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Look Well Within Soul Date and Exercise for Week 4 Part 3

Below you will find a list of 'soul' activities that can clarify and enhance your life purpose, and help form your 'soul kit.' These activities range from interior reflection to seeking justice for others; from praying to living with abandon; from creativity to compassion; from solitude to leading. While some require inner work, all are 'other' directed, because even in the deepest contemplation of our own lives, we are called to reach outside ourselves. Our purpose is always found in giving. Our wholeheartedness is strongest when we are using our best selves in the service of others.

As you review the list of activities, you will find yourself naturally and quickly attracted to some, and not so much to others. As you consider each and do the work of ranking them, go with your 'gut' feeling of joy and delight. Do not give a higher priority to a certain one because you think you 'should' be doing that particular activity or because others have told you that it is important. Instead, listen to the truth of your own soul and the movement of emotion and excitement inside you as you consider each activity. If you are unsure about what a particular activity is or how it might be carried out, simply sit quietly and wait for insight to come. There are no right or wrong answers!

On a scale of 1-10, rank (1 being low, 10 being high) each activity by putting the assigned number in the box.

Example: The activity of giving others good news.

- I might feel quite a bit of passion for this and put an '8' in the 'passion box.'
- I may find that I don't, however, seem to have much energy because I am overstretched in other areas that I don't want to change right now, so in that box I might enter a '3.'
- I may not have much curiosity, because I know how I want to do this, so I might give that box a '2.'
- I know that I feel very excited when I think of doing this, so I might give that box a 9.

Adding all the numbers together, my total for the category of 'giving others good news is '22,' which I enter in the last column. These numbers will help in Part 4 when you begin to prioritize your soul's desires, and begin to assemble your own plan for spiritual practice – you own 'soul kit.'

Discovering My Soul's Desires

Activity	Passion	Energy	Curiosity	Excitement	Totals
Giving others good news					
Being where others are gathered					
Hounding heaven for others					
Healing those who are sick in body, mind, or spirit					
Raising those who are dead in mind, body, or spirit					
Helping others find their way					
Protecting those who are at risk					
Planting seeds of possibility					
Recovering what is lost in body, mind, spirit					
Bringing heaven and earth together					