

GUT AND SOUL TRACKING

Why is this important to do? Take a listen to my Gut and Soul podcast here:
www.somethingbettermydarling.com/podcasts.

Listening to your gut and soul is crucial to your success and reaching your full potential.

This document is to help you track how often you are, or aren't, listening and the outcomes. Maybe you'll be surprised. Maybe not!

Steps

1. Start listening to your gut and soul!
2. Write down what it is telling you to do.
3. Did you listen? Yes or no.
4. Record the outcome!

What is your gut and soul telling you?

Did you listen? YES ☐ NO ☐

What was the outcome?

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