



CHECK IN!!!!

There are no traffic jams along the extra mile. - Roger Staubach

Before we begin a dive into our final four weeks, how did the second month go? How did you complete? This is a beautiful opportunity to CHECK IN, and GET HONEST about how much you've been putting into this work and, most importantly, YOURSELF.

Remember, how you do anything is how you do EVERYTHING. So take an honest look: Are you still committed? Are you giving every question, every challenge, and every game your ALL? Or, are you giving up on yourself? Saying you don't understand and throwing your hands up? Are you saying you'll get to it when there's "more time," and making excuses for why you've been putting it off? **WHERE ELSE IN YOUR LIFE IS THIS SHOWING UP?**

Notice where you're at, and in this very moment, **make a choice**. True life mastery comes with awareness of the work that needs to be done and making the necessary adjustments to be in integrity with ourselves. It's a journey of transformation, not the destination!

With that, we are so excited to welcome you into the month of the SOUL. Get ready to drop into your heart space and go into some deep reflection, it's time to nourish the SOUL.

With Love + Gratitude,

Alexi + Preston

WHO ARE YOU?

The SOUL is the self, the “I” that inhabits the body and acts THROUGH it. Without the soul we are merely just a skin suit; a lightbulb without electricity, a car without a driver, a guitar without strings. As C.S. Lewis said, “You don’t HAVE a soul, you ARE a soul. You HAVE a body.”

Before you thought that being rich would make you worthy, before you thought that he/she would complete you, before you were told that a fireman or lawyer would be a good career path to follow. . . WHO WERE YOU? In today’s world, we’ve defined ourselves by what we do, who we’re with and what we have; but in reality, we came into this world as a being without ANY labels attached.

Today, we want you to simply ponder the question:

WHO AM I?

Avoid defining yourself by your labels (Mom, Dad, Doctor, etc) and see what you come up with. After you spend the day contemplating this question, write about your discoveries.

