

# Soulful Success

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Faith  
Canter

How to successfully nourish mind, body  
and soul whilst achieving your dreams

[faithcanter.com](http://faithcanter.com)

## INTRODUCTION: WHAT IS SOULFUL SUCCESS?

What if I could help you achieve your greatest desires and wildest dreams, even if right now, you are unsure what these dreams really are? What if I could guide you along this process in a way that nourishes your mind, body and soul? What if this approach could be put into practice in all areas of your life, from business to relationships and so much more? Well I will and all you need to do is simply read on...

When clients come to see me they are often deeply unhappy with one or more areas of their life. They have tried to change and have always ended up back at square one. Sometimes they do make some progress but don't understand why they are no happier, healthier, thinner or haven't achieved more fulfilment from their changes. I believe that you can have all the knowledge in the world about something, but unless you can figure out the driving forces behind what you want or understand how to implement changes to achieve your dreams then it's going to be exponentially harder to get there. This book offers a radical approach to understanding what it is you really, really want from life, making it happen and ensuring that you get long term results, achievements, but above all else, fulfilment.

*Soulful Success* is based on the approach and results from my own life and that of my many clients. This practical guide has worked many times over, with clients from various backgrounds and with various dreams and goals and also with people that had no idea what they wanted to do with their lives. This book empowers you, the reader, to look at all the different areas of your life, many of which you may think are completely unrelated. By the end of this book, you will understand how to make easy changes that will positively impact your life.

When you establish what it is you really, really want, not what your family want for you, what you feel you should do, but the driving forces behind it all you soon realise how easily achieved this is. This book assists you in first, figuring out what your driving force is. Second, how to fulfil this need. Third, how to make this happen. And forth how to be of service to others on their soulful journey.

You'll be surprised by what you learn out about yourself, how much you enjoy the journey of your dreams and how radically this approach can change your life. Ensuring you take back control of your life with this soulful approach to living and achieving.

*Soulful Success* is about reducing the odds, empowering your spirit, super-charging your life and making any dream you have a reality, whilst nourishing your mind, body and soul.

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## HOW TO USE SOULFUL SUCCESS

Where possible *Soulful Success* should be used in the order laid out within its pages. This helps you to get a very clear idea of what you really, really want from your life and to establish the driving forces behind what you want. This allows you to achieve your goals in an incredibly nourishing way, for mind, body and soul, meaning you'll enjoy the journey just as much as the goal.

As such, unless you have read through this book before I recommend you read through chapters one to five before moving on to the lists and charts in the later chapters.

Once you have established what you want and what the driving forces behind these are it's easy to start making these things happen. You set your own timeline, your own schedule and you do as little or as much as you wish each week, but make sure you do something!

Of course you can start soul journaling (discussed in chapter nine), whenever you wish along this soulful journey. The sooner the better with soul journaling. Because once it's out your head and onto paper it always seems less muddled, easier to achieve and not so overwhelming. As such, if you don't feel ready to start your soulful success journey then you can skip to chapter nine and start this area first.

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# WHAT DO YOU REALLY WANT FROM YOUR LIFE?

What is it you really want from life? What are your dreams and goals? Where do you see yourself in one, five or ten years' time? Perhaps you'd like to find the love of your life? Travel the world? Get a promotion? Loss weight? Get fit? Become healthier? Have more fun? Or have a baby? Whatever it is, or even if you are not sure what it is you really want, this chapter will help you figure it out.

You will see the next few pages are made up of lists of potential goals and dreams. This is to assist you in fine tuning your wish list and make sure you have covered everything there is to cover. Tick everything on the list that you have already dreamed of or that resonates deeply within you when you read it.

If you have no idea at all what it is you want from your life then this list will give you some ideas to help. Simply pick the items that sing to your heart as you read them.

## Wish List

|                          |                                             |
|--------------------------|---------------------------------------------|
| <input type="checkbox"/> | New Home                                    |
| <input type="checkbox"/> | Bigger Home                                 |
| <input type="checkbox"/> | Renovate Home                               |
| <input type="checkbox"/> | New Car                                     |
| <input type="checkbox"/> | Learn to Drive                              |
| <input type="checkbox"/> | Find a New Job                              |
| <input type="checkbox"/> | Get that Promotion                          |
| <input type="checkbox"/> | Get a Pay-rise                              |
| <input type="checkbox"/> | Reduce Hours of Work                        |
| <input type="checkbox"/> | Retire                                      |
| <input type="checkbox"/> | Work for yourself                           |
| <input type="checkbox"/> | Make a Million Pounds                       |
| <input type="checkbox"/> | Have lots of Followers/Subscribers          |
| <input type="checkbox"/> | Have thousands of people download your work |
| <input type="checkbox"/> | Do a Ted Talk                               |
| <input type="checkbox"/> | Be on Oprah                                 |
| <input type="checkbox"/> | Be on TV                                    |
| <input type="checkbox"/> | Become Famous                               |
| <input type="checkbox"/> | Become a Model                              |
| <input type="checkbox"/> | Become a Singer                             |
| <input type="checkbox"/> | Appear in a Music Video                     |

