

A Holistic contemplative guide

SOULjourner, thank you for joining me. I know you like to get stuff done (so do I!). But at what expense? Let's take a gentle, sabbathing way for the next thirty days - consider subscribing to automatically receive a new notebook to save monthly!

Here's your quick guide to getting started with your SOULution Sheets. •



- 1** **DATE** + entrust each day to the Beloved, again and again—getting things done isn't the aim, rather, Love is. Getting things done is an outcome of holy fluidity + alignment in holy unhurriedness through Sabbathing Rhythms—intuitively + intentionally, sensually.
- 2** **WHO AM I** is the starting point for your customizable CARE Ritual. Daily, I will begin with a manifesto of my human "beingness" in all of my human doing, some examples: "*I am being patient with myself.*" "*I am attentive.*" "*I am open.*" "*I am loved.*" "*I am becoming more aligned with truth.*"
- 3** **GRATITUDE** invites my functioning senses. Through my senses, I notice what's already been done for the day—my Ta-Da's. I will draw upon curiosity + creativity + courage to help me use this section as a self-nourishing practice. I realize gratitude doesn't protect me from suffering, rather, it dares me to witness Divine gifts in the most unlikely places. As I adopt a posture of gratitude + bliss, I will embody the ongoing health effects of gratitude.
- 4** **INTENTIONS + PRIORITIES** are my To-Do's rooted in my mindfulness to work-play + rest **from** Love + my belovedness—not for it. **FIRST**, I practice putting on my oxygen mask before giving it to others, as best I can—there is enough good for me, too. Attending to my wellbeing is not selfish—it's my shalom strut, my revolutionary rest respite, my freedom flex, my vitality vibe. When I start an intention, I will mark my progress by coloring in the hearts.
- 5** **GOALS** should be SMART (Specific, Measurable, Attainable, Relevant, Time-based). My goals are the desired outcome I value. I do not control or grind out goals. However, I can let grace help me set my intentions + prioritize them with a coherent, compassionate plan.

I will remember to keep my vision steady + my plans fluid as I cultivate a sustainable + holistic life from which my goals emerge. I **will approach my goals in small chunks with milestones in mind** to avoid overwhelm + grind. *Burnout is war against my humanity, not a badge of honor.* When a milestone is met, I will celebrate my #smallwins. If I do not get to all my intentions, I will pick up where I left off to follow-up the next day. #makepeacewiththefollowup

Affirmation: "I am a deeply rested, creative, strategic shalom-making sanctuary of holistic, hospitable transformation. Grace summons me whether things go as planned and when they go awry.
Ase' + Amen"

DATE: / /
 TIME: :

SABBATHING RHYTHMS TODAY

use with the emotional wellbeing card deck

Good to Know:
 Intentions
 desired plan
 Priorities
 order of importance
 Goals
 desired outcome

Who am I? I am... a caring + cared for person

Word for this year: rooted Primary emotion: curious

optional

use with the 5 senses card deck

Note to self: Today, I will choose to notice + nurture + embody holistic, sustainable living.

My Savoring of Gratitude What I've already done (Ta-Da's)!

I tasted my first cup of water w/fresh blueberries + lemon. I am nourished.

I enjoyed the Smell of my lavender body butter as I anointed my body. I am grounded.

Hearing the faucet running reminded me of the streams of living water within me. I am accompanied.

The touch from Sammy's smile opened me. I am embraced.

I see the tightness in my finger joints, I pause to do my hand exercise. I am worthy.

My Service of Liberated Love What I intend to do (Ta-Do's)!

It's OK if I begin with me.

My Intentions + Priorities

My Goals

Time Projection:

TOP MUST 3 THINGS TO NURTURE

Me: CARE ritual: contemplate + align + rest + empathy	STARTED = DONE
Fam: Teach English + science + geography	STARTED = DONE
Biz: Record podcast episode 61 (no editing)	STARTED = DONE

Contemplate who I am + my annual word Align my word of the year w/my values Rest in a sensual gratitude Empathy in my list (my strategy + plans)	5 am 1.5 H
Leave a legacy + cultivate connection + curiosity	9 am 3 H
Document meditation + teachings for SOULjourners collective	12 pm 1 H

