

# The Soul's Journey

## A Homecoming for Your Soul

A 6-part series by Diana Gogan Coaching

### Part 6: Creating From Your Soul's Truth

#### Embodied Presence & Inner Reconnection Journal Questions

This week's download is designed to help you deepen your practice of creating from your Soul's truth.

One of the simplest ways to begin creating from your soul's truth is to ask "What if?"

These prompts are invitations to open doors, soften fear, and let your soul speak freely.

Answer the following questions on separate paper or in a journal.

Set aside 10 – 15 minutes in a quiet space. Let your pen move freely. No editing. No judgment. Just explore.

#### ***What if...***

- I let myself dream a little bigger. What might that look like?
- I gave myself permission to want what I really want. What would I want?
- I tried one new thing just to see how it feels. What would I try?
- I explored something my soul has been nudging me toward. What would I explore?
- I learned something I've always been curious about. What would I learn?



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- I said no to what drains me and yes to what nourishes me. What would I say no to? What would I say yes to?
- I set clearer boundaries to protect what matters most. What matters to me the most? What boundaries could I set?
- I asked for help or support when I need it. What would I ask for help or support with? Who would I ask?
- I listened more closely to the quiet whisper of my soul. What would my Soul whisper to me?
- I trusted that even small steps matter. What small step would I take?
- I believed in my ability to create what I envision. What would I create?

*Bonus prompt:* **What wants to come through me next?**

#### Create Your Soul Alignment Board

We've all heard of vision boards—where you collect images of things you want to have or achieve. *But this is different.*

A **Soul Alignment Board** doesn't focus on what you want to own but on how you want to feel. It's about the emotions, energies, and states of being that reflect your soul's truth.



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When we create from our soul, we often think we know exactly what it will look like. We imagine specific outcomes or forms. But the soul doesn't lead with form—it leads with feeling. It wants to experience certain emotions and states of being.

There are countless ways to feel joy, freedom, love, or peace. When we get too attached to one specific picture of what joy must look like, we can miss out on many other beautiful experiences and opportunities that would also fulfill us.

Your *Soul Alignment Board* helps you stay connected to the **emotions and feelings you value most**, rather than rigid ideas of how they must show up.

When opportunities arise, you can ask yourself:

*Does this invite the feeling I want to cultivate?*

*Does this bring me closer to what my soul wants to experience?*

If yes—explore it.

If not—say no and continue on your path.

This practice becomes a powerful way to:

- Set clear, soulful boundaries
- Reserve your time, energy, and resources for what truly lights you up
- Use your board as a compass to steer your life by what matters most

Instead of chasing outcomes, you'll learn to follow the thread of your soul's truth, opening to the many forms it can take while staying rooted in the feelings that make life rich and meaningful.



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### **Part 6: Creating From Your Soul's Truth, continued**

#### **Step-by-Step Guide to Create Your Soul Alignment Board**

##### **1. Choose Your Format**

- A poster board or large piece of paper
- A page in your journal
- A digital board on Pinterest or Canva

##### **2. Set Your Intention**

Take a few deep breaths. Ask yourself:

*What feelings does my soul want more of in my life?*

*How do I want to feel as I create from my soul's truth?*

##### **3. Gather Materials**

- Magazines, photos, quotes
- Colored markers or pens
- Printed words or phrases
- Digital images if you're creating online

##### **4. Select Your Feelings**

- Write down 5–10 feelings or emotional states you want to cultivate.  
Examples: Peaceful, empowered, connected, joyful, free, safe, confident, radiant, intuitive, courageous.

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#### **5. Find Visuals & Words That Represent These Feelings**

- Don't choose pictures of things you want to own.
- Instead, pick images, colors, words, and symbols that evoke the feeling itself.
- For example:
  - A sunrise for hope.
  - A laughing child for joy.
  - Flowing water for ease.
  - A strong tree for groundedness.

#### **6. Arrange and Create**

- Lay out your chosen images and words.
- Glue, tape, pin, or digitally place them to create a collage that feels like your soul's vision for you.
- Let your intuition guide you.

#### **. Add Words of Affirmation**

- Include words or phrases that inspire you.
- Examples: I am enough. I trust my soul. I am safe to express my truth.

#### **8. Display It Mindfully**

- Put your Soul Alignment Board somewhere you'll see it often.
- Let it remind you daily of the states of being you're inviting into your life.



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#### Using Your Soul Alignment Board in Everyday Choices

Your Soul Alignment Board isn't just something to look at—it's a compass for living. When you're faced with choices or reflecting on areas of your life, use it as a gentle guide. Ask yourself: Does this choice, commitment, or relationship reflect the feelings on my board?

For example:

- If joy is on your board, ask: Does this bring me joy?
  - If yes—nurture it.
  - If not—let the gardener in you go to work. Maybe it needs to be gently weeded out, or perhaps it needs tending, healing, or a new perspective.
- If freedom is a core value but you feel stuck in your job, consider:
  - Is there another way to see this?
  - Does this job actually support my freedom by giving me the means to enjoy life outside of work?
  - How can I bring more freedom into my daily choices?

Your board becomes a tool to:

- Realign your choices with what truly matters.
- Recognize where adjustments, healing, or boundaries are needed.
- Live in a way that reflects your soul's deepest truth.

#### A Final Note

You don't have to make it perfect. You just have to make it yours. May this Soul Alignment Board guide you back to your deepest truths—and inspire you to create from them with courage and love.