



Soft & True

WORKBOOK 2: THE STALKING

INTENTIONALLY
CREATING

WHAT I'M MADE
FOR

UNCOVERING THE
PROSTITUTE



STALKING YOUR VALUES

MODULE 2



Last week, we assessed the terrain of your life. Your senses have come alive, you're paying attention, open to the possibility that magic hides in every corner..

Now, we can start our hunt for what makes your life a work of art in earnest. **We're stalking your hidden diamonds.**

... the values coded in your soul.

... the wild, magical work of art your life is meant to be.

... that which lights you up, turns you on and makes you magnetic AF.

Let's see□

GET INTENTIONAL

MODULE 2: STALKING

Every moment is an expression of who you are, an opportunity to craft the work of art that is your life.

Accumulate enough intentional moments, aligned behind what you TRULY value and you will create something you inherently value and that will eventually blow your own mind.

What to do:

- 1) Every time you start a new task, get clear on the value it expresses.
- 2) Keep that value in mind as you do the task.
- 3) Let it transform how you do the task if need be.

Examples:

Task: Dishes

Value: Clean Home, with nothing accumulating

How You Do Task: Humming, happy to be providing this value for yourself & your family.



THE CLIFFNOTES

GET CLEAR, MOMENT TO
MOMENT, WHICH VALUES
YOUR LIFE IS EXPRESSING

ENJOY

WHAT I'M MADE FOR

MODULE 2: STALKING

Your inner Lover holds the codes of value that your SOUL came in with and wants expressed in the world.

They are unique to you.
They are meant for your enjoyment and your creation.

By getting clear on what you TRULY value, you are clearing a lot of untruth in your life.

What to do:

Get out a notebook/paper/note file on your phone you have easy access to.

Take 10 minutes to write out:

- Take what lights you up (or turns you on)
- your wild desires
- what you day-dream or fantasize about
- what you will sacrifice anything for (yes, these can be people)

Add to it another 3 times this week as you notice new things.



THE CLIFFNOTES:

GET INTIMATE WITH WHAT
LIGHTS YOU UP, TURNS YOU
ON, GETS YOU GOING, WHAT
YOU VALUE NO MATTER
WHAT AND WILL SACRIFICE
ANYTHING FOR...

NO SHAME.

WE'RE ALL MADE FOR
DIFFERENT THINGS. THIS IS
WHAT YOU'RE MADE FOR.

PROSTITUTE UNCOVERING

MODULE 2: THE STALKING

Your inner prostitute believes that safety & security come from outside of her. She sacrifices HERSELF and her self-expression in order to keep that illusion of safety & security.

What to do:

Set a timer for 10 minutes and write:

"The truth is, I'm compromising my truth when "
write until you run out of steam and then write the starting phrase again.

Look for the big themes in your life but also for the tiny moments. Look for where you're settling for beneath your standards. Start noticing it in every day life.

For now, we're just gaining awareness. THIS, my loves, is what we're going to be rewiring over the next weeks.



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IT'S A GOOD DAY WHEN YOU FALL IN
LOVE WITH YOUR LIFE AGAIN.

INGE BROER