

# Create a Soul Survival Pack & Reflection

The “Soul Survival Pack” activity provides a space to create your self-care plan to comfort your soul.

Recall moments in your life, from childhood to today, when your soul felt safe, loved, and revitalized. As a young kid, I loved coloring, listening to records close to my speakers while lying on my bedroom floor, and the freedom that came from riding my bike. In the more recent past, one of my most peaceful memories is lying on the cozy sofa in my four-season porch on a snowy day, under a puffy, cottony comforter while watching a documentary. Today, I cook, commune with nature, and practice yoga. What memories and activities revive your soul?

**WHAT:** Create a survival pack as a self-care plan for your soul. “When this old world starts getting you down . . .” as the song goes, how do you nourish and heal your soul?

**WHY:** To have tools in place to rebalance, reconnect, and recharge yourself when doing hard things.

**HOW:** Brainstorm and record actions or activities that recharge you. Use the template on the next page or create your own format. Access these ideas when the world is getting you down.

**TOOLS:** One sheet of paper and a writing utensil, computer or tablet.

**TASK:** Create a “Soul Survival Pack.” List ways you rebalance, reconnect, and recharge yourself. List ways you feel loved, safe, and warm.

**TIME:** Fifteen minutes initially. Add to this list as inspirations surface.

## SOUL SURVIVAL PACK


## Reflection Activity

**WHAT:** Notice themes running through your list. Familiar values? Simplicity? Quiet? Action? In the space below, reflect on what you notice brings you comfort.

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