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|                          |                                    |
|--------------------------|------------------------------------|
| <input type="checkbox"/> | Become a Painter                   |
| <input type="checkbox"/> | Write a Best-seller                |
| <input type="checkbox"/> | Live to be 100                     |
| <input type="checkbox"/> | Learn a Language                   |
| <input type="checkbox"/> | Learn to Play a Musical Instrument |
| <input type="checkbox"/> | Become an Authority on something   |
| <input type="checkbox"/> | Get a Degree                       |
| <input type="checkbox"/> | Become a Teacher                   |
| <input type="checkbox"/> | Become a Politician                |
| <input type="checkbox"/> | Win Lottery                        |
| <input type="checkbox"/> | Buy a Private Island               |
| <input type="checkbox"/> | Buy a Castle                       |
| <input type="checkbox"/> | Buy a Helicopter                   |
| <input type="checkbox"/> | Helicopter Lessons                 |
| <input type="checkbox"/> | Buy a Private Jet                  |
| <input type="checkbox"/> | Learn to Fly                       |
| <input type="checkbox"/> | Fly in a Sea-plane                 |
| <input type="checkbox"/> | Participate in Space Travel        |
| <input type="checkbox"/> | Buy a Sports Car                   |
| <input type="checkbox"/> | Go up in a Hot Air Balloon         |
| <input type="checkbox"/> | Sky-dive                           |
| <input type="checkbox"/> | Learn to Abseil                    |
| <input type="checkbox"/> | Bungee-jump                        |
| <input type="checkbox"/> | Deep-sea Dive                      |
| <input type="checkbox"/> | Swim with Dolphins                 |
| <input type="checkbox"/> | Dive with Sharks                   |
| <input type="checkbox"/> | Learn to Ski                       |
| <input type="checkbox"/> | Climb a Mountain                   |
| <input type="checkbox"/> | Visit a Volcano                    |
| <input type="checkbox"/> | Go Storm Chasing                   |
| <input type="checkbox"/> | Learn to Sail                      |
| <input type="checkbox"/> | Learn a Martial Art                |
| <input type="checkbox"/> | Become a Top Sports Person         |
| <input type="checkbox"/> | Read more Books                    |
| <input type="checkbox"/> | Have more Knowledge                |
| <input type="checkbox"/> | Start a Charity                    |
| <input type="checkbox"/> | Volunteer for a Charity            |
| <input type="checkbox"/> | Start a Movement                   |
| <input type="checkbox"/> | Help Save the Planet               |
| <input type="checkbox"/> | Make a Difference                  |
| <input type="checkbox"/> | Be a Better Friend                 |
| <input type="checkbox"/> | Be a Better Partner                |
| <input type="checkbox"/> | Spend more time with Family        |
| <input type="checkbox"/> | Go on a Blind Date                 |
| <input type="checkbox"/> | Find the Love of your Life         |

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|                          |                                  |
|--------------------------|----------------------------------|
| <input type="checkbox"/> | Get Married                      |
| <input type="checkbox"/> | Have a Baby                      |
| <input type="checkbox"/> | Adopt a Child                    |
| <input type="checkbox"/> | Finishing a Relationship         |
| <input type="checkbox"/> | Get a Dog / Pet                  |
| <input type="checkbox"/> | More Holidays                    |
| <input type="checkbox"/> | Go on a Luxury Holiday           |
| <input type="checkbox"/> | Travelling to somewhere Exotic   |
| <input type="checkbox"/> | Go on Safari                     |
| <input type="checkbox"/> | Drive across America             |
| <input type="checkbox"/> | Go on a Cruise                   |
| <input type="checkbox"/> | Go to a Music Festival           |
| <input type="checkbox"/> | See your Favourite Musician Live |
| <input type="checkbox"/> | See your favourite Comedian Live |
| <input type="checkbox"/> | Emigrate                         |
| <input type="checkbox"/> | Lose Weight                      |
| <input type="checkbox"/> | Gain Weight                      |
| <input type="checkbox"/> | Get Fit                          |
| <input type="checkbox"/> | Run a Marathon                   |
| <input type="checkbox"/> | Have a Six-pack                  |
| <input type="checkbox"/> | Have a Smaller Bum               |
| <input type="checkbox"/> | Have Bigger Breasts              |
| <input type="checkbox"/> | Feel more Toned                  |
| <input type="checkbox"/> | Become more Healthy              |
| <input type="checkbox"/> | Have more Energy                 |
| <input type="checkbox"/> | Recover from Long Term Illness   |
| <input type="checkbox"/> | Attend a Retreat                 |
| <input type="checkbox"/> | Learn Meditation                 |
| <input type="checkbox"/> | Learn Yoga                       |

Now Add your own...

|                          |
|--------------------------|
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
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| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |

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## ARE YOU SURE?

