



# Build your Soul Story.

A Book of Possibilities.

# WORKBOOK

Build your Soul Story is more than just a podcast; it's an immersive journey into the life story of Monika. Picture this: Monika, in her early thirties, daringly bidding adieu to her corporate life in the Netherlands. No meticulous plan, just a sincere desire to draw closer to herself, embracing simplicity and purity. Serendipity led her to the sun-kissed shores of Lamu island in Kenya where she not only lingered but also built an entirely new life. A life harmonizing with her soul story.

## **What sets this podcast apart is its dual role.**

It's not merely a series of episodes. It's your personal invitation to pause and ponder your own soul story. Who are you, really? What fuels your life's vision, your seemingly unattainable dream? We're here to be your companions on this journey of self-discovery.

## **A workbook.**

Enter our companion workbook. It is an arsenal of thought-provoking life questions and exercises, synchronized with the podcast's rhythm.



## Here's what we recommend you do.

Dive into an episode first, let the narrative sink in, and then retreat to the workbook. It's a dance between audio inspiration and personal reflection. A tandem aimed at guiding you to unearth your authentic self and map out the route to living your most vibrant life. Shifting the focus to what truly resonates with your soul story cultivates a profound connection with yourself and others. Ultimately, it paves the way to living the life that aligns with your essence.

**Ready to rock your best  
life story? Let's dive in!**

# LEPPIS SODIE

This podcast wants to support you on your path of self-development. Take a moment to look at your life as if it were a story. You as the hero in your own story. What is your path?

Navigating your path is crucial, much like using a compass for your journey. Yet, at times, your path transforms into a rigid destination, bringing stress and an unending hunger for happiness, for success. Now, pause and ponder: What does success truly mean for you? What does happiness mean for you? It's something worth exploring. Is it just about external achievements, or does it involve fulfillment and personal growth?

## Reflection

**Embarking on your journey and living your story demands clarity.**

On a scale from 1 to 10, with 1 representing utter chaos and 10 denoting absolute clarity, where does your current path stand in terms of clarity?

Allocate the next 10 minutes to introspect your thoughts. What are the pressing questions occupying your mind at this moment?

Ask yourself:

In what manner does your life deviate from the 'should be' scenario?

What aspects trouble you?

Can you pinpoint concrete examples of this disparity?

Take a moment, close your eyes, allow these questions to permeate, and jot down whatever surfaces in response.

# Reflection

Knowing yourself means you listen to your inner voice, you trust your inner voice.

And that's actually what Monika did. Your inner voice - your conscience, your intuition, or whatever you want to call it - that voice is guiding you and has your best interest at heart. That requires filtering out the noise, fears, and delusions of the mind that we all come with.

Here are three actions you can take to create more room for your wise inner voice.

## **Embrace Silence:**

Create moments of stillness in your daily routine. In the quiet, your inner voice becomes more audible. This might be during meditation, a nature walk, taking some breath with awareness or just sitting in peace. Allow your inner wisdom to surface when the external noise fades.

## **Trust your instincts:**

Pay attention to those subtle nudges and gut feelings. Your inner voice often communicates through intuition. Trust these instincts, especially when making decisions. They carry insights that might not be immediately evident but align with your deeper self.

## **Reflect regularly:**

Set aside time for self-reflection. Journaling can be a powerful tool to connect with your inner voice. Write down your thoughts, feelings, and the inner dialogue. It helps to sift through the noise of the mind, providing clarity on what your inner wisdom is trying to convey.

Remember, your inner voice is a trustworthy guide, but it requires a clear channel to be heard amidst the noise of daily life.

# EPISODIC

Life is a constant flow, yet amidst our ceaseless planning, we often overlook that life has its own rhythm. Are you attuned to the ebb and flow of life? What is your soul story, your vision for life?

## Reflection

### **Pause for a moment.**

Perhaps close your eyes and take a deep breath. Feel the presence of your body. Now, let me pose the question once more. What is your vision for life?

Take a minute, eyes closed, and observe your breath. Direct your awareness to your emotions and thoughts—they come and go. Pay attention to the sensations unfolding in this moment.

How was that experience?

In one paragraph or a few key words, articulate your vision for life.



# Reflection

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## Trust and follow your intuition.

Monika followed her intuition.  
Here are 2 things you can do if you want to connect your soul story to your intuition.

Cultivate mindfulness & meditation.  
Initiate your journey by embracing mindfulness techniques. Dive into practices such as meditation or deep breathing exercises to connect with your thoughts and emotions.

Examine your life's trajectory.  
Reflecting on past decisions and pivotal moments. Delve into instances where your intuition proved beneficial.

