

40 Days of Self-Love

“Self Love, is the **FOUNDATION** of All Evolution.”

WEEK TWO

LIVING IN ALIGNMENT; SOULCORE WORDS

As human beings that have desires, we often find ourselves making decisions to receive instant gratification. Though many of us want to make decisions “with God” we may have a hard time listening to our higher selves

when our ego is trying to pull us in another direction.

Finding our non-negotiable *Soulcore* Words, gives us the ability to make decisions in alignment with who we truly are and who we desired to be.

This week’s assignment asks you to take a deeper look at where you are, and, where you want to be. This tool is very useful in making small and large decisions.

**“Try not to
become a man of
success. Rather become
a man of value.”**

Albert Einstein



Eva Maurice
SPIRITUAL COUNSELOR

SoulCore Words Assignment

1. Brainstorm all the words that are nonnegotiable in your life. These words can be values, actions, emotions or truths. Absolutely any words that move you when you think of it. You should feel the word in your heart. Here is a list of examples:

Love peace joy abundance divinity faith hope and trust loyalty honesty commitment laughter dance creativity adventure travel freedom passion inspiration curiosity prosperity beauty con exhilaration parenting partnering creating

There are no wrong choices just make sure that you feel the words as you write them.

2. Begin to narrow your list down by circling words that have similar meanings, and then choose the one that feels stronger to you. Continue going through the list crossing ones off and selecting the ones that really stand out to you.

3. Keep choosing until you discover the three words you feel are nonnegotiable in your life. Each one of these words should not only bring up a positive emotion but they should be something that you aspire to daily.

For example; if you choose the word PEACE it should be a part of your day-to-day life already or you should have a strong desire to make it a part of your day-to-day life. It should be a non-negotiable desire of yours to create peace in your life.

4. Once you have these three words then define each word in your own way. It doesn't matter what the proper dictionary definition says or what anyone else's opinion is. Write out your own personal definition. (Sometimes it's helpful use words that you had to cross off in the definition of one of your chosen words.)

5. Once you have your three words and their definitions take some time to write about how each word plays a role in your life, how it could expand and the impact you wanted to have on your experience in this lifetime. Here's an example:

Peace definition: to be calm, connected and caring at all times in all situations. Choosing my response to any and all life situations. This word plays a role in my life because I strive for it and when I achieve it the feeling is pure bliss. Peace could expand in my life if I create more of it by being aware every moment of every day of the ability I have to create it in my own life and others. And... The impact this word piece has on my lifetime is the potential for greater health, greater joy and greater abundance. I am committed to bringing more peace into this world they're being a living example of peace within.



Eva Maurice
SPIRITUAL COUNSELOR

SoulCore Words Assignment cont.

6. Finally, you can create a mantra using all three of your words keeping it short and simple and letting it begin with I am. For example, if your three words are peace, travel and creativity, your mantra might be:

I am peacefully traveling the world sharing my creativity.

7. Once you have completed these tasks; (hopefully early in the week) you will be able to experiment with making decisions in alignment with your SoulCore words. For example; If peace, travel and creativity are your words, and you were offered an office job that would provide great abundance but require extreme commitment to being in one place to do your work on a regular basis, you would simply ask; is this decision and alignment with peace? Your answer maybe yes because it would bring you abundance and that would calm your mind and you could be kind and caring if you had that peace of mind. Then you would ask it if it was an alignment with travel; and your answer maybe no because two weeks a year does not suffice the desire you have for travel. And, the third question of is this job in alignment with my desire for creativity? That could be a yes or no depending on the job.

In my decision-making it has 3 out of 3. Even if just one of my SoulCore words does not align with the decision at hand, it's a no for me.

Start small with simple decisions for example: should I go out tonight? Should I eat this pizza? And then that your core words guide you to the bigger decisions in life about health, relationships, career etc....

Your SoulCore words will come in handy over the next several weeks, but, for this week just get really familiar with them. Say your mantra daily, write them in your journal and even put your words and or mantra on post-it notes and place them eye level throughout your house so that you can be reminded of these three beautiful words.

Enjoy the video and meditation, both will help you tune into your words.



Eva Maurice
SPIRITUAL COUNSELOR