This chapter asks you to be REALLY honest with yourself. Go back over the items you ticked in the last chapter and ask yourself the following questions...

1. Do I really want this?
2. Am I doing this for myself (or someone else)?
3. Is this to make me happy (or someone else)?
4. Does this inspire me?
5. Do I feel passionately about it?
6. Does it make my heart sing?

If you cannot answer yes to all of these questions for each item you ticked then maybe it shouldn't be ticked, as it doesn't sound like you're sure about it deep down. As such, why not remove the items that didn't make the cut to make room for the ones that did. This will make your list a little shorter and make it clearer what things are important to you, not anyone else, just you!

Each of the above items will have a paragraph or two detailing why these are important questions to ask yourself and also if you have a lot of items on your wish list that are there to please other people, then how you can begin to deal with these.

## UNHEALTHY GOALS AND DREAMS

What are unhealthy goals and dreams? These are goals and dreams that could impact you negatively and these should be addressed in much the same way as your normal goals and dreams. These items have either been pushed to the back of your mind or they have managed to sneak on to your wish list. Here are a few suggestions of possible unhealthy goals and dreams for you to determine if you have anything like this hiding somewhere.

1. Getting revenge on X for stealing your promotion.
2. Needing to find out if X is cheating on you.
3. To be there more for your family, when you are already completely drained.
4. Lose weight, when you know you have battled with eating disorders in the past.
5. To work harder, when you already work 12 hours a day.
6. To make more people like me.....
7. Now add your own.....
8. ....
9. ....
- 10.....

You'll know deep down if you have any unhealthy goals or dreams. When you think of them you'll know they're not right for you and are not going to positively impact on your life. These items need addressing just as much as your wish list items. If you don't deal with underlying unhealthy dreams and goals then they begin to eat away at you and they affect many areas of your life, including accomplishing the goals and dreams from your wish list. Make sure to make room in your soul chart (discussed later on in this book) for addressing any unhealthy goals and dreams as well as dreams to please others. You can work on these alongside your wish list items.

Here are a few approaches that you may want to consider when addressing unhealthy goals and dreams or dreams to please other people.

This chapter goes on explains in more detail, a selection of therapies and treatments, everything from Emotional Freedom Technique, to Visualizations, Bach Flower Remedies and many more.

## WHAT DO YOU REALLY, REALLY WANT FROM LIFE?

Ever wondered why getting what you want has never made you really happy? Or perhaps it has, until the next 'want' manifests itself? Do you think you'll be happy when you get that promotion, that new car or that new relationship? You might have a sense of achievement, a tick in the box, or perhaps you will have already moved on to the next goal! Are you constantly looking for happiness on the outside, in other people, places and things?

Understanding what it is you really, really want from life is the key to living a full and nourishing life. One where the journey is just as important as the dream and dreams aren't always what they seem.

You'll see from the following wish list with driving force that all the items from your wish list have been placed into categories. Each category represents an emotion, a feeling or a need. These emotions, feelings and needs are not only the driving force behind what you want, they are actually what you truly want deep down. For instance, when you are looking for a loved one, wanting a promotion or wanting to buy a home for yourself, these goals could be there to satisfy the need within you for security.

You will notice some goals and dreams fall into more than one category, this is because they could be driven by more than one emotion, feeling or need. These items are particularly important to you as they will satisfy your soul double time, so pay attention to these.

Once you see the bigger picture of what is actually driving you, you will come to realise, many of the following...

1. That the journey is as important as the goal.
2. Your goals and dreams are realised so much easier.
3. You fulfill your dreams even without reaching your original goal.
4. The original goals and dreams become less important.
5. Your goals and dreams may completely change.
6. You now realise what areas of your life you really need to focus on to satisfy your driving force.

