



**Unlocking Inner Happiness**  
**Soul Coaching**  
**7 Day Challenge**

*Laura Hasler. Conduit Soul Coach*

[www.spirithandshealing.ca](http://www.spirithandshealing.ca)



**7 Days of Reflections and Inner Listening to embrace deeper Inner Happiness Awareness. Everyone participating will be entered into a draw at the end. Your name will be entered daily if commenting on the day's reflection.**

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**Inner Happiness-**  
**Take a few deep slow breaths, close**  
**eyes and place hand on heart.**  
**Ask within your heart**  
**“What is my personal definition of**  
**Inner Happiness?”**



Take a moment to breathe in, release stress and embrace radiant love energy.

Then ask your heart  
“What would Inner Happiness  
feel like in my Body?”

In my Mind? In my Heart?

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Take a moment to breathe in deeply,  
place hand on heart, close eyes.

Ask your heart

"How can I best support my inner  
happiness today? Physically? Mentally?  
Emotionally? Energetically?"



**What is your repetitive "What If" that you struggle with? Switch your mindset from a negative "What IF?" :( to a more positive "What IF!" :) (Changing from a worst case scenario to a best case scenario!**



**If you were a flower, what flower would best represent your best essence version of you? Why did you choose it?**  
**If you were any mode of transportation (from any timeframe), what would best represent you and why?**



"I know I am full of inner happiness  
when \_\_\_\_\_ because I \_\_\_\_\_.  
I feel full of gratitude when I \_\_\_\_\_  
because I \_\_\_\_\_.

My most cherished moment that  
instantly fills my heart is when \_\_\_\_\_.





The person/mentor/teacher I have deep gratitude for inspiring me is \_\_\_\_\_ because \_\_\_\_\_. I am thankful that they \_\_\_\_\_. My life changed because I realized that I \_\_\_\_\_. I hope to inspire others to \_\_\_\_\_.



**Bonus Day!**

**What would I love to do  
for myself this month?**

**Physically, Mentally, Emotionally, or  
Energetically? Why? What is my first  
step to creating or supporting this?