# Reflection

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## Examine your patterns.

No matter how much we long for a new story, the old story, the story we want to get away from, often has a strong hold on us. We are stuck in our old story with ingrained patterns and habits.

Pose this question to yourself:  
In what story do your deeply rooted patterns trap you?

Fortunately, we possess a powerful tool—imagination! Look past your patterns, beyond your familiar tale, and envision, even for just a minute, a life where you are intricately linked to your profound desires and your complete potential.

A fantastic method to define your ideal life is to take a seat and envision what a perfect day would look like for you.



# LET'S SOULDE



**Monika** took full responsibility for her life and happiness. What about you?

Cease viewing yourself as a victim; you hold the reins. The choices you make and their consequences rest squarely on your shoulders.

## Reflection

**Looking at responsibility in a new way.**

Now, contemplate the ramifications of your past decisions. Tune into the emotions stirring within you. Observe the sensations in your throat and heart, and scrutinize the thoughts that emerge. Remember, responsibility is not a burden but a gateway to freedom.

Craft a list in two columns: things under your influence and things beyond your control.

For the items under your influence, consider: What can you do NOW? Regarding matters beyond your control, ask yourself: What can you affirm NOW to enhance your effectiveness?



# Reflection

## **About relationships.**

Esther Perel, a renowned relationship expert, is known for this beautiful quote: 'the quality of our lives is determined by the quality of our relationships.'

What about you? Are you surrounded by people who want the very best for you and who stand with you in the vision of what you're becoming? Who are these people?

Take some time to think about these relationship questions: what qualities do you want in what you would call a soul relationship? What are the top characteristics that you look for? What does "intimacy" mean to you? What does your ideal 'relationship' life look like?

After reading these questions, take a minute, eyes closed, and observe your breath. Direct your awareness to your emotions and thoughts—they come and go. Pay attention to the sensations unfolding in this moment. What wisdom, or even truth, can you find in your sensations?



# LET'S SOULDE

Our journey in this life comes with an expiration date, and surprisingly, it's one of the most valuable gifts. The finite nature of our existence injects a unique sense of urgency. Given that this ride has a one-time deal, why not squeeze the most out of today? That is exactly what Monika did, and it affected many areas of her life.

## Reflection

### **What is the true essence of your pursuit?**

Pause and reflect. Refrain from the usual list of broad goals. Instead, sharpen the focus of your aspirations. Envision your narrative vividly. Close your eyes, summon images of success. Where are you? Who accompanies you? What activities fill this scene? Take a moment for this. Make the image as sharp as possible. Really bring the scene in front of you to life. Immerse yourself in the emotions this vision evokes. By crafting your future in this manner, you engage both your intellect and your passion.



# Reflection

## **Doors of opportunity.**

You have to open yourself to trying new things. This is how you open doors of opportunity for positive growth. When you try new experiences, you allow ourselves to feel again. Everything in life can't be planned. Sometimes you just need to let your hair down and live in the moment. Being spontaneous will keep your life interesting and exciting. Make a list of new things you want to explore.

## **About money.**

Money wield significant influence over our identities and the way we lead our lives.

Many individuals lack a deliberately crafted money philosophy. Instead, their thoughts revolve around the bills they must settle and ways to increase income. The following questions aim to guide intentional reflection on your thoughts about money and its role in your life.

What do you need in order to put your financial life in order?

What are your current (negative) beliefs about money?

What empowering money beliefs would you like to adopt?

What emotions do you feel around money (anger, fear, shame, indifference, and so on)?

How can you start focusing on abundance instead of scarcity?



# LET'S SOUL

Sometimes, it takes something profound to prompt a fresh perspective on one's life. To really see yourself again, with all your fears, desires and little stories. Perhaps this podcast series serves as that moment for you? A pause to linger and gaze more profoundly into the mirror.

# 5





# Reflection

## **4 phases of personal growth.**

When you find yourself growing personally and spiritually, there are different phases that we all move through. Sometimes linear, but often intersecting.

The philosopher Ken Wilbur has defined 4 phases of personal growth in his Integrated Theory. If we really want to grow as a soul, all four steps are necessary to not only learn, but also to integrate this acquired knowledge into our lives. Only then will you feel deep satisfaction and make an impact.

## **Phase 1: Waking up**

Waking up is about discovering your true self. Remember who you are. Awakening is a process through which you reconnect with your inner wisdom.

Here are 2 simple exercises for you:

Be open to add mindfulness to your routine. Try daily meditation or breathing exercises. It helps you to be in the moment and increase your awareness. Another challenging idea to train your awareness: experiment with new experiences. Do things that are outside your comfort zone. What would that be for you?



