



STRENGTHEN THE SOUL

NAME:

DATE:

This worksheet is a supplement training guide to “STRENGTHEN THE SOUL” video posted on May 7, 2016.

Our soul can be strengthened, enhanced, and toned just like your muscles, with a few simple daily soul pumps. Once you have strengthen your soul, you will see life from a whole different perspective. People with a highly developed sense of spiritual essence are often more successful and, generally understand what it means to be truly happy.

List all the visions/goals you have this year.

Success or failure in almost anything starts from within. Your soul is an energy entity that carries part of your memories and awareness. It is what animates your body. Once you develop a better sense of your soul, you can create a domino effect of positive outcomes.

What are the barriers getting in your way?

Life is a cycle. Sometimes you're up, sometimes you're down. The trick is to enjoy the ups and make it sure it's longer than your downs. Have courage and face problems when you're down. Write your goals, journal, and see, believe, strengthen, and nourish your soul.

What solutions or actions are you going to take to achieve your goals?

Our JTPG and peak performance online classes will begin soon. Sign up to our website, follow us on facebook and twitter, and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to your personal greatness.

Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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