

# Soul Work-Meditation

## **Create a daily Meditation Practice**

Try different styles of meditation until you find ones you enjoy. Start small 5-10 minutes once a day, eventually practicing 20-30 minutes twice a day.

## **Bring the 4 Soul Questions into your Meditation**

Before every meditation ask yourself:

- Who Am I?
- What do I want?
- What am I grateful for?
- What is my purpose in life?

You can also use the guided 4 Soul Questions meditation found in your resources.

Remember you may get your answers during your meditation or later, just trust that the answers will be revealed to you in the perfect time.

## **Download the Insight Timer App**

There are so many good meditations on here with every style imaginable. It also has a great timer feature if you'd like to meditate on your own.

Happy Meditating!