



SHOW YOUR SOUL

Today is a game. We challenge you to create three experiences that reflect each of your core “I AM’s,” that is JUST outside of your comfort zone. If you can, create an experience that includes all three. This should be something that is new to you, challenges you, and scares you just a little bit. :)

Example: Preston’s Core “I AM’s” are Passionate, Creative + Curious. The experiences he could create are:

- 1. Passionate:** Starting a spontaneous dance party in line at the coffee shop.
- 2. Creative:** Putting together a vision board.
- 3. Curious:** Asking meaningful questions to a loved one to get to know them in a way he never has.

How did it feel to live out your Soul Signature today? _____
