



*Are You
Listening?*

YOUR SOUL'S CALLING!

Journal

BY HARRIET TUBMAN WRIGHT

Are You Listening? Your Soul's Calling

A Journal

By Harriet Tubman Wright

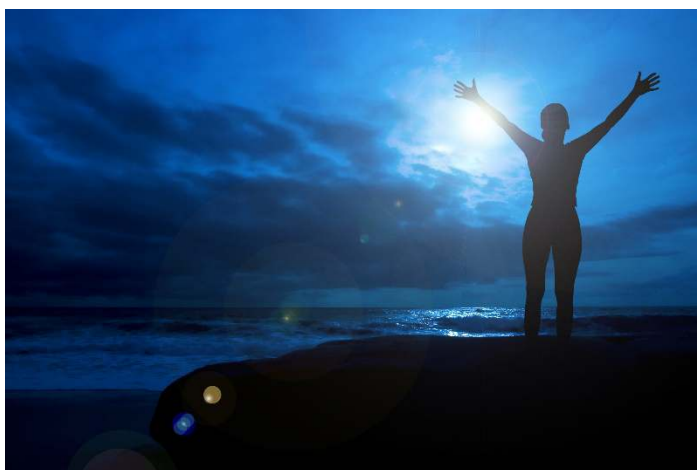
*"The journey of self-discovery is not in seeking outer landscapes,
but in expanding the inner terrain of self-awareness and self-love."*

– Harriet Tubman Wright

Introduction

Thank you for requesting the **Your Soul's Calling** Journal. The Journal is actually a journey to discover or re-affirm your Soul's Calling, your true essence and divine purpose and live it more fully. It is what you're born to be and do! It energizes, motivates and sustains you...and it lights you up and those with whom you interact. Your Soul's Calling frees and fulfills you to express your deepest passion with dedication and delight!

From an early age some of you know what you're here to do. You focus your education, develop your talents, sharpen your skills and pursue your heart's desire. You want to become the best you and over time become a master, whether an artist, engineer, teacher, firefighter, athlete, doctor, entrepreneur or public office holder. You're **good** at what you do and can honestly say, "There is nothing else I'd rather be doing."



Yet others 'exist' based on other people's expectations and allow conditions or circumstances to control who you are and what you do. You put your family or your boss first because it's your responsibility, perhaps putting your true passion on the back burner for years. You procrastinate until you vegetate. As a result:

- You don't live up to your full potential
- You experience stress, frustration or even illness
- You don't feel purposeful, joyful or fulfilled

You just get by...day to day...year to year with a hole in your soul. Instead of mastery, you settle for mediocrity. Rather than aspire, you expire, like a flower that withers or a light that dims... Ultimately you're not happy.

However, the Creator has a way of getting your attention. Your wake-up call may appear as a serious illness or getting laid off your job. It might appear as an inheritance or the right

mentor. Everything changes if you choose to see the wake-up call as an opportunity to change gears, shift direction and move forward charged up, willing and ready to be what you're born to be and do!

"I believe there's a calling for all of us. I know that every human being has value and purpose. The real work of our lives is to become aware. And awakened. To answer the call." - Oprah Winfrey

With the **Your Soul's Calling** Journal, it is my intention that you:

- Discover and define your Soul's Calling
- Rejuvenate and reclaim your Soul's Calling
- Recognize that at this time, the world needs your unique gift, your passion and commitment to: **Fuel Up! Step Up! Rise Up!**

"Women of every color, ethnicity, cultural, spiritual, social and educational background around the world are growing as leaders, visionaries and agents of change to restore balance, peace and justice to evolve humanity and the planet."
- Harriet Tubman Wright

Overview

The **Your Soul's Calling** Journal unfolds in 5 sections.

My Soul's Calling

My Contribution to the World

My Remarkable Legacy

Qualities of Feminine Leadership

What to Do Next

Instructions

Print out the journal. If you meditate, do so before working with a section of the journal. If not, be still and silent for up to 10 minutes to focus and center yourself. Then begin working with a section of the **Your Soul's Calling** Journal for at least 30 minutes each day. Record your responses.

- Answer the questions or statements honestly
- Ponder what provokes you
- Think about what excites or inspires you
- Note where you easily flow into your response
- Note where you feel stuck or want support
- Record questions, insights, surprises

There is also space at the end of each section to draw, doodle, etc. Most of all use the **Your Soul's Calling** Journal diligently, purposefully, joyfully. Delight in the journey and enjoy the magic!



"You have to find what sparks a light in you so that you in your own way can illuminate the world." - Oprah Winfrey

"The world is waiting for you to be who you are called to be. Be brave. Be bold. Be bright." - Eugene Holden, RScP

- I express it in these ways:
 - Work
 - Family
 - Relationships
 - Volunteer Activities
 - Other

Please elaborate.

