

# **Anchored & Awakened**

**Clarity, alignment and gentle  
practical actions**

— Soul and Systems

# Welcome to anchored and awakened

This mini-book is designed to help you pause, reflect, and realign with what truly matters to you — both in life and in business.

Within these pages, you'll find gentle yet powerful exercises that invite you to explore your values, goals, and mindset. There's no rush here — take your time, be kind with yourself, and let each exercise open new doors to clarity and growth.

Remember, this journey is yours. Soul and Systems is here to guide and support you every step of the way.

Take a deep breath, and let's begin.

— Soul and Systems

# Discover your core value

Your core values are the compass that guides your decisions, actions, and energy. When you know what truly matters to you, it becomes easier to say yes to the right things and no to what doesn't serve you.

Take a moment to reflect on the following:  
What qualities or principles would you like to have?

When have you felt the most fulfilled and aligned in your life or work?

What values do you want to embody in your daily choices?

Write down 5–7 values that resonate deeply with you.  
Examples: Authenticity, Courage, Balance, Growth, Connection, Freedom, Compassion

Your Core Values:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

# Values in Action — Alignment Check

Now that you've identified your core values, it's time to see how they show up in your life and work.

For each value you wrote down, answer these questions:

How am I currently living this value?

Where do I notice misalignment or resistance?

What small action could I take to bring this value more fully into my daily life?

Example:

Value: Balance

Current reality: I often work late and skip breaks.

Misalignment: Feeling tired and overwhelmed.

Action: Schedule a 10-minute midday break every day this week.

Your turn:

Core Value

How am I living it? Misalignment? Small

Action to Align

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

# Vision Mapping — The Life You Want to Build

When your energy is scattered, so is your focus. When your energy is intentional, everything becomes lighter and more aligned.

This audit helps you notice what energizes you... and what quietly depletes you.

Step 1 — List your typical weekly activities:

Work, meetings, social media, parenting, errands, rest time, creative time, reading, journaling, calls, etc.

Step 2 — For each, check in:

How does it feel in your body?

Energizing (✓)

Draining (✓)


Neutral (✓)

### Step 3 — Reflection

What surprised you in this list?

What are 1–2 things you could do less of?

What do you want to protect more space for?

 “Your body often knows the truth before your mind admits it.”

# Your Inner Narrative.

The words you speak to yourself shape your world. Some stories uplift you. Others quietly keep you small.

This exercise is an invitation to listen in — and choose a more supportive script.

Step 1 — Notice the script

Think about a situation where you've felt stuck, hesitant, or unsure lately. Write it down.

The situation:

.....

Now, write down the thoughts that come up around it — uncensored.

My current thoughts about this:

.....



## Step 2 — Identify the tone

Are these thoughts:

Encouraging or critical?

Hopeful or fear-based?

Rooted in truth, or in fear/story/past experiences?

## Step 3 — Reframe

Now choose one thought to gently reframe.

Ask yourself: What would I say to a close friend in the same situation?

New, more supportive thought:

# Rebuilding Self-Trust

Every aligned decision strengthens your self-trust. This exercise helps you reconnect with that quiet knowing inside — even when doubt creeps in.

Step 1 — Reflect on your past

Think of a time when you listened to your intuition, even if it didn't make logical sense.

What was the situation?

.....

What choice did you make?

....

What happened as a result?

.....

## Step 2 — Identify the pattern

What signs, sensations, or thoughts helped guide you?  
How does “yes” feel in your body vs. “no”?  
What throws you off or clouds your clarity?

## Step 3 — Anchor a new belief

Complete the sentence:  
I trust that I can... because...

💬 “Clarity isn’t something you chase. It’s someone you return to.”

# Boundaries That You Hold

Boundaries aren't walls — they're doors.  
They protect your peace, honor your needs,  
and remind you what matters.  
This exercise helps you identify where firmer  
boundaries could bring more freedom.

Step 1 — Scan your life  
Where do you currently feel:  
overextended  
Resentful  
Drained  
Invisible  
Hesitant to say no

Write down a few situations or relationships  
that come to mind.