OK TO DO TOMORROW

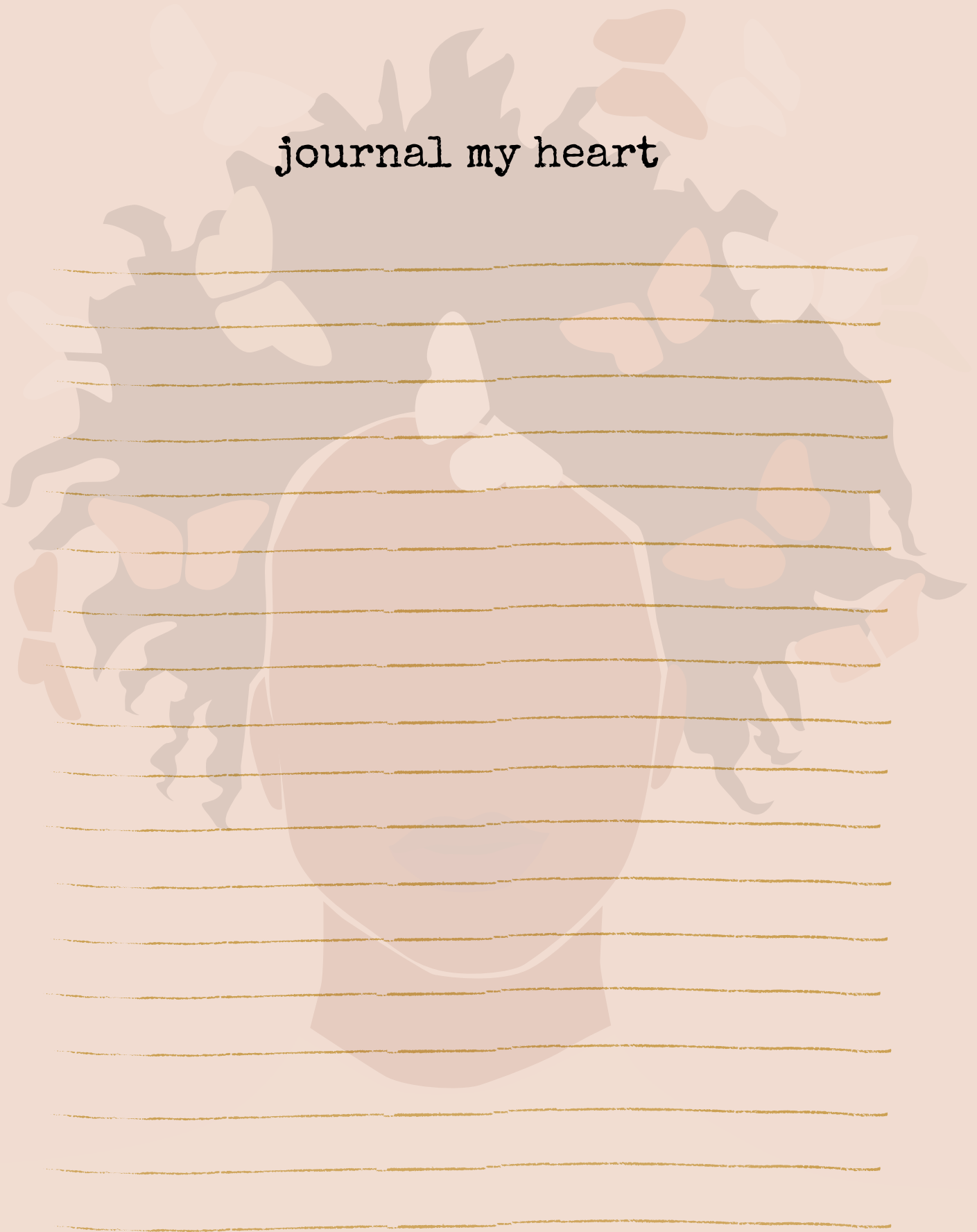
Biz: Budget + Bookkeeping	STARTED = DONE
Fam: Grocery Shopping using Instacart	STARTED = DONE

Know numbers + get out of debt invest + save for new computer + restock inventory	2 pm 1.5 H
Buy life-giving food + optimize time + save fuel	4 pm 15 M

Total Budgeted Time = 7h 15M

Reminder: Keep your plans fluid + your vision steady.
 Blessed are the flexible for they shall bend and not break.

journal my heart



DATE: / /
TIME: :

SABBATHING RHYTHMS TODAY

Good to Know:
Intentions
desired plan
Priorities
order of importance
Goals
desired outcome

Who am I? I am... _____

Word for this year: _____ Primary emotion: _____

Note to self: Today, I will choose to notice + nurture + embody holistic, sustainable living.

My Savoring of Gratitude What I've already done (Ta-Da's)!

My Service of Liberated Love What I intend to do (Ta-Do's)!

It's OK if I begin with me.

	My Intentions + Priorities		My Goals	Time Projection:
TOP MUST 3 THINGS TO NURTURE		STARTED =		
		DONE		
		STARTED =		
		DONE		
OK TO DO TOMORROW		STARTED =		
		DONE		
		STARTED =		
		DONE		

Total Budgeted Time = _____

Tip: Don't squeeze everything into today, the CARE ritual invites you to leave a patch of sky in your day for improvisation + interruptions. What are your CARE Ritual ingredients?