## Wish List with Driving Force

### **Security / Safety**

- ☐ New Home
- ☐ Bigger Home
- ☐ Renovate Home
- ☐ New Car
- ☐ Find a New Job
- ☐ Get that Promotion
- ☐ Get a Pay-rise
- ☐ Make a Million Pounds
- ☐ Get a Degree
- ☐ Learn a Martial Art
- ☐ Have more Knowledge
- ☐ Find the Love of your Life
- ☐ Get Married
- ☐ Finishing a Relationship
- ☐ Get a Dog / Pet
- ☐ Emigrate
- ☐ Recover from Long Term illness
- ☐ Additional...
- ☐
- ☐
- ☐

### **Belonging / Achievement**

- ☐ Bigger Home
- ☐ New Car
- ☐ Get a Pay-rise
- ☐ Make a Million Pounds
- ☐ Have lots of Followers/Subscribers
- ☐ Have thousands of people download your work
- ☐ Learn a Language
- ☐ Become an Authority on something
- ☐ Get a Degree
- ☐ Buy a Private Island
- ☐ Buy a Castle
- ☐ Buy a Helicopter
- ☐ Buy a Private Jet
- ☐ Become a Top Sports Person
- ☐ Have more Knowledge
- ☐ Volunteer for a Charity
- ☐ Start a Movement
- ☐ Help Save the Planet
- ☐ Make a Difference

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|                          |                                    |
|--------------------------|------------------------------------|
| <input type="checkbox"/> | Be a Better Friend                 |
| <input type="checkbox"/> | Be a Better Partner                |
| <input type="checkbox"/> | Spend more time with Family        |
| <input type="checkbox"/> | Go on a Blind Date                 |
| <input type="checkbox"/> | Find the Love of your Life         |
| <input type="checkbox"/> | Get Married                        |
| <input type="checkbox"/> | More Holidays                      |
| <input type="checkbox"/> | Emigrate                           |
| <input type="checkbox"/> | Lose Weight                        |
| <input type="checkbox"/> | Gain Weight                        |
| <input type="checkbox"/> | Get Fit                            |
| <input type="checkbox"/> | Have a Six-pack                    |
| <input type="checkbox"/> | Have a Smaller Bum                 |
| <input type="checkbox"/> | Have Bigger Breasts                |
| <input type="checkbox"/> | Feel more Toned                    |
| <input type="checkbox"/> | Become more Healthy                |
| <input type="checkbox"/> | Have more Energy                   |
| <input type="checkbox"/> | Recover from Long Term Illness     |
| <input type="checkbox"/> | Additional...                      |
| <input type="checkbox"/> |                                    |
| <input type="checkbox"/> |                                    |
| <input type="checkbox"/> |                                    |
| <input type="checkbox"/> | <b>Humour / Joy</b>                |
| <input type="checkbox"/> | Reduce Hours of Work               |
| <input type="checkbox"/> | Retire                             |
| <input type="checkbox"/> | Work for yourself                  |
| <input type="checkbox"/> | Become a Singer                    |
| <input type="checkbox"/> | Become a Painter                   |
| <input type="checkbox"/> | Write a Best-seller                |
| <input type="checkbox"/> | Learn to Play a Musical Instrument |
| <input type="checkbox"/> | Helicopter Lessons                 |
| <input type="checkbox"/> | Learn to Fly                       |
| <input type="checkbox"/> | Fly in a Sea-plane                 |
| <input type="checkbox"/> | Participate in Space Travel        |
| <input type="checkbox"/> | Buy a Sports Car                   |
| <input type="checkbox"/> | Go up in a Hot Air Balloon         |
| <input type="checkbox"/> | Sky-dive                           |
| <input type="checkbox"/> | Learn to Abseil                    |
| <input type="checkbox"/> | Bungee-jump                        |
| <input type="checkbox"/> | Deep-sea Dive                      |
| <input type="checkbox"/> | Swim with Dolphins                 |
| <input type="checkbox"/> | Dive with Sharks                   |
| <input type="checkbox"/> | Learn to Ski                       |
| <input type="checkbox"/> | Climb a Mountain                   |
| <input type="checkbox"/> | Visit a Volcano                    |