- As I live my Soul's Calling, I feel:

- Anything Else?

- Create an Affirmation. Example: I'm grateful to live my Soul's Calling.
My Affirmation:



"Become aware of what's in you.

Announce it, pronounce it, produce it, and give birth to it."

- Meister Eckhart

"Often, we don't engage in our passion, our joy, our calling because there is a belief that we cannot make money or we don't have the skills to be successful. We all have a calling. There is support in the Universe for your calling." - Rev. Cynthia James

- I don't know my Soul's Calling. However, I show up as:

Doing:

- I express what I do in these areas of my life:
 - Work
 - Family
 - Relationships
 - Volunteer Activities
 - Other

Please elaborate.

- I feel

about not knowing or expressing my Soul's Calling.

- I believe

is blocking or preventing me from knowing and living my Soul's Calling.

It's time to be all I'm meant to be and do. Therefore, I want help to discover my Soul's Calling.

Yes ___

No ___

Don't know _____

Comment:

- If I knew and expressed my Soul's Calling, I would feel:

- It would enable me to:

- Anything Else?

- Create an Affirmation. Example: I have clarity about my Soul's Calling.
My Affirmation



*"Find out who you are and be that person.
That's what your soul was put on this Earth to be.
Find that truth, live that truth and everything else will come." - Ellen DeGeneres*

"Put your ear down close to your soul and listen hard." - Anne Sexton

Section 2

My Contribution to the World

Your contribution to the world is determined by how you use/share your skills, talents, resources or unique gifts with others to make a positive difference in their lives, families, workplaces, communities, state or country.

- My unique gift is (or gifts):

- In what ways am I using or sharing my gift? (gifts)

- The specific skills I have are:

- In what ways am I using them?

- My primary talent is (or talents):

- In what ways am I using my talents?

- My hobbies are:

- As I reflect on my life, what do I feel most proud of:

- I have been acknowledged or recognized for:

- What other contributions do I want to make?

- What can I do today that will make the world a better place?

- Anything Else?
- Create an Affirmation. Example: I use my talents to make a positive contribution to the people I serve.

My Affirmation:



"You experience your soul each time you sense yourself as more than a mind and body, your life as meaningful, or you feel that you have gifts to give and you long to give them." - Gary Zukav

"You can only become truly accomplished at something you love. Don't make money your goal. Instead pursue the things you love doing and then do them so well that people can't take their eyes off of you." – Maya Angelou

Section 3

My Remarkable Legacy

Your legacy is what you stand for, what you're known for and what you leave for the benefit of future generations.

- For me, legacy means:

- Legacy is important because:

- How do I want to be remembered?

- For what do I want to be remembered?

- The legacy I'm creating now is:

- Anything Else?

- Make an Affirmation. Example: I empower others through my legacy.
My Affirmation:



"If you're going to live, leave a legacy.

Make a mark on the world that can't be erased." - Maya Angelou

"Our future is not merely something that happens to us but something that we participate in creating. If we do this consciously, we can create a world that works."

-Dr. Paul Ray & Sherry Anderson

Section 4

Qualities of Feminine Leadership

These times call for women's leadership, the re-emergence of the divine feminine, women expressing our soul's calling and natural birthing, tending, and nurturing qualities that foster co-creativity, cooperation and collaboration. These times call for conscious, creative women with values of authenticity and equity; a shared vision of relationship and community building to help restore, balance, wholeness and justice for the future of humanity and the planet.

The Goddess Collective Presents: The Fourteen Principles of Feminine Leadership®

Embodied presence – Bringing all of one's Self to the moment. Holding clarity, focus, and presence while maintaining your "YOUness".

Self-authority – You are empowered to hold a centered and balanced position of authority within the self - knowing you define you and no one else gets to. You have the right and authority to take action based on your needs, ideas, desires, dreams, and more.

Integrity – Be consistent with your actions, behaviors, and communication. Be accountable for your actions or non-action. Know you are responsible for your creations in the world and we all have the ability to respond. Allow yourself to see the overview of a situation and respond with your intuitive sense of honesty and truth. Be your word and your word becomes gold.

Intuition – Utilizing your instinctual knowing and deep wisdom.

Leadership with love – Holding a balanced position of leadership with compassion and generating a nurturing environment. Generate a co-created leadership, knowing we are all open to our unique path with the ability to shine.

Clear communication – Being willing and having the skill set necessary to speak lovingly to your needs, desires, boundaries, goals, vision, and business.

Individual uniqueness – Willing to radiate your “YOUness”. You are one of a kind and that is a celebration. Allowing you to celebrate you is accepting the gift you are to all of us.

Confidence – A trust filled relationship with yourself, your skill set, and your wisdom. Allowing yourself to lead from your inner strength.

