visualize your "to-do list" on this blank piece of paper and all tasks completed. What does it feel like to have it all completed? Make sure you are connecting with your belly, not your brain here. Set your intention on this feeling.
- 3.) Start with your breaths in and out and ask yourself, "what is the most important thing I have to do one year from now?" Don't overthink it. (open your eyes and write it down on your paper).
- 4.) Close your eyes and repeat with breaths and ask for one month from today, one week from today, one day from now, one hour, one minute, and right now. Write down on your paper your responses each time.
- 5.) Reflect. What did you notice? How did this exercise compare to your daily to-do list? This exercise can be helpful for career, health, time and relationship and life decisions.

You ready to try this for 30 days, and to take on the 30 day Power1 Perspective challenge™? Go to www.soulsyncwellness.com and get full details.



About Me and My Passions

I am the CEO and founder of Soul Sync Wellness, LLC. I'm dedicated to helping people live happier, healthier, and stress-free lives through coaching, retreat experiences, employee wellness programs, workshops, and public speaking.

I have been a Higher Educational Professional and educator for 14 years and have coached more than 800 people (including students), presented numerous workshops focused in life success, leadership, positive psychology, mindfulness, have led leadership and employee health and wellness programs, and currently co-teach a course called "Finding your Mission" at Worcester Polytechnic Institute (WPI). I hold certification from the Institute for Integrative Nutrition as an Integrative Nutrition Coach, a B.A. in International Relations from St. John Fisher College, and an M.S. in Educational Leadership from Central Connecticut State University. As a licensed Desire Map and Fire Starter Facilitator, Strengths Finder coach, Intuitive life strategist, and visionary for Project Positive Change (a global initiative to bring together change-makers and share our wisdom with the world), my lifelong passion is to help driven people live their purposeful and healthy life in the most balanced way that works for them. I have spoken at conferences, expos and currently am the Director of Academic Programming and Student Support at WPI. I enjoy spending time with my husband John and being a mom to Sophia and Michaelangelo.

To learn more about coaching and my programs, go to www.soulsyncwellness.com. Let's connect on social media: instagram and twitter @soulsyncwellns and facebook: <https://www.facebook.com/SoulSyncWellness/>. I would love to hear about how this workbook helped you, so please e-mail me at connie@soulsyncwellness.com.

to your Re-sync, Connie Kanella Aramento



Thank You

As a thank you for purchasing this workbook, I invite you to a FREE 15-minute call with me so that I can hear first-hand how this resource has helped you re-sync.

Additionally, I want to help you create a personalized map to get you where you want to be.

To schedule your session with me, e-mail me at connie@soulsyncwellness.com.

I've had mentors all of my life who have helped me, and I want to do the same for you.

I look forward to getting to know you better. Talk with you soon.

I GIVE MYSELF
PERMISSION
TO FEEL LIGHTER,
BRIGHTER, AND
HEALTHIER TODAY.