ACTION PLAN WEEK 11

This week’s focus is on **SOUL HOLES** and learning the **lessons** of your soul. It can be easy to believe that you are your body, but the truth is you’re a soul that inhabits a body. Over your lifetime, you can accumulate soul holes that result from a number of experiences that result in feeling disconnected, unloved, hurt and alone. This can lead to eating as an attempt to fill these voids, but the reality is that a hole in the soul cannot be healed with food. Rather, these holes need to be properly healed so that you can feel more whole and complete. TIP: Schedule 30 minutes a day to complete one activity such as a worksheet, tapping, meditation or breathing.

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|  | MON | TUE | WED | THU | FRI | SAT | SUN |
| Read The Soul & Soul Holes. |  |  |  |  |  |  |  |
| Complete the worksheet Strategies to Heal Soul Holes |  |  |  |  |  |  |  |
| Practice Tapping Audio/Script\_Body Attachment |  |  |  |  |  |  |  |
| Complete the worksheet My Soul Lesson Sheet |  |  |  |  |  |  |  |
| Practice Guided Meditation\_ Body Gratitude (essential skills call) |  |  |  |  |  |  |  |
| Complete the Journal Prompts for Self Reflection |  |  |  |  |  |  |  |
| Practice any other tapping, meditation, breathing or strategies. |  |  |  |  |  |  |  |