

31
DAYS OF
*Soul Fueled
Living*

jodi heisz 
soul fueled living

31 DAYS TO SOUL FUELED LIVING

Soul-fueled living. *What the heck does that mean?*

To live a soul-fueled life means living with love, joy, energy, peace and beauty. It's anything that refreshes the body, awakens the mind and ignites the soul. Soul-fueling living is being true to yourself while embracing every inch of who you are. God wants us to live mindfully enjoying and appreciating each moment as it unfolds. Being conscious of your journey creates magic and wonder fueling your spirit with light and love.

For the next 31 days, I am going to give a tip a day to help you live a soul-fueled life. Remember, it's important to be easy on yourself without taking things too seriously. Enjoy, relax and fully embody this experience.

Let's get started and bring our souls alive!



31 DAYS TO SOUL FUELED LIVING

DAY 1: MEDITATE

Every day take the time to meditate. Start with five minutes either morning or night. I like to meditate in the morning because it fits best in my schedule. Choose what time works best for you. When you meditate, sit comfortably in a chair or on the floor in a cross-legged position. Keep your back straight and strong, but your front relaxed. You can have your eyes open or closed. Focus on your breathing. When thoughts arise, just notice them. Allow them to pass by like clouds in the sky. Don't judge, criticize or follow your thoughts. Just notice. See how your mind works. When the mind wanders, bring it back. Meditation is about teaching your mind to be aware and mindful while seeing how it works.

DAY 2: PRAY

Spend a few minutes daily in prayer. Communicating with God creates a deeper relationship with Him. He knows who you are praying for and what you need before you pray, but He still wants to spend time with you. Always begin your prayer by thanking God for all He has given you. This creates the space for a relationship filled with gratitude and love.

DAY 3: CREATE A GRATITUDE JOURNAL OR LIST

There is always something to be grateful for regardless of your circumstances. Reflect on it and write about it. The next time you're feeling upset or negative, write down all the positive things in your life. I bet when you are done with your list, you'll be amazed with how many wonderful things you have. The next time you have a bad day, read your list to bring your spirits back up.



31 DAYS TO SOUL FUELED LIVING

DAY 4: SPEND TIME IN NATURE

When you spend time outside with the trees and listening to the birds chirping above, you'll feel connected to the greater whole. Nature does wonders for the soul by grounding your energy connecting you to Mother Earth. Taking a walk while looking at God's creations, releases tension and increases your vibration. It's the ultimate healing technique for stress and anxiety creating peace and stillness.

DAY 5: TRY A NEW HEALTHY RECIPE

Find a new healthy recipe. Have fun in the kitchen exploring different ways to cook food to nourish your body. It's exciting and satisfying when you discover a meal to fuel your body and your taste buds. Plus, it will motivate you to stay on track to live a healthy lifestyle.

DAY 6: JOURNALIZE

You don't have to be a great writer to journalize. All you need is the willingness to crack open your heart and pour the blood on paper. Writing about your feelings and what you are going through is healing. And, here's the good news. No has to read it. You don't even have to read it. Just write it. Let it all go and let it all flow.

DAY 7: WATCH A SUNSET

When was the last time you watched a sunset? I bet it's been a while, hasn't it? Watching the different colors arise and seeing the sky transform from dark to light is a magical display. It awakens the mind and spirit to energize your day. Plus, it's a great way to connect with the different phases of nature.



31 DAYS TO SOUL FUELED LIVING

DAY 8: GAZE AT THE STARS

During a clear, starry night, take a blanket and spread it on the lawn. Lie down and gaze at the stars. Let the indigo color of the sky fill your entire body. See the vast, wide universe by looking at the wondrous display of twinkling lights. The more you look at the stars, the more you see how infinite the universe is.

DAY 9: POSITIVE DAILY AFFIRMATION

Every day when you wake up or before bed, say a positive daily affirmation to yourself. There are tons of affirmations you can find on the internet. Or look for a quick scripture to bring light into your heart. Maybe create one for yourself. I like to say "My life is filled with gratitude and love." It sets the tone for the day starting with an upbeat attitude. Using an affirmation is also a good technique when stressed or feeling negative shifting your energy into a higher vibration.