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|                          |                                             |
|--------------------------|---------------------------------------------|
| <input type="checkbox"/> | Go Storm Chasing                            |
| <input type="checkbox"/> | Go on a Blind Date                          |
| <input type="checkbox"/> | Find the Love of your Life                  |
| <input type="checkbox"/> | Get Married                                 |
| <input type="checkbox"/> | Have a Baby                                 |
| <input type="checkbox"/> | Adopt a Child                               |
| <input type="checkbox"/> | Finishing a Relationship                    |
| <input type="checkbox"/> | Get a Dog / Pet                             |
| <input type="checkbox"/> | More Holidays                               |
| <input type="checkbox"/> | Go to a Music Festival                      |
| <input type="checkbox"/> | See your Favourite Musician Live            |
| <input type="checkbox"/> | See your favourite Comedian Live            |
| <input type="checkbox"/> | Attend a Retreat                            |
| <input type="checkbox"/> | Learn Meditation                            |
| <input type="checkbox"/> | Learn Yoga                                  |
| <input type="checkbox"/> | Have more Energy                            |
| <input type="checkbox"/> | Recover from Long Term Illness              |
| <input type="checkbox"/> | Additional...                               |
| <input type="checkbox"/> |                                             |
| <input type="checkbox"/> |                                             |
| <input type="checkbox"/> |                                             |
| <input type="checkbox"/> | <b>Contribution</b>                         |
| <input type="checkbox"/> | Find a New Job                              |
| <input type="checkbox"/> | Work for yourself                           |
| <input type="checkbox"/> | Have lots of Followers/Subscribers          |
| <input type="checkbox"/> | Have thousands of people download your work |
| <input type="checkbox"/> | Do a Ted Talk                               |
| <input type="checkbox"/> | Be on Oprah                                 |
| <input type="checkbox"/> | Be on TV                                    |
| <input type="checkbox"/> | Become Famous                               |
| <input type="checkbox"/> | Write a Best-seller                         |
| <input type="checkbox"/> | Become an Authority on something            |
| <input type="checkbox"/> | Get a Degree                                |
| <input type="checkbox"/> | Become a Teacher                            |
| <input type="checkbox"/> | Become a Politician                         |
| <input type="checkbox"/> | Have more Knowledge                         |
| <input type="checkbox"/> | Start a Charity                             |
| <input type="checkbox"/> | Volunteer for a Charity                     |
| <input type="checkbox"/> | Start a Movement                            |
| <input type="checkbox"/> | Help Save the Planet                        |
| <input type="checkbox"/> | Make a Difference                           |
| <input type="checkbox"/> | Be a Better Friend                          |
| <input type="checkbox"/> | Be a Better Partner                         |
| <input type="checkbox"/> | Spend more time with Family                 |
| <input type="checkbox"/> | Adopt a Child                               |

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|                          |                                    |
|--------------------------|------------------------------------|
| <input type="checkbox"/> | Additional...                      |
| <input type="checkbox"/> |                                    |
| <input type="checkbox"/> |                                    |
| <input type="checkbox"/> |                                    |
| <input type="checkbox"/> | <b>Authenticity / Harmony</b>      |
| <input type="checkbox"/> | Find a New Job                     |
| <input type="checkbox"/> | Reduce Hours of Work               |
| <input type="checkbox"/> | Retire                             |
| <input type="checkbox"/> | Work for yourself                  |
| <input type="checkbox"/> | Become a Singer                    |
| <input type="checkbox"/> | Become a Painter                   |
| <input type="checkbox"/> | Write a Best-seller                |
| <input type="checkbox"/> | Live to be 100                     |
| <input type="checkbox"/> | Read more Books                    |
| <input type="checkbox"/> | Have more Knowledge                |
| <input type="checkbox"/> | Start a Charity                    |
| <input type="checkbox"/> | Volunteer for a Charity            |
| <input type="checkbox"/> | Start a Movement                   |
| <input type="checkbox"/> | Make a Difference                  |
| <input type="checkbox"/> | Be a Better Friend                 |
| <input type="checkbox"/> | Be a Better Partner                |
| <input type="checkbox"/> | Spend more time with Family        |
| <input type="checkbox"/> | Find the Love of your Life         |
| <input type="checkbox"/> | Have a Baby                        |
| <input type="checkbox"/> | Adopt a Child                      |
| <input type="checkbox"/> | Finishing a Relationship           |
| <input type="checkbox"/> | Get a Dog / Pet                    |
| <input type="checkbox"/> | Attend a Retreat                   |
| <input type="checkbox"/> | Learn Meditation                   |
| <input type="checkbox"/> | Learn Yoga                         |
| <input type="checkbox"/> | Have more Energy                   |
| <input type="checkbox"/> | Recover from Long Term Illness     |
| <input type="checkbox"/> | Additional...                      |
| <input type="checkbox"/> |                                    |
| <input type="checkbox"/> |                                    |
| <input type="checkbox"/> |                                    |
| <input type="checkbox"/> | <b>Creativity</b>                  |
| <input type="checkbox"/> | Renovate Home                      |
| <input type="checkbox"/> | Find a New Job                     |
| <input type="checkbox"/> | Work for yourself                  |
| <input type="checkbox"/> | Become a Singer                    |
| <input type="checkbox"/> | Become a Painter                   |
| <input type="checkbox"/> | Write a Best-seller                |
| <input type="checkbox"/> | Learn a Language                   |
| <input type="checkbox"/> | Learn to Play a Musical Instrument |

