

SOULFUL *Whispers*

A collection of journal pages to help you connect more intentionally with your authentic self, your intuition, your emotional energy, your heart light, and your soul's vision. They are best used together on a monthly basis.

The content herein is for informational and educational purposes only. It is not intended as a substitute for medical advice, nor a replacement of traditional medicine. Consult your own qualified healthcare professional for specific concerns or questions.

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SOULFUL

Whispers

Faith - what are you hoping or praying for?

Your What:

Your Why:

Magic - what's on your schedule/radar?

Your What:

Your Why:

Gentle - want to change something?

Your Want:

Your Why:

Imaginative - what lights you up?

Your What:

Your Why:

Encourager - how are you expanding knowledge?

Your How:

Your Why:

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Influential - Visualize Goals & Action to take

What goals are you working towards?
What goals do you want to achieve?
Can be big or small, long or short term.

Grateful Heart - what are you thankful for?

Be intentional about your blessings and name them, no matter how big or small.

Inner Power - what is your "I am" statement?

What is the mantra that lights up your soul with empowerment, courage, love and all the 'feel good' things?

Be well - self-care practice?

What is your 'go-to' self-care 'must do' activity? How often would you like to do this practice?

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Supportive Crystal Energy

Are you drawn to a particular crystal or stone? What do you experience intuitively when looking at or holding it?

Supportive Card Message

Do you have a favorite oracle card deck? Shuffle and draw a card intuitively. If not, what is your favorite quote, and why?

Supportive Intuitive Mentor

Do you work with Spirit Guides or Ascended Masters? If not, who is your role model? Who is showing up for you?

Free-write - Anything else on your heart?

Share what is on your heart or in your mind. Pen to paper, let it go.