

# The Soul's Journey

## A Homecoming for Your Soul

A 6-part series by Diana Gogan Coaching

### Part 5: Creating From Your Soul's Truth

#### Embodied Presence & Inner Reconnection Journal Questions

This week's worksheet is designed to help you deepen your practice of living in alignment with your Soul's truth. Use these prompts to explore where you're currently aligned, where you may be out of alignment, and what small, intentional steps you can take to realign with your deepest values.

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.

1. When in my life have I felt most alive, free, and true to myself? Describe that moment in detail.
2. Where in my life right now do I feel stuck, drained, or out of integrity with what I really want?
3. What is my body telling me about this situation? How does it feel when I think about staying where I am? How does it feel when I imagine making a change?
4. What values or truths about myself have I been ignoring or downplaying?
5. What would it look like to honor these values more fully?
6. What's one small way I can honor my truth this week?

#### **Reflection**

How do I feel after exploring these questions? What clarity, insights, or intentions am I taking forward?



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#### Are You Living in Soul Alignment? Assessment

##### Introduction

Are you living in alignment with your Soul's truth, or leaking energy trying to be someone you're not?



This assessment is designed to help you reflect honestly on where you stand — and where you might want to make changes.

There are no right or wrong answers. Just choose what best describes your current experience.

##### How to Take the Assessment

For each question, choose Aligned or Out of Alignment. Keep track of how many of each you choose.

1. How do you typically feel after spending time with people in your life?

-  Aligned: Energized, inspired, seen, and valued.
-  Out of Alignment: Drained, depleted, judged, or like you're wearing a mask.



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2. How clear are you on what matters most to you?

- ● Aligned: Very clear — I know my values and what I want to create.
- ● Out of Alignment: Confused or disconnected from what I really want.

3. How often do you say “yes” when you want to say “no”?

- ● Aligned: Rarely — I honor my boundaries.
- ● Out of Alignment: Often — I feel guilty or obligated.

4. How do decisions feel in your body?

- ● Aligned: Grounded, clear, calm, expansive.
- ● Out of Alignment: Tense, confusing, heavy, or anxious.

5. How often do you feel a sense of joy or ease?

- ● Aligned: Daily — even small things light me up.
- ● Out of Alignment: Rarely — life feels dull, stressful, or heavy.

6. How do you feel about your current commitments and schedule?

- ● Aligned: They reflect my priorities and nourish me.
- ● Out of Alignment: Overwhelming, draining, or full of “shoulds.”

7. How do you relate to your inner voice?

- ● Aligned: I trust it and act on its guidance.
- ● Out of Alignment: I ignore, doubt, or second-guess it.





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8. How would you describe your level of self-trust?

-  Aligned: Strong – I know I can count on myself.
-  Out of Alignment: Weak – I question or betray myself often.



9. How often do you experience flow or synchronicity?

-  Aligned: Frequently – things often fall into place.
-  Out of Alignment: Rarely – everything feels forced or blocked.



10. How authentic do you feel in your relationships?

-  Aligned: I can be myself, vulnerable, and true.
-  Out of Alignment: I hide parts of myself or people-please.



11. How do you feel about change?

-  Aligned: Open, curious, willing to grow.
-  Out of Alignment: Fearful, resistant, or avoidant.

12. How often do you feel you're living someone else's expectations?

-  Aligned: Rarely – I define success for myself.
-  Out of Alignment: Often – I worry what others think or try to please.

13. How do you treat yourself when you make a mistake?

-  Aligned: With compassion and understanding.
-  Out of Alignment: With harsh self-criticism or shame.





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14. How connected do you feel to your intuition?

-  Aligned: Very – I listen and trust it regularly.
-  Out of Alignment: Disconnected or dismissive of it.



15. How much space do you have for rest and renewal?

-  Aligned: I make time to nourish myself.
-  Out of Alignment: I feel too busy, guilty, or unworthy of rest.



16. How do you feel in your physical environment (home, work, nature)?

-  Aligned: It feels nurturing, inspiring, or peaceful.
-  Out of Alignment: It feels cluttered, draining, or stifling.


17. How honest are you about your feelings with yourself and others?

-  Aligned: I allow and express them openly.
-  Out of Alignment: I suppress, avoid, or fake them.

18. How often do you feel gratitude or appreciation?

-  Aligned: Often – I see beauty even in small things.
-  Out of Alignment: Rarely – life feels flat or frustrating.

19. How do you approach goals or dreams?

-  Aligned: I choose what truly matters to me and take meaningful steps.
-  Out of Alignment: I chase what I “should” want or feel aimless.





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20. How would you describe your relationship with yourself?

-  Aligned: Loving, respectful, and accepting.
-  Out of Alignment: Critical, dismissive, or neglectful.

#### **Scoring Instructions**

Count your total number of Aligned answers out of 20.

#### **Interpretation**

**16–20 Aligned:** You're living deeply in alignment with your Soul. Keep nurturing this connection and celebrating the choices that honor your truth.

**11–15 Aligned:** You're on the path — but there are areas to strengthen. Reflect on the questions that felt challenging and explore what shifts could bring more alignment.

**0–10 Aligned:** You may be living significantly out of alignment. Be gentle with yourself. Use this awareness to explore changes that can help you return to your Soul's truth.

**Remember: Alignment is a journey, not a destination. Every small choice to honor your truth brings you closer to a life that truly feels like yours.**