DAY 10: READ UPLIFTING OR SPIRITUAL BOOKS

Read books to uplift your spirit and nurture your heart. *The Bible*, of course, is a great book to read. All you need is one scripture per day for a couple minutes to make a difference in your life. Another book I recommend is *A Course in Miracles*. There are thousands of books from non-fiction to fiction teaching about spirituality. Find one that resonates with you. Take the time to implement what you are reading. Be open to trying new books. You never know when you find the right book that changes your life.



31 DAYS TO SOUL FUELED LIVING

DAY 11: SPEND QUALITY TIME WITH KIDS

Whenever I spend time with my son whether it's reading, taking a walk or playing games, it releases tension and stress. Being with my son reminds me what matters most, to enjoy life living in the moment. Play, laugh and have fun. Life's too short so embrace all you can.

DAY 12: WATCH AN INSPIRATIONAL MOVIE

Remember the movie you watched making your heart skip a beat for days after? You couldn't get this amazing movie out of your head no matter how hard you tried. Recreate this experience again and find an inspirational movie you feel will inspire you. It's worth it to take a couple hours of your day to fill your mind with a powerful message. Plus, it's a good break from your daily grind.

DAY 13: EAT A HEALTHY BREAKFAST

Start your day right and energize your body by eating a healthy breakfast. Don't skip this important meal. If time is limited, grab a banana or apple. Make sure the food is nutritious. No sugary cereals or pancakes allowed! By eating something healthy, you'll have increased mental focus and sustained energy throughout your day.

DAY 14: EXERCISE

Get your body moving with some cardio or strength training. Working out is a fantastic stress reliever, builds confidence and makes you stronger. Plus, you'll look better. Bonus! Studies after studies prove the benefits of exercise on your mind, body and spirit time and time again. So get off the couch and go!

31 DAYS TO SOUL FUELED LIVING

DAY 15: FORGIVE

Who is that person who hurt in the past you are still holding on to? Now is the time to forgive and let it go. Forgiving someone who has betrayed you doesn't mean you condone what they did. Forgiveness releases the energy attached to the person so you can be free. Healing begins when you forgive.

DAY 16: DO YOGA

Yoga uses physical postures to cleanse and purify the body while increasing flexibility, strength and stamina. It creates a total mind and body connection using deep breathing, concentration and body movement. Yoga is a powerful practice to center and calm the mind creating inner peace. There are many types of yoga styles to choose from such as hatha, ashtanga, vinyasa flow, restorative and more. Find one that suits best with your lifestyle and body.

DAY 17: TAKE A NAP

I love to take a nap on the weekends. Especially after I finish the housework. Many of you don't allow yourselves to take a nap in fear you are not being productive. But sometimes, you need a nap to rest and rejuvenate. With proper rest, you'll have more energy allowing you to do your work efficiently. It's a great stress reliever too!

31 DAYS TO SOUL FUELED LIVING

DAY 18: LAUGH

Play, laugh and tell jokes with your friends. One of the best healing modalities is laughter. Whenever I'm having a bad day or feel down on myself, listening to my friends with their crazy talk helps to forget about my problems. Once the laughter is over, my problems don't feel as bad as before. I'm able to move forward with my day feeling free and lighter.

DAY 19: MUSIC

Listen to the magical sounds of music. Make sure it's soothing to your soul such as classical music, hymns or new age. As long as it's relaxing and positive. If you are a musician, play your instrument with all of your heart and spirit. Sing loud and proud even if you weren't blessed with a beautiful singing voice. Music does wonders for the soul creating a healing effect.

DAY 20: WATCH A THEATRE PERFORMANCE

Go to a play and watch talented performers live in front of you. Seeing a play whether it's a Broadway production or a local theatre group is cathartic making you feel a part of the performance. Plus, it's a great escape for a few hours as you live in another world.



