

[www.enlightenmente.com](http://www.enlightenmente.com)

# DIG DEEP.

---

SOUL SEARCHING

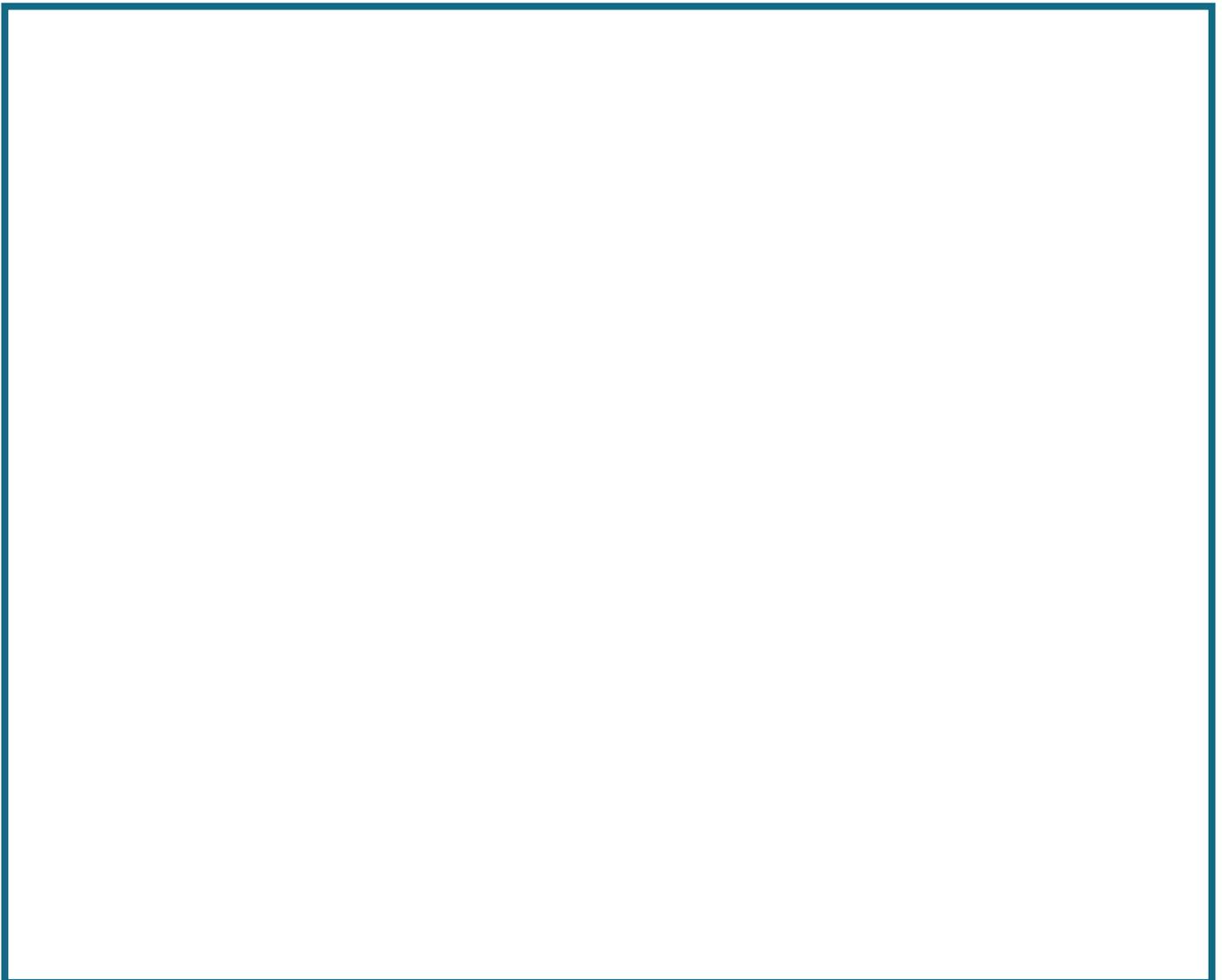


## Who Are You at Your Core?

---

**Make a list of as many things as you can to describe yourself:**

Consider interests, talents, strengths, achievements, goals, ethnicity, culture, language, appearance, characteristics, profession, hobbies, etc.



# Now.

**Now** cross off anything that has to do with speaking.  
The soul doesn't talk.

**Now** cross off anything that has to do with physical appearance.  
The soul doesn't have a physical appearance.

**Now** cross off anything that has to do with achieving.  
The soul doesn't set goals.

**Now** cross off anything that has to do with working.  
The soul doesn't work.

**Now** cross off anything that has to do with judging.  
The soul doesn't judge.

**Now** cross off anything that has to do with doing.  
The soul doesn't do.

**Now** cross off anything that has to do with thinking.  
The soul doesn't think.

**Now** Now cross off anything that has to do with worshipping.  
The soul doesn't worship.  
(If it did organized religion wouldn't exist. Think about it.)