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|                          |                                             |
|--------------------------|---------------------------------------------|
| <input type="checkbox"/> | Become an Authority on something            |
| <input type="checkbox"/> | Get a Degree                                |
| <input type="checkbox"/> | Read more Books                             |
| <input type="checkbox"/> | Have more Knowledge                         |
| <input type="checkbox"/> | Start a Movement                            |
| <input type="checkbox"/> | Make a Difference                           |
| <input type="checkbox"/> | Additional...                               |
| <input type="checkbox"/> |                                             |
| <input type="checkbox"/> |                                             |
| <input type="checkbox"/> |                                             |
| <input type="checkbox"/> | <b>Growth / Learning</b>                    |
| <input type="checkbox"/> | Bigger Home                                 |
| <input type="checkbox"/> | Learn to Drive                              |
| <input type="checkbox"/> | Learn to Drive                              |
| <input type="checkbox"/> | Find a New Job                              |
| <input type="checkbox"/> | Get that Promotion                          |
| <input type="checkbox"/> | Make a Million Pounds                       |
| <input type="checkbox"/> | Have lots of Followers/Subscribers          |
| <input type="checkbox"/> | Have thousands of people download your work |
| <input type="checkbox"/> | Do a Ted Talk                               |
| <input type="checkbox"/> | Be on Oprah                                 |
| <input type="checkbox"/> | Be on TV                                    |
| <input type="checkbox"/> | Become Famous                               |
| <input type="checkbox"/> | Become a Model                              |
| <input type="checkbox"/> | Become a Singer                             |
| <input type="checkbox"/> | Appear in a Music Video                     |
| <input type="checkbox"/> | Become a Painter                            |
| <input type="checkbox"/> | Write a Best-seller                         |
| <input type="checkbox"/> | Live to be 100                              |
| <input type="checkbox"/> | Learn a Language                            |
| <input type="checkbox"/> | Learn to Play a Musical Instrument          |
| <input type="checkbox"/> | Become an Authority on something            |
| <input type="checkbox"/> | Get a Degree                                |
| <input type="checkbox"/> | Become a Teacher                            |
| <input type="checkbox"/> | Become a Politician                         |
| <input type="checkbox"/> | Helicopter Lessons                          |
| <input type="checkbox"/> | Learn to Fly                                |
| <input type="checkbox"/> | Fly in a Sea-plane                          |
| <input type="checkbox"/> | Participate in Space Travel                 |
| <input type="checkbox"/> | Buy a Sports Car                            |
| <input type="checkbox"/> | Go up in a Hot Air Balloon                  |
| <input type="checkbox"/> | Sky-dive                                    |
| <input type="checkbox"/> | Learn to Abseil                             |
| <input type="checkbox"/> | Bungee-jump                                 |
| <input type="checkbox"/> | Deep-sea Dive                               |

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|                          |                                    |
|--------------------------|------------------------------------|
| <input type="checkbox"/> | Swim with Dolphins                 |
| <input type="checkbox"/> | Dive with Sharks                   |
| <input type="checkbox"/> | Learn to Ski                       |
| <input type="checkbox"/> | Climb a Mountain                   |
| <input type="checkbox"/> | Learn to Sail                      |
| <input type="checkbox"/> | Learn a Martial Art                |
| <input type="checkbox"/> | Become a Top Sports Person         |
| <input type="checkbox"/> | Read more Books                    |
| <input type="checkbox"/> | Have more Knowledge                |
| <input type="checkbox"/> | Start a Movement                   |
| <input type="checkbox"/> | Make a Difference                  |
| <input type="checkbox"/> | More Holidays                      |
| <input type="checkbox"/> | Additional...                      |
| <input type="checkbox"/> |                                    |
| <input type="checkbox"/> |                                    |
| <input type="checkbox"/> |                                    |
| <input type="checkbox"/> | <b>Stimulation</b>                 |
| <input type="checkbox"/> | Find a New Job                     |
| <input type="checkbox"/> | Get that Promotion                 |
| <input type="checkbox"/> | Work for yourself                  |
| <input type="checkbox"/> | Make a Million Pounds              |
| <input type="checkbox"/> | Do a Ted Talk                      |
| <input type="checkbox"/> | Be on Oprah                        |
| <input type="checkbox"/> | Be on TV                           |
| <input type="checkbox"/> | Become Famous                      |
| <input type="checkbox"/> | Become a Singer                    |
| <input type="checkbox"/> | Become a Painter                   |
| <input type="checkbox"/> | Learn a Language                   |
| <input type="checkbox"/> | Learn to Play a Musical Instrument |
| <input type="checkbox"/> | Become an Authority on something   |
| <input type="checkbox"/> | Get a Degree                       |
| <input type="checkbox"/> | Become a Teacher                   |
| <input type="checkbox"/> | Become a Politician                |
| <input type="checkbox"/> | Helicopter Lessons                 |
| <input type="checkbox"/> | Learn to Fly                       |
| <input type="checkbox"/> | Fly in a Sea-plane                 |
| <input type="checkbox"/> | Participate in Space Travel        |
| <input type="checkbox"/> | Buy a Sports Car                   |
| <input type="checkbox"/> | Go up in a Hot Air Balloon         |
| <input type="checkbox"/> | Sky-dive                           |
| <input type="checkbox"/> | Learn to Abseil                    |
| <input type="checkbox"/> | Bungee-jump                        |
| <input type="checkbox"/> | Deep-sea Dive                      |
| <input type="checkbox"/> | Swim with Dolphins                 |
| <input type="checkbox"/> | Dive with Sharks                   |

