

# SOUL WORK FOR MOMS

## *Soul Work Sheet*

SWFM #19 Guest: Martha Nieset

### Soul Work Action Step:

*Speak a dream that you have to as many people as you can this week. Tell us! Say to us, "You know what I've always wanted to do?" or "You know what would would feel SO great to me right now?" TELL US. We limit ourselves by assuming that what we want isn't possible, because of finances, work, or fear of how others would react. We want to know your dreams!*

### Journaling Questions:

1. What are the dreams that you think are impossible?

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2. What are the reasons you tell yourself are keeping your dreams from becoming a reality?

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3. What are the highs and lows that your children might experience from you fulfilling these dreams?

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4. Do you try to protect your children from all disappointments in life? Does this play into any of your actions to not fulfill life dreams?

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5. How do you try to support the dreams of other women? When was the last time you asked another woman about her dreams?

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