

Challenge #3: Soul-Driven Decisions

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Adapted from the book *Aligning Your Life: A Guide to Purpose and Change*

Based on: Chapter 3 – *Soul-Driven Choices*

Goal: Make more decisions from your truth—not from fear, autopilot, or pressure.

Every choice shapes your life. The question is—who’s making the decision: the aligned you, or the exhausted one? This challenge helps you get honest about your values and learn to trust your gut again.

DAY 1: Identify Your Core Values

Action:

Write down 5 words that describe what matters most to you—like freedom, authenticity, growth, family, clarity.

Reflection Prompt:

- Why are these values important?
- Where in my life have I honored them—and where have I ignored them?

DAY 2: Gut Check

Action:

Choose a current decision—big or small. Close your eyes. Breathe. Notice your body: tension? ease? Tight chest or open heart? That’s your gut talking.

Reflection Prompt:

- What does alignment *feel* like in my body?
- When have I ignored this before—and what happened?

DAY 3: Intuitive Choice in Action

Action:

Today, make one decision entirely from your intuition. Choose what feels true—not what pleases others.

Reflection Prompt:

- How did it feel to choose based on what I *want*, not what I “should” do?
- What does this teach me about trusting myself?

Want More?

These 3 days are a glimpse into Chapter 3 of *Aligning Your Life*. If you want to build your decision-making muscle from the inside out, [you can find the book on Amazon](#).