

Vision Quest Journal

Day 7 Feelings Check-In

How you feel determines whether you are living from your soul-self or ego-self. It's that simple. If you feel good, peaceful, settled, you are living from your soul-self. Here it is easy to remain open to your soul-self's guidance. If you feel bad, stressed, overwhelmed, anxious, the ego-self is in control. We tend to miss our higher self's guidance and tune in instead to the ego as we analyze and rationalize our way through life.

All throughout your day today, keep checking in with yourself and how you feel.

Is it good? Keep on keeping on.

Is it bad? Press the pause button, cry off some stress, and hand the keys back over to your soul-self.

Listen up!! The more often you hand the keys to your soul-self the faster you will get back on track and bring any visions for yourself to fruition.

Feel good = Soul. Feel bad = Ego.

Sad, angry, anxious, stressed, overwhelmed, guilty = controlled by ego-self

Peaceful, joyful, loving, kind, content, settled = guided by soul-self