



The Soulful Sunday Subscription September 22, 2024

Moving Forward with Your Dreams

As we enter the fall season, it's time to shift from dreaming to **doing**. This worksheet is designed to help you reflect on where you may be holding yourself back, identify areas of self-sabotage, and create space for self-care as you move forward with your goals.

This is your season to take action, while staying grounded and caring for yourself along the way.



Reflecting on Your Dreams and Goals

Take a moment to reflect on the dreams and goals that have been on your heart. It's time to stop waiting and start making moves toward what you want. Use the prompts below to identify what you've been holding back on:

- What is one dream or goal I've been holding onto but haven't taken action on?

- _____
 - _____

- Why have I been waiting to move forward on this dream? What has stopped me?

- _____
 - _____

- How would it feel to take one small step toward this dream this week?

- _____
 - _____

SIGNS YOU MAY BE SELF-SABOTAGING

1. You procrastinate on important things
2. You break promises to yourself
3. You have “Imposter Syndrome”
4. You’re self-critical and identify too much with your negative beliefs
5. You focus too much on your mistakes
6. You refuse to ask/seek help
7. You ignore the warning signs that you need a break
8. You second-guess yourself
9. You make excuses for your behavior
10. You operate based on how you think a situation should be rather than dealing with reality.
11. You don't communicate your expectations or set boundaries



Identifying Self-Sabotage

Self-sabotage can show up in many forms—procrastination, perfectionism, fear of failure. Use these prompts to uncover where you might be holding yourself back:

- What are some ways I might be self-sabotaging my progress?
 - _____
 - _____
- Is there a specific fear or belief that's holding me back from taking action?
 - _____
 - _____
- How can I shift my mindset and behavior to support my progress?
 - _____
 - _____

8 Ways to Prioritize Self-Care



Getting enough sleep is important for our physical and mental health.



A gratitude journal can help shift your focus on positivity.



Regular exercise can help improve physical health and reduce stress.



Engaging in hobbies can improve your overall well-being.



When you eat a balanced diet you are less likely to experience fatigue and mood swings.



Spending time in nature can reduce stress and improve your mood.



Socializing with friends and family can boost your mood.



Practice mindfulness by paying attention to the present moment without judgement.

Prioritizing Self-Care as You Move Forward

As you begin to take action on your dreams, it's essential to take care of yourself. This section will help you reflect on how you can nurture your well-being while making progress:

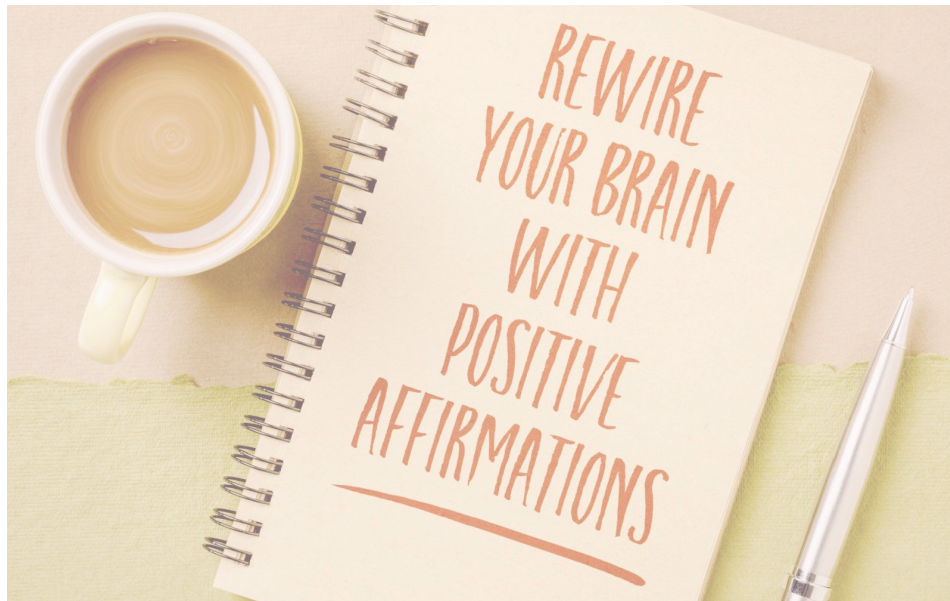
- What self-care practices have I been neglecting recently?
 - _____
 - _____
 - How can I incorporate self-care into my daily or weekly routine, even while working toward my goals?
 - _____
 - _____
 - What is one thing I can do this week to nourish my body, mind, or soul?
 - _____
 - _____
-



Grounding and Moving Forward

To achieve your dreams, it's important to stay grounded and focused. Reflect on how you can balance passion and practicality as you take the next steps toward your goals:

- How can I stay grounded and focused as I begin to move forward?
 - _____
 - _____
 - What practical steps can I take to make progress while staying balanced?
 - _____
 - _____
-



Affirmations for Moving Forward

Use the affirmations below to reinforce your mindset as you take action and prioritize self-care this season:

- "I release self-sabotage and take action toward my dreams."
 - "I am worthy of my dreams and capable of making them happen."
 - "I balance self-care and action, staying grounded as I move forward."
 - "Each step I take brings me closer to my goals."
-



Fall-Inspired Self-Care Activities

Fall is the perfect season to ground yourself and reconnect with nature. Here are three activities to help you stay present and nourish your body, mind, and soul this week:

1. **Take a Nature Walk and Reflect on Letting Go:** Just as the trees release their leaves, take time to reflect on what you need to let go of as you walk. Let the cool air and changing colors ground you in the present moment.
2. **Create a Cozy Fall Ritual:** Set aside time each evening to unwind with a cup of tea, a warm blanket, and your favorite book or journal. This can be your time to relax, reflect, and refill your cup.
3. **Journal by Candlelight:** Light a fall-scented candle and spend time journaling about your dreams, goals, and areas of self-sabotage. The soft glow of candlelight will create a calming, reflective space.

This week is about stepping into action, letting go of what's holding you back, and nourishing yourself along the way. Use this worksheet as a guide to reflect, release, and move forward. You don't have to do it perfectly—you just have to start.

Have a beautiful week,

Charity

My Wishes for You



I hope each day
is better than ever.

I hope your face hurts
because your smile is so big.

I hope your whole day
is filled with sunshine and laughter.
When you wish, I hope you wish big.

I hope your tomorrows
are friendly and kind.

I wish for you these things in life:
adventures, good days, good friends,
good times, peace, happiness...
and a whole lot of fun.