## SOULFUL SUCCESS

How to successfully nourish mind, body and soul whilst achieving your dreams! by

*Faith Canter*

- ☐ Learn to Ski
- ☐ Climb a Mountain
- ☐ Visit a Volcano
- ☐ Go Storm Chasing
- ☐ Learn a Martial Art
- ☐ Become a Top Sports Person
- ☐ Read more Books
- ☐ Have more Knowledge
- ☐ Start a Movement
- ☐ Make a Difference
- ☐ Get a Dog / Pet
- ☐ More Holidays
- ☐ Go on a Luxury Holiday
- ☐ Travelling to somewhere Exotic
- ☐ Go on Safari
- ☐ Drive across America
- ☐ Go on a Cruise
- ☐ Go to a Music Festival
- ☐ See your Favourite Musician Live
- ☐ See your favourite Comedian Live
- ☐ Attend a Retreat
- ☐ Learn Meditation
- ☐ Learn Yoga
- ☐ Additional...

### **Health / Healing**

- ☐ Find a New Job
- ☐ Reduce Hours of Work
- ☐ Retire
- ☐ Work for yourself
- ☐ Become a Painter
- ☐ Live to be 100
- ☐ Climb a Mountain
- ☐ Learn a Martial Art
- ☐ Become a Top Sports Person
- ☐ Read more Books
- ☐ Have more Knowledge
- ☐ Make a Difference
- ☐ Be a Better Friend
- ☐ Be a Better Partner
- ☐ Spend more time with Family
- ☐ Finishing a Relationship
- ☐ Get a Dog / Pet

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|                          |                                |
|--------------------------|--------------------------------|
| <input type="checkbox"/> | More Holidays                  |
| <input type="checkbox"/> | Lose Weight                    |
| <input type="checkbox"/> | Gain Weight                    |
| <input type="checkbox"/> | Get Fit                        |
| <input type="checkbox"/> | Run a Marathon                 |
| <input type="checkbox"/> | Become more Healthy            |
| <input type="checkbox"/> | Have more Energy               |
| <input type="checkbox"/> | Recover from Long Term Illness |
| <input type="checkbox"/> | Attend a Retreat               |
| <input type="checkbox"/> | Learn Meditation               |
| <input type="checkbox"/> | Learn Yoga                     |
| <input type="checkbox"/> | Additional...                  |
| <input type="checkbox"/> |                                |
| <input type="checkbox"/> |                                |
| <input type="checkbox"/> |                                |

## HOW TO GET YOUR GOALS WITH SOUL

You should now have a pretty good idea what you want from your life and what your driving forces are. In this chapter we will discuss how to go about making these things happen.

You may or may not have already had a big shift in your thinking about your goals and dreams. You may well still want the job, the man/women or the car. Neither of these responses are wrong, but either way you should now realise what's driving you. This driving force or forces need to be satisfied. These are what makes your journey and your ultimate goals soulful. When you give the driving forces behind your goals just as much attention as the goals themselves then amazing things will happen and life takes on a whole new meaning. You'll see in the next chapter that when you plan your goals with soul, there really will be no stopping you.

Now that you know what you want, what's driving the wants and have you have eliminated everything else, what next? Well, now comes the fun part of the process!

In the following Goals with Soul Chart, you'll simply transfer any goals and dreams you've established on to the chart. You'll also copy over the driving forces, details of when you aim to accomplish your goals and a rough idea of how you need to go about it. Don't forget to add addressing the goals to please others and unhealthy goals and dreams.

The goals with soul chart will give you an overall plan of where to focus your energy when you fill out and work through your soul chart (in the following chapter).

The goals with soul chart is like a more powerful version of a vision board. You can photocopy your goals with soul chart from the book or download the free goals with soul chart from my website, add images, pretty-it-up or even add affirmations to it. Do whatever feels right to you and whatever helps you focus on your goals with soul.