31 DAYS TO SOUL FUELED LIVING

DAY 21: LET GO

What is that thing putting a dark cloud in your life? Is it a childhood trauma, a fight you had with a loved one or something embarrassing that happened to you? Whatever it is, let it go. By letting go, you create the space for something new. Take a deep breath, exhale and imagine releasing what you are holding on to. Take another deep breath. Now you are free.

DAY 22: GO TO CHURCH

Visit your local church and spend time in a community with like-minded individuals. The best way to grow spiritually is to be with other people. You learn and support each other on the journey making you feel you are not alone. This is critical to grow and move forward on your path. You need to be with others to become closer to God and His Word.

DAY 23: HUG SOMEONE

Give someone a big hug. Anyone. Well, not anyone. Hugging a stranger would be weird. But really, hugging your partner, spouse, child, family member or close friend brings out the good vibes and makes you smile. And, it makes the other person feel loved too. So get hugging today!



31 DAYS TO SOUL FUELED LIVING

DAY 24: TELL SOMEONE THEY'RE BEAUTIFUL

We are all beautiful. Every single one of us. We come in many different packages creating a colorful landscape within humanity. The problem is we don't see this within ourselves. So take the time today to remind someone they are beautiful inside and out. We all need to hear it.

DAY 25: DONATE

Give something you own to someone else who needs it. We all have too much stuff anyway. Find a piece of clothing, jewelry, cookware or anything to make someone else's life easier and more enjoyable. It will decrease their stress while freeing up space in your life.

DAY 26: DECLUTTER

Find a small space to declutter. It could be your office desk, the kitchen table or your closet. When you remove the clutter and unnecessary items while reorganizing the space, it declutters your mind. You'll think more clearly allowing creativity to flow through. Plus, you'll feel so much better with more energy and peace.

DAY 27: BUY A PLANT OR FLOWERS

Having a pot of flowers or plant in your home adds vibrancy, beauty and energy. The smell of flowers is like aromatherapy healing your soul. And, it's an inexpensive way to add décor to your living space.

31 DAYS TO SOUL FUELED LIVING

DAY 28: GET IN TOUCH WITH AN OLD FRIEND

Meet with an old friend you haven't spoken to or seen in a while. If you can't meet in person, call them. Or at least send them a message. Good friends are hard to come by so take the time to reconnect. It's exciting to share new stories and reminisce about old ones. Reconnecting makes you remember who and what's important in your life.

DAY 29: BE WITH POSITIVE PEOPLE

Spend time with positive people and avoid toxic people. Surround yourself with those who uplift your spirit helping you soar. If you end up exposed to negative people, don't judge them. Instead, imagine sending them healing white light all around them.

DAY 30: DREAM BIG

Take a few moments in the morning and dream of something you've always wanted to do. Pretend money, time or other commitments are not an issue. Dream as big as possible. No holds barred. Imagine the feeling you would feel as if your dream came true. Let your mind go. Take this big dream and carry it with you throughout your day.

DAY 31: LOVE YOURSELF

Last, but not least, love yourself. Learning to love yourself unconditionally is vital for true happiness and peace. It's easy to unconditionally love your kids, family and close friends. But, to do that for yourself seems impossible sometimes. It takes time and patience with a process of letting go of self-doubt and judgement to love yourself. But in the end, it's worth it. You deserve it.



31 DAYS TO SOUL FUELED LIVING

Congratulations!

You completed the 31 Days of Soul-Fueled Living. How does it feel? Are you feeling brighter, peaceful, or joyful? Maybe you feel proud, excited or more confident. Whatever it is know that you are amazing, successful and beautiful for committing to creating a better life. Never forget it.

Take these exercises and choose what worked best for you. Keep working on it. Don't stop. Continue to move forward on creating a soul-fueled life. The journey doesn't stop here. This where you truly begin your life filled with wonder, beauty, magic, joy and love.

Now go out into the world for everyone's waiting for your beckoning soul to walk in love and live as who you are meant to be.

Thank you for being a part of this journey with me.

xo,
Jodi

P.S. If you have any comments, questions or concerns, please email me at jodiheisz@gmail.com. Don't worry. I promise I will answer.