## Phase 2: Clean Up

Clean up - tidying up - is the process of healing. When you become more aware of who you are, you also become more aware of old pains, emotions and beliefs that need to be healed.

Which old experiences, mechanisms or patterns do you want to free yourself from?

## Phase 3: Growing Up

Growing up - becoming an adult - requires an integration of your new self into your life. To step into your role, to stand for who you are, to practice what you have learned.

You are increasingly learning what influence you have on what you think, feel and experience. And now the question is: do you continue to blame others for what happens to you, or do you take ownership? It's time to set new intentions for yourself. What intentions can you write down and how can you actually apply them in your life?

## Phase 4: Showing Up

Show up - being there - invites us to bring your new self into the world. You realize that your spiritual transformation is not only for your own good, but that you also have a responsibility to give your gift to the world. To live your mission and make a real impact.

How can you express yourself in the world and use your talents and passions in the best possible way? And how can you use what you have to bring to contribute to the world



# Reflection

## **The blessings in your life.**

We all have so many blessings in our lives. And yet most of the time we fail to notice them. We don't recognize them properly, forget them, or simply take them for granted. We lose sight of them, and that's a critical mistake.

Here's how to incorporate gratitude into your routine.

### **Celebrate the little things**

Slow down your life. And when you're in the middle of an amazing event, it's important that you savor it as much as you can.

### **Fall asleep with gratitude**

Starting and finishing your day with positive emotions helps to build a balanced life and gets you plenty of healthy sleep in the process.

### **Keep a gratitude book**

Write 5 things for which you feel grateful

### **Be aware of your most valued things**

Connect to what's important to you and don't put it off until life gets less busy.

### **Be present**

Choose to be more present in the now.

### **Create a bulletin board**

This is where you can put up small reminders of things that make you feel grateful. It can be anything from a thank-you note from a client to a handwritten letter from a friend.

# EPISODE



## Reflection

### **The power of generosity.**

'The Secret to Living is Giving', says Tony Robbins. Another quote Monika likes comes from her teacher Sri Sri Ravi Shankar: 'Service is the Key to Happiness'. Embracing these mantras is a powerful way to foster personal growth.

Here are 2 not-so-obvious ways to tap into the transformative power of generosity:

#### **Gift Your Story.**

Consider sharing your story with world, like Monika does in this podcast. Sometimes, the most generous thing you can give is a piece of yourself. Authentic storytelling can inspire others and fostering deep connections.

Look at time as a precious gift. Encourage your friends and family to invest time in self-reflection, in mindfulness, or even in simple activities that bring joy. Time is a valuable resource often overlooked. And dedicating it to personal well-being can lead to profound growth.



# Reflection

## **Use the power of positive energy.**

Like giving, also positive energy operates like a radiant ripple in a pond. Harness the power of positive energy to unlock your seemingly impossible dream and manifest the life you've always yearned for.

Try this simple but powerful 'daydream discovery' exercise. The objective: to tap into your subconscious mind to unleash creative insights.

Find a quiet, comfortable space where you won't be disturbed. Set a timer for 10-15 minutes. Close your eyes and take a few deep breaths to relax. Allow your mind to wander freely. Imagine yourself in a serene or inspiring environment. Picture your challenge or idea in this daydream. Let your mind explore various scenarios without constraints. Pay attention to any unexpected insights, images, or solutions that arise. After the timer goes off, jot down any key takeaways from your daydream.

## **Why it works?**

Daydreaming taps into your subconscious, where novel ideas often reside. It provides a mental playground for creative exploration.



# Reflection

## Living in the present moment

Many of the happiest people make it an aim to “live in the present” as much as they can. That equips us with the ability to notice the things around us and appreciate more of what we have. Be aware of yourself right now. Notice the environment around you. Take a moment to do that now. This is your reality. This is your life. What can you be grateful for and appreciative of in your reality right now?



# RETIREMENT

## Build your Soul Story is also a Retreat!

An invitation to reflect on your Soul Story.

Are you truly living a fulfilled life? Are you living your best life? Take a 4 day deep immersion in yourself and in the energy of Lamu island, a world heritage site and the wellbeing destination of East Africa. Take a few days to give yourself space to reflect on your Soul Story. To truly connect with yourself. To rejuvenate, to energize and to explore a new world of possibilities.

**14-18 November 2024**





# At our Soul Story Retreat:

- You look at what was, where you are now and what lies ahead.
- You will learn to apply your inner wisdom to moments of change, so that you can deal with it gently.
- You will develop your own ritual to express your transition to the new phase.

Go to our website [www.BuildyourSoulStory.com](http://www.BuildyourSoulStory.com) for more info.

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