**What we say, what we think, and what we do is not really who we are. Who we are is much deeper than that...so deep it is hard to grasp.**

## **Who are you? • Who is your soul? Did you have anything left on your list?**

**What is a soul?** The soul is immaterial and immortal. While thoughts, ideas, interests and bodies die, the soul lives on. Almost every religion believes this. You are so much more than you give yourself credit for. Your soul doesn't worry about carbs or running late. It doesn't catch a cold or have mental illness. It doesn't have likes or dislikes. Your soul doesn't get offended by a social media post or feel driven by fame or fortune. It doesn't get stressed out, bored, or frustrated. At any point, we can hone in on this deeper part of ourselves and let all of our worries from the material world dissipate.

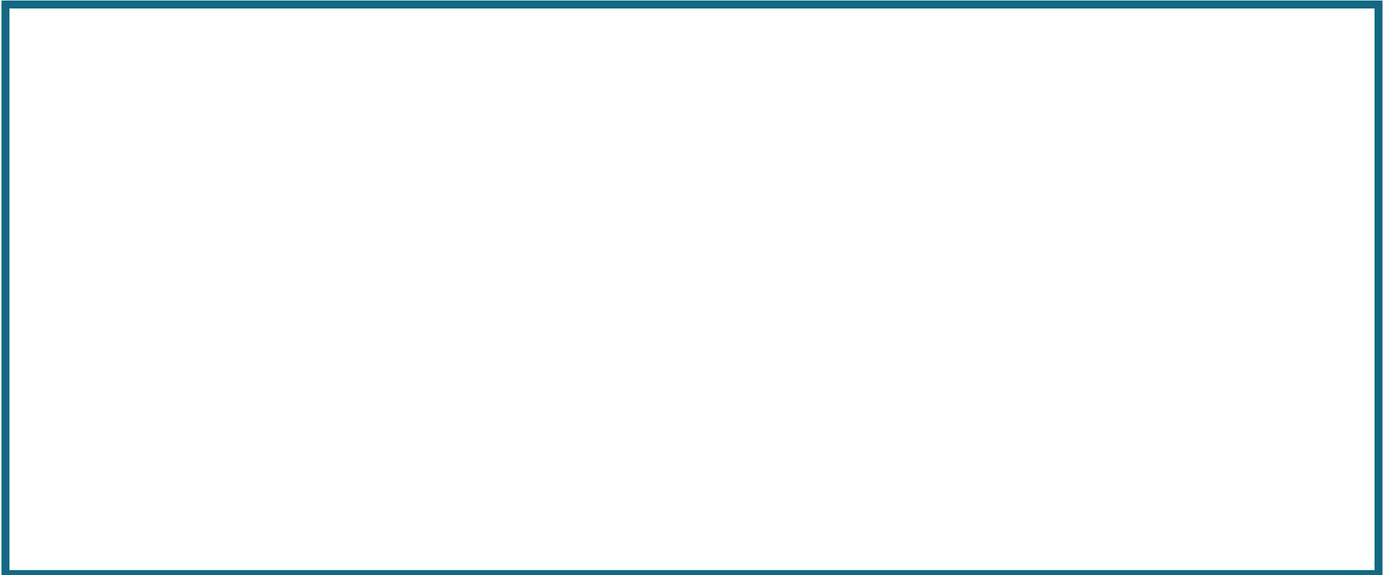
## Channel the Deepest Part of Yourself in Everyday Situations

---

Name a stressful human experience that you are currently facing.

What thoughts, feelings, and desires are associated with this situation?

How can you shift your thinking to imagine your soul dealing with the scenario rather than your human self?



**Imagine it now...your soul in the meeting, your soul on the phone call, your soul doing the work...**

This is a huge mindset shift because we ARE humans and our material world IS very real to us, but if we can envision our deepest self being present in tough situations, we can temporarily rid our mortal bodies of the thoughts, feelings, and desires of the human experience.

# COMMIT TO THRIVE

6 PHASE PROGRAM

**SIGN UP HERE!**

[www.enlightenmente.com](http://www.enlightenmente.com)



EnlightenMENTE's products and resources are intended to educate and empower. Results may vary. EnlightenMENTE's content and tools do not replace the advice of a doctor or mental health professional. EnlightenMENTE does not anticipate any damages or distress caused by the use of their products and resources, nor are they liable shall it occur.