

Soul Matrix

Creating Calm in the Chaos

Soul Matrix	Rating	Mind (Thoughts)	Body (Actions)	Emotions (Feelings)	Soul (Heart)	Total	Focus - (Above 7, Below 4)
Work - Job, Career, Business, Family care	10					out of 40	
	9						
	8						
	7						
	6						
	5						
	4						
	3						
	2						
	1						
Play - Exercise, Fun, Social, Outings, Games, Social media	10					out of 40	
	9						
	8						
	7						
	6						
	5						
	4						
	3						
	2						
	1						
Grow - Learning, Expanding, Evolving, transforming	10					out of 40	
	9						
	8						
	7						
	6						
	5						
	4						
	3						
	2						
	1						
Rest - Sleep, Meditating, Mindless activities, Movies	10					out of 40	
	9						
	8						
	7						
	6						
	5						
	4						
	3						
	2						
	1						
Total		_____	_____	_____	_____		
		out of 40	out of 40	out of 40	out of 40		

Instructions –

Give yourself a score out of 10 (with 10 being the best and 1 being the worst) for each area of life (Work, Play, Grow and Rest) for engagement at the Mind, Body, Emotions and Soul aspects.

Example –

Looking at the aspect of Mind. How well is your mind engaged in your work? If you are kicking goals, and your work is mentally challenging you would give yourself a higher score.

What about the area of Play? Do you have great conversations with friends? Do you isolate yourself? Do you get out and about and have fun? Do you do Sudoku? Think about how your mind is engaged in your play activities?

Think the same for Growth - Are you learning new things? Expanding? Evolving?

And for Rest - How well are you able to rest? Can you turn your brain off? Do you create mindless time?

Repeat for Your Body (Think movement) across Work/Play/Growth & Rest. Then for your Emotions and your Soul (think passion!).

Add all the amounts across for work and put the total in the total Column. Repeat for Play, Grow and Rest.

Add all the amounts going down for Mind and put in box at the bottom. Repeat for Body, Emotions and Soul.

Once you've done this, you should get a clear picture on where in life you might like to make a few adjustments to make life more balanced.

If you are interested in discussing your results, make an appointment to see Emma about your results.

For those in Spiritual Gangster Club – consider using your next lot of accumulated minutes to explore the meaning of your results and how they are impacting your Spiritual development.

<https://soulhealing.as.me/>

www.emmaskeggs.com

www.spiritualgangster.emmaskeggs.com