Birth – Allowing the process of Birth to organize and move through you. When a woman is actually giving physical birth she doesn't actively pause and focus on creating each aspect of the evolving baby. There is a natural intelligence that takes over. She listens to her body though. Feeds it good nutrition, rests, and exercises. Similarly when birthing a project take good care of it and then let the natural process do the rest.

Commitment- Be willing to commit to your vision and goals. Allow yourself to be realistic with time lines, implementation, personal strengths, and follow through.



Open to receiving and being with the mystery – Embracing the gifts in life. Knowing good things will come your way and allowing yourself to see and accept them. You deserve it simply because you are you.

Accepting self and others – Self acceptance is embracing the beauty and all aspects of you. You are able to embrace both the dark and light sides of self and humanity while navigating both when

needed. The light, the dark, the continuous integration.

Balanced and nurturing self care – Giving yourself permission to take care of yourself on all levels: physical, emotional, mental, and spiritual. Knowing, it is an act of self love.

Purify and Release (death) – Be willing to let go. Change can be empowering. Having the ability to recognize when it's time to release what no longer serves you, your creation, or your work.

- For me the Divine Feminine means:

- The feminine leadership qualities I have are:

- What qualities naturally feel like me?

- The feminine leadership qualities I want to develop:

- In what area of my life do I want to express more leadership?
 - Family
 - Workplace
 - Business
 - Spiritual Center
 - Community
 - Volunteer Activities
 - Other

Please elaborate.

- Can I imagine myself as the leader of a business, organization or movement?

Yes___ No_____ Possibly___

Comment:

- How would an empowered leader function?

- Anything Else?

- Create an Affirmation. Example: I am confident trusting my intuition.

My Affirmation:

"Intuition is the voice of the soul." - Carol Ritberger, PhD

"When a woman rises up in glory, her energy is magnetic and her sense of possibility contagious." - Marianne Williamson

"Women, if the soul of the nation is to be saved, I believe that you must become its soul." - Coretta Scott King

Section 5

My Next Steps

Thank you for requesting and working with the **Your Soul's Calling** Journal. You now have opportunities to act on what you've discovered and reinforce it; opportunities to re-claim your Soul's Calling and commit to living it courageously, creatively and consciously.

"The soul's joy lies in doing." - Percy Bysshe Shelley

As you reflect on your journey through the **Your Soul's Calling** Journal:

- The question or section that excited or inspired me most was:
- This was important to me because:
- The question or section that provoked me most was:
- I was surprised by:

- The question or section that motivated me to find answers or pursue solutions was:

- My overall experience working with the Journal was:

Your intentions are more than a resolution or goal. They are a vision, a dream, and a declaration that turns into inspired focused action.

Now my intentions are to:

- I am willing to be:

- I want to do:

- The guidance or support I seek now is:

I'm Ready to Dive Deeper to Live my Soul's Calling!

Schedule a Complimentary [Soul's Calling Vision Session](#) or [Cultivating Leadership Strategy Session](#) with Harriet.

I want to learn about [Cultivating Women's Leadership in Community](#) or join a [Cultivating Women's Leadership Circle!](#)

I want to learn more about The Wright Resort! www.thewrightresort.com



*"Cherish your visions and your dreams as they are the children of your soul,
the blueprints of your ultimate achievements." - Napoleon Hill*

*"The requirements for our evolution have changed. Survival is no longer sufficient.
Our evolution now requires us to develop spiritually - to become emotionally aware
and make responsible choices. It requires us to align ourselves with the values of the
soul - harmony, cooperation, sharing, and reverence for life." - Gary Zukav*



Harriet Tubman Wright, MS, MA is a lifelong learner, spiritual sojourner and cultural creative; an accomplished Coach, Speaker, Author, Person-Centered Expressive Arts Facilitator and Metaphysician. For over 45 years she helped people improve the quality of their lives while working in community-based organizations, educational institutions, the public sector in the US and international agencies in Africa, and now as an evolutionary entrepreneur and Director of The Wright Resort.

Women with whom Harriet has worked have risked new livelihood possibilities and thrived; shifted lack and limitation thinking to a bounty and blessing mindset and prospered; incorporated stress release and self-care practices that have enhanced their bodymindspirit well-being.



Harriet helps highly creative women professionals and entrepreneurs use their talents, gifts and skills to fulfill their soul's calling, step into their greatness and prosper as leaders to transform businesses, workplaces, communities and the world. In so doing they create a new paradigm of feminine power and an enduring legacy.

The Wright Resort, formerly a BodyMindSpirit Wellness Center, is dedicated to Feminine Leadership and Social Consciousness to evolve people and the planet. Consider it **Your Soul Safari to Success!**

Learn more at: www.thewrightresort.com

"I am an illuminating and liberating presence, allowing my magnificence to be seen, heard and felt through conscious and creative leadership that evolves people and the planet." - Harriet Tubman Wright