The Framework

	Soulful Value	Core Outcome
S	Small Moments	Awareness ,Calm & Presence
O	Open your mind	Growth Mindset & Possiblilty
U	Understand yourself	Boundaries & Empowerment
L	Listen & Learn	Listening & Connection
F	Fulfilment	Purpose/Direction
U	Unstoppable	Resilience
L	Love Yourself	Self Belief and Confidence

S
Small Moments

Appreciate the beauty in simplicity - the sunrise, the first sip of tea, the quiet before the day begins.

What does success look like
to you ?

How to apply small moment to your life :

Monday

Tuesday

Wednesday

Thursday

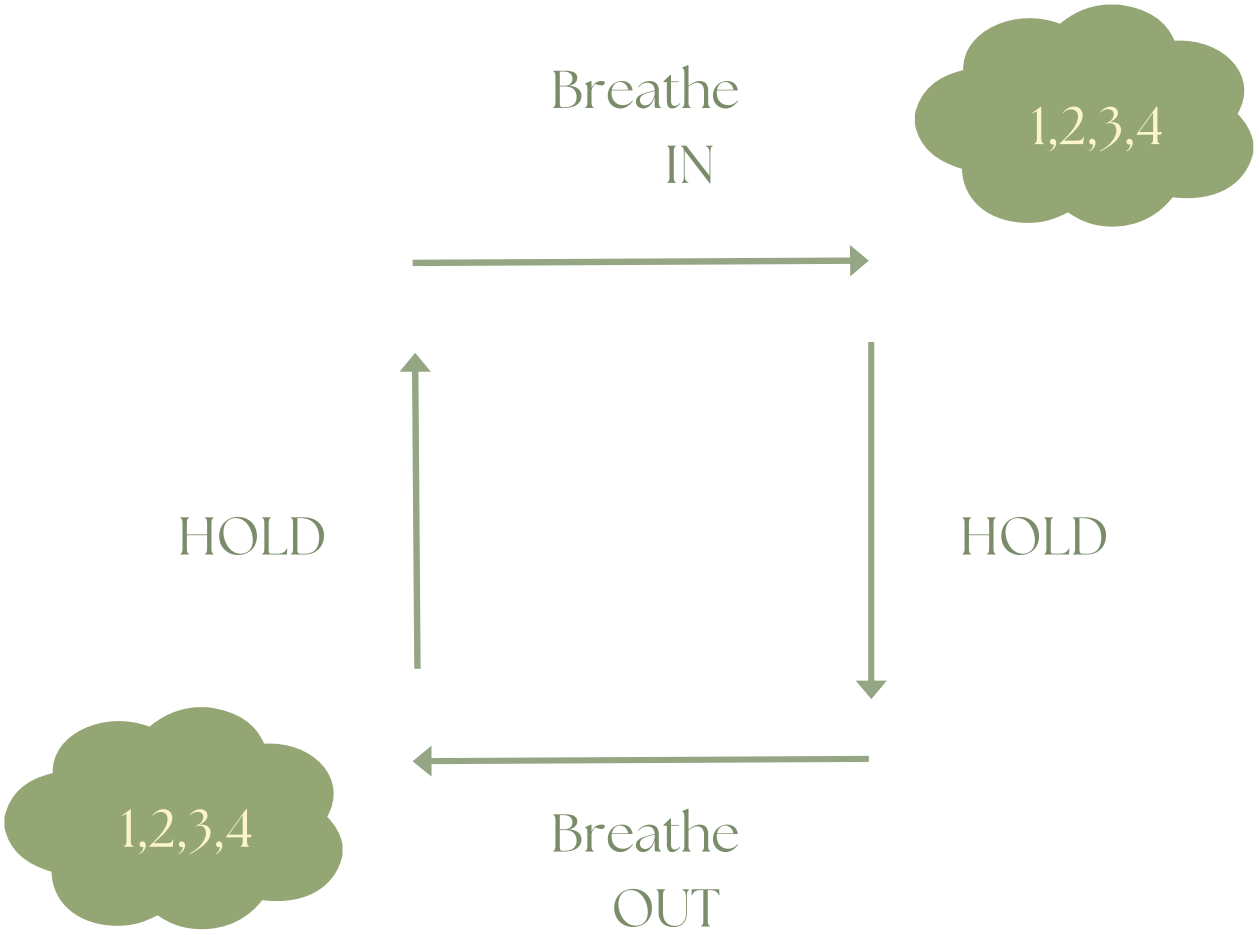
Friday

Saturday

Sunday



Breathwork



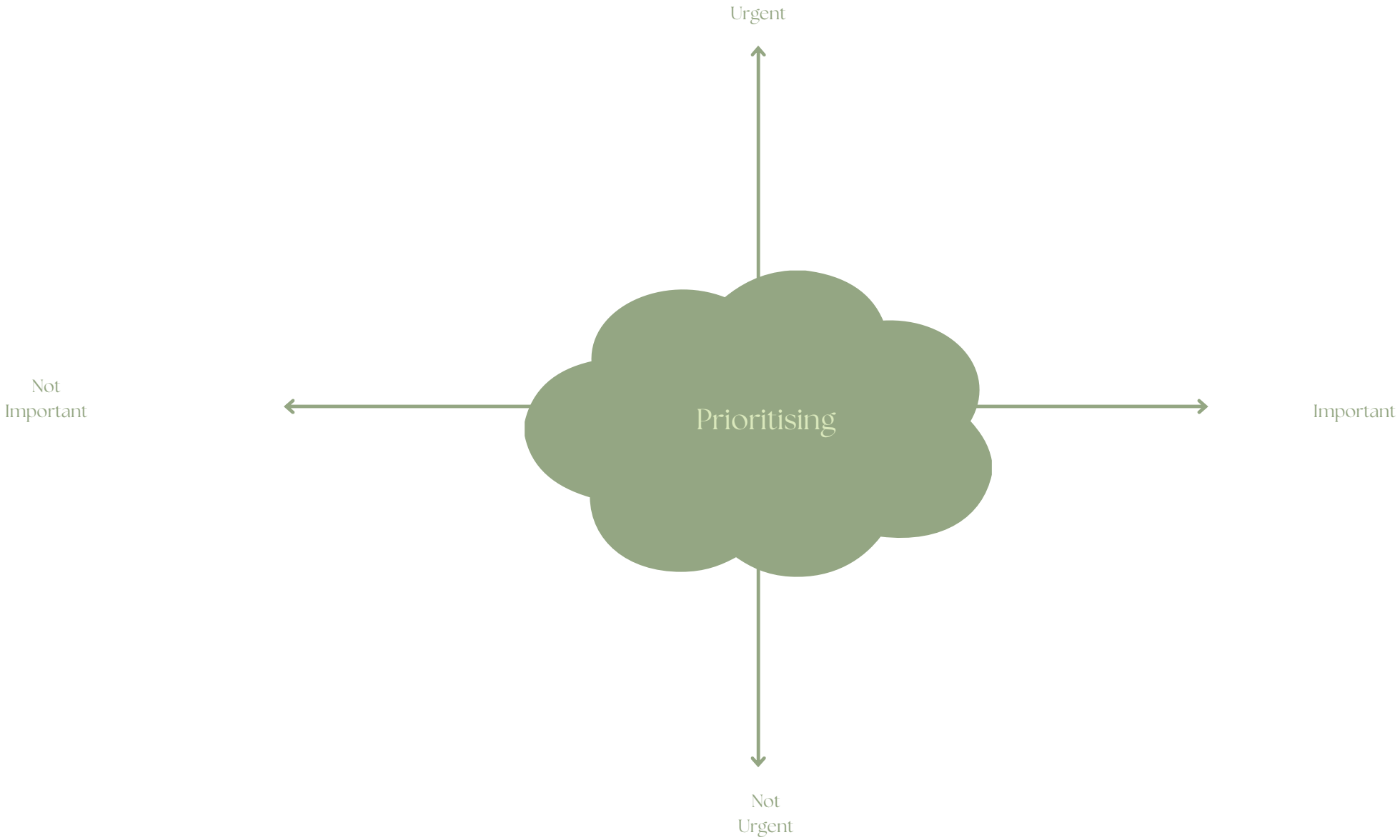
O
Open Your Mind

Welcome the possibility of true happiness. Quiet the inner critic and believe you are worthy of joy.


Stressors

Outside of my Control




Urgent
Not Important
Prioritising
Important
Not Urgent

U
Understand Feelings

Understand how you feel and how you don't want to feel.
Boundaries start here.


Angry
Frustrated
Excited
Happy
Calm
Sad, Tired
Upset

L
Listen and Learn

Every day offers new lessons. Stay curious, open, and ready to evolve.

Active Listening



GET THE FACTS

- Firstly listen
- Assist them
- Check in
- Take time
- Speak to someone

F
Fulfilment

Fill your own cup first. Do what feels right for you, not what others expect.

What drains you

What makes
you feel fulfilled

U
Unstoppable

What truly matters to you? Let that guide your decisions, actions, and relationships.

GOALS

Main Goal	
Breakdown 1	
Breakdown 2	
Breakdown 3	


FAILURE
FALL
ACKNOWLEDGE
INVESTIGATE
LEARN
UNDERSTAND
REALIGN
EVOLVE

L
Love Yourself

You are your home. Choose compassion, celebrate your being, and never forget to stay Soulful. create space for peace, purpose, and growth.




Love
Impossible is nothing
Live now
Don't worry be happy
Yes you can
Live to give
Never give up
Play hard
go home
Take it eas
Do you best
Smile
Do you best
Yes you can
Do you best









Stay Soulful.