

*****FREE EXCERPT*****

Soulfulness4Life

presents

The
ReSOULution
Project

A Self-Guided Workbook

developed by
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*****FREE EXCERPT*****

The material contained herein is for educational purposes and does not provide healthcare advice or treatment. Contact your healthcare provider if you require treatment for a mental, emotional, or physical health problem.

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Welcome to my *“ReSOULution” Project!* The project involves making a different type of resolution, one that emerges from and nurtures your SOUL! Rather than a New Year’s Resolution, think about a “New YOU *ReSOULution*” that infuses and nurtures your soul in the ongoing evolution of your highest and best self. A “new you” is evolving every single day as you make choices about how to live. Your *“ReSOULution”* helps you be intentional about the nature of your evolution.

I would like to share a process with you that I do myself! Every year I pick one or two words to serve as my personal “Soul Theme” throughout the year. My word provides focus, a directional compass, and a clear target area for growth and transformation. The word becomes part of my daily meditation and is a reminder of where I want to direct my attention. I try to embody the energy of the word and let it permeate how I live. I intentionally look at things through the lens of my word and challenge myself to use it help me manage different situations. I can tell you that doing this has made a HUGE difference in my life in so many ways. Here are a few of my words from recent years: RELEASE /SURRENDER (2014), FORGIVENESS (2015), GRATITUDE /BLESSINGS (2016), HUMILITY (2017), and COURAGE (2018).

This Workbook guides you through the systematic *“ReSOULution”* process. At the end you will have your word, your “Soul Theme” for the year (or month or whatever time horizon works for YOU)! If you like what you experience and want to find out more about my Soulfulness approach, please join our mailing list [HERE](#) and visit Soulfulness4Life.com (also Facebook/Instagram @soulfulness4life and Twitter @soulfulness365). Enjoy!

Soulfully Yours,

Dr. Shelly P. Harrell



Resolutions vs. ReSOULution

The most common New Year Resolutions people make every year include “losing weight”, “exercising more”, “managing debt”, “saving money”, “stop smoking/drinking”, “travel”, “get a new job”, “go to church more” and “get organized”. Creating specific achievable goals is an effective strategy to make concrete changes in your life. However, these kinds of resolutions can be setups for failure if they aren’t crafted in the right way and if the necessary supports and conditions are not established. Also, long-term behaviors sometimes don’t change until we make deeper personal changes; the same things that have been challenging for us, can remain challenging year after year. And while behavioral resolutions like these are important, they don’t necessarily transform you at the deepest level of your being... your SOUL.

The “*ReSOULution*” approach aims to create internal shifts that involve soul-level experiencing, adjust your default mindset, and influence the energy you emanate in the world. With a “Soul Theme” *ReSOULution Word*, you are working to make transformative change from the inside. Over time, your *ReSOULution Word* becomes infused in how you live your life and occupies a more essential position in the core of who you are. This process can make a real difference in your life! And those behavioral targets that are common resolutions, they may be more easily modified too!

(NOTE: While some people like to focus on the new “year”,
the process can be done ANYTIME!)

INTRODUCTION

This workbook will guide you through the Five Steps for choosing a great *ReSOULution Word!* After you complete the steps you will have your word... but this is not sufficient. You need to be able to optimize it so that it can have maximal transformative effects, so that you feel yourself and your life shifting. It's all about restoration and renewal... every, single, day. I have provided you with "*Seven Ways to Optimize Your ReSOULution Everyday*" to help you use your word successfully and intensify its effects. There is also a single page worksheet at the end that you can use to summarize and review your steps.

Here are the 5 steps:

STEP 1: **Take stock** of the here-and-now of your life

STEP 2: **Reflect and Recognize** patterns in your life

STEP 3: **Reconnect and Be Inspired** by what matters most to you

STEP 4: **Listen to Your Inner Wisdom** and identify what calls you

STEP 5: **Choose and Commit** to your *ReSOULution Word*

It will be more meaningful and effective if you take your time with the process. Go through it a few times to increase your clarity regarding the word you have chosen or to modify your word if needed. Doing the process with a partner or small group is also recommended for accountability and enhanced effectiveness. That said, the process can be done in as little as 20-30 minutes. It can be done all at once or a step at a time. At the end of the process you will have your *ReSOULution Word!* LET'S GET STARTED!

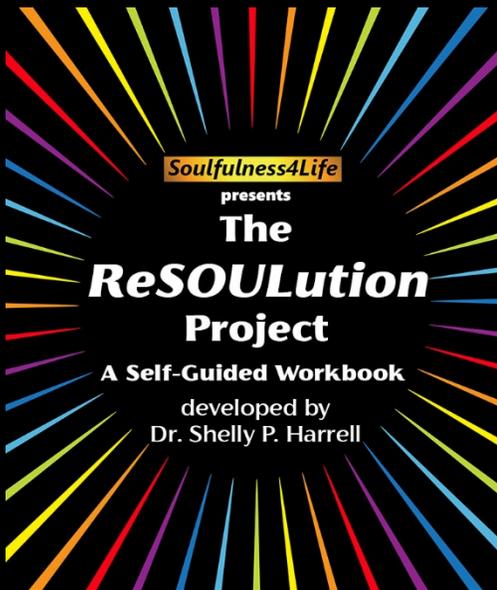
STEP 1: Take Stock of the Here-and-Now of Your Life

The first step is to examine and evaluate the main areas of your life. What's going well now? What's not going so well right now?

Some areas to evaluate: Health, Family Relationships, Friendships, Intimate Relationship/Dating, Finances, School/Education, Career/Job, Leisure Time, Household, Habits (Good and Bad), Knowledge/Skills, Religion/Spirituality

Take some notes below on what's happening in the areas of life that are most relevant to you right now.





Purchase the FULL

ReSOULution Workbook to get:

- ✓ Details for each step
- ✓ Fillable sections at each step
- ✓ A comprehensive list of *ReSOULution* options to choose from
- ✓ Tips for optimizing your *ReSOULution*
- ✓ A fillable Summary Sheet

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