# GOALS WITH SOUL CHART

## Goals with Soul

Goals / Dream

Driving Force

Best Before Date

How's

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## YOUR SOUL CHART

Now you have your goals with soul chart, you can start to plan how you are going to achieve them using the soul chart in this chapter.

I use a new soul chart for each day. I fill it in each evening just before bedtime. This allows the goals with soul to settle nicely into my subconscious as I drift off to sleep. However some people prefer to use a weekly one. It's important to pick whichever way works for you. You could even fill your daily soul charts in, in one go, say on a Sunday evening for the whole week. Whichever way you choose, the idea is to break your goals down into bite sized chunks, giving yourself one or two small items to do to work towards them every day or week. Some ideas are:

1. Introduce a superfood into my diet
2. Drink 2-3 liters of fresh spring water every day
3. Go for a ten minute walk, five days out of seven
4. Find some guided meditations I like the sound of
5. Research how to buy property in Spain
6. Open a savings account
7. Spend 2 hours this week working on my CV
8. Order a college prospectus
9. Watch at least two YouTube videos about my goal
10. Research at least two people who have achieved my goal already and see how they did it

Whatever you add to your soul chart, be sure that it also fulfills the driving force behind that goal with soul from the previous chapters. If it doesn't you may find it difficult to apply this item to your daily/weekly regime and you may also not enjoy your journey to your goal as much as you could.

|           | Goal/Dream | How? | Does it satisfy my driving force? |
|-----------|------------|------|-----------------------------------|
| Monday    |            |      |                                   |
| Tuesday   |            |      |                                   |
| Wednesday |            |      |                                   |
| Thursday  |            |      |                                   |
| Friday    |            |      |                                   |
| Saturday  |            |      |                                   |
| Sunday    |            |      |                                   |

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## OFF WITH YOUR HEAD

Once you start adding goals with soul to your daily/weekly regime one of two things will happen:

1. Everything falls into place, dreams start to become reality and you feel satisfied and sated by life.
2. Things become a little overwhelming and you struggle to follow your soul chart.

If you're in group one, well done, you've got it cracked. If you're in group two, don't despair, you're almost there! Below are the some of the reasons why you may be struggling:

1. Are these REALLY your goals with soul, or are they to please someone else?
2. Have you been making time to address the unhealthy goals and dreams, and the need to please?
3. Are you making sure you are addressing the driving forces behind the goal with soul as well as the goal itself?
4. Are you giving yourself too much to do at once? By this I mean, are you making sure you are breaking your goals down into small bite sized pieces so you don't feel overwhelmed by them?
5. Are you putting everything down in your soul chart and not relying on simply remembering everything (your mind will keep telling you there's too much to do)?
6. Are you monitoring how far you have come? It's often hard to see how much progress we have made until we have a way of monitoring it.

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## ENJOYING THE JOURNEY

True *Soulful Success* is when we nourish mind, body and soul whilst achieving our goals and dreams. This means the journey is just as important as the goal. There's little point in only being happy in one, five or ten years' time when you have achieved that goal or dream, especially if you have been miserable leading up to that time. Not only is this no way to live but it makes it more likely you won't stick to your plans to achieve your goals and dreams.

Life is for the living, not just existing and how you achieve this is to make sure your goals have soul and you address that soul (driving force) along the way. As such, it's important to make sure that you are always checking in with your soulful goals in your soul chart. Do this by answering these questions:

1. Are you making sure you understand the driving force behind your goals and dreams?
2. Are you making sure you are putting plans in place to move you not only towards your goal or dream but to satisfy your driving force?

Whether we want to believe it or not, life is about the journey, not about the goals. Satisfying our soul enhances the beauty of our journey, so if we take steps to encourage soulfulness in our life we take steps for a more meaningful, fulfilling and happier life.

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## SOUL JOURNALING

As I mentioned previously it's essential to make sure you monitor the progress of your goals with soul. If you don't you may not realise quite how far you have come. This can often lead to feeling that you haven't come very far along your soulful path, when actually the reality is you've made many steps towards *Soulful Success*. If you feel you are not getting where you'd like to be with something then you will find it much easier to give up on it.

There are a number of ways you can monitor your progress. You can go back over your old goals with soul charts or your daily/weekly soul charts or you can keep a soul journal. You can either print out and include your soul chart in an already existing journal each day/week and reference your progress within it. Or you could photocopy the next couple of pages of this book (or download the free soul journal ebook from my website).

You will see from the soul journal pages that there are places to check-in on your progress with your goals with soul.

# SOUL JOURNALING

## Goals with Soul Check-In

Goals / Dream

Driving Force

How's

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