

SOUL WORK FOR MOMS

Soul Work Sheet

SWFM #20 Guest: Kelly Rae Roberts

Soul Work Action Step:

“Self-compassion leads to any and all awakenings.” -Kelly Rae Roberts

Identify one area where your soul is thirsty for self-compassion, and make a pact to be gentle to yourself this week. When the negative thoughts arise, talk to them like you would a friend.

See yourself the way a friend would, and treat yourself the way a dear friend would.

Journaling Questions:

1. Kelly Rae describes herself as a “possibilitarian”. In what ways could the possibilitarian mindset serve you?

2. Kelly Rae said she knew it was time to switch out of her career in social work because she was experiencing increasing levels of burnout. Are you experiencing this in any areas of your life? What could this be trying to communicate to you?

3. Could you benefit from “detoxing” from the idea that you need to always be “producing” in some way?

4. Do you experience “imposter syndrome” in any parts of your life? What are those thoughts/feelings rooted in? How can you start to claim that as who you are?

5. What else did you take from this episode?
