

inside OUT

how to share your soul with others

make *shift*
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PART 1 - RESEARCH

/A/ FIND SOMEONE YOU ADMIRE

These can be accounts on Instagram, spiritual teachers, professors, parents, mentors, or friends. Journal about the qualities in others that you relate to and admire. Look for similarities and recognize those admirable qualities in yourself.

“The beauty you see in me, is a reflection of you.” -Rumi

NAME:

QUALITIES:

NAME:

QUALITIES:

PART 1 - RESEARCH



/B/ JOURNAL ABOUT YOURSELF

Answer the prompts below without editing too much. Just get it all out. Be mindful of answers you WANT to write that may or may not be true. What illusions are there? The goal is to find the reality.

1. *What interests and intrigues me? (ie. yoga, natural beauty, handmade fashion, french fries)*

2. *Notice what's not on the list. (ie. politics, babies, career, sports)*

PART 1 - RESEARCH

/B/ CONT'D

3. *What are my personality traits? (i.e. strong, leader, talkative, reflective, giving, driven)*

4. *What makes me different than other people? (ie. more or less sensitive, ambitious, social, etc)*

5. *What insecurity do I have to overcome? (ie. not being interesting, attractive, talented)*

PART 1 - RESEARCH

/B/ CONT'D

6. *Why do I want to overcome that insecurity? (ie. If I don't believe I'm enough and hide, I will isolate myself. I value connection.)*

7. *How do I share my soul in spite of my insecurities? (ie. I will share what I'm doing without embellishment, to further my belief that what I'm doing is enough, because I want to connect.)*

PART 1 - RESEARCH



/C/ GET FEEDBACK FROM OTHERS.

Find two people to give you honest feedback about how they perceive you. Ask what they think you're passionate about, your personality traits, interests, etc. We recommend someone who knows you well and maybe someone who doesn't. Jot down their feedback.

NAME:

FEEDBACK:

NAME:

FEEDBACK:

PART 3 - ACTION

SHARE IT.

Now that you have a more specific message, share it. Whether it becomes your Instagram bio, the litmus test of creative work you share, or the reminder you keep at hand when interacting face-to-face, you can use these 2-dimensional words to better share your multi-dimensional person.

“REFUSE TO WORRY ABOUT WHETHER YOU ARE GOOD ENOUGH...
BE GENEROUS. OFFER A GIFT TO THE WORLD THAT NO ONE
ELSE CAN OFFER: YOURSELF.”

-Glennon Doyle Melton