## Step 2 — Name the need

For each situation, ask yourself:

What is the boundary I wish I could set here?

What fear or guilt gets in the way?

What would honoring this boundary give me?

## Step 3 — Try a boundary script

Use this soft but firm sentence structure to start:

“To take care of myself, I’m going to \_\_\_\_\_.”

Examples:

“To take care of myself, I’m going to log off by 6pm.”


“To take care of myself, I’m going to pause before saying yes.”

“To take care of myself, I’m going to leave that group chat.”

Write your own below:

.....

.....

 “Your boundaries are not a burden. They are a declaration of what you can take in or not.”

# Your Future Self Vision

There's a version of you who already knows the way.

They're not perfect — but they're peaceful, confident, and grounded in their truth. Let's meet them.

Step 1 — Close your eyes (if you're comfortable) Imagine yourself 6 months or 1 year from now. This version of you has made aligned choices. They feel proud, clear, and deeply rooted.

Now ask yourself:

How do they start their mornings?

What do they say yes to without hesitation?

What no longer drains them?

How do they speak to themselves?


What kind of work or life are they creating?

Step 2 — Journal as your future self  
Complete this in their voice:

"I am proud of the way I..."

"One shift that changed everything was..."

"To anyone who feels stuck, I would say..."

 "The future version of you isn't waiting. They're already within you, asking to be lived into."

# Goal Setting

Let's take what you've uncovered — your values, clarity, and vision — and shape it into something tangible.

This isn't about hustle. It's about intention.

Step 1 — Choose one area to focus on

Where do you feel ready for a gentle shift?

Examples:

Work or business

Finances

Relationships

Self-worth

Creativity

Rest & rhythm

**My focus area:**

.....

.....



## Step 2 — Set one soulful goal

Make it clear, aligned, and compassionate.

Use this structure if it helps:

“I want to move toward \_\_\_\_ in a way that feels \_\_\_\_.”

Example:


“I want to move toward more visibility in my business in a way that feels grounded and brave.”

Your goal:

## Step 3 — Choose your first small step

What’s one small, honest action I can take in the next 7 days?

My first step:

 “You don’t have to leap. You just have to move in the direction that is true.”

# Honoring Your Growth

It's easy to skip over your own evolution — especially when you're focused on what's next.

But growth happens in the small, quiet moments too. Let's honor what's already shifted.

Step 1 — Look back

Over the past few weeks or months:

What have you let go of?

What boundaries have you honored?

What parts of yourself have become louder? Softer?

Clearer?

Write freely:

.....

.....

.....

## Step 2 — Celebrate the “invisible wins”

Invisible wins are the quiet things others might not notice — but you feel them.

Examples:

Saying no without guilt

Taking a break and not justifying it

Asking for help

Feeling something fully without shutting it down

My invisible wins:

.....

.....

.....

.....

Step 3 — Let it land  
Complete the sentence:  
“I’m proud of the way I...”

.....

.....

.....

# Integration & Intuition

This final exercise isn't about doing more, it's about letting what you've uncovered settle into your body and choices.

Step 1 — A pause  
Take a moment.  
Breathe in deeply.

Notice how you feel, without needing to fix or change anything.

Step 2 — Let your intuition speak  
Complete the following prompts without  
overthinking:

Right now, I know I need...

.....

A truth I've been avoiding is...

.....

Something I'm ready to claim is...

.....

A small routine that could support me is...

.....

(example: weekly check-in, journaling,  
slow walk without phone)

.....

.....

### Step 3 — A note to self

Write a short note to your current or future self — a reminder you can return to when you need it most.

Dear me,

Love,  
Me

This is a space created for you to return to yourself, softly and bravely.

If something shifted for you, even quietly... that matters. You don't need to rush into action. Let what you've discovered sit, breathe, and become part of you. When you're ready, you can revisit any page, any prompt, anytime. This Library is yours.

### Share Your Experience

If this felt meaningful, I'd love to hear from you. Feel free to share a moment, a quote, or a reflection and tag: @soulnsystems

✨ Your voice might just guide someone else home to themselves.

With gratitude,  
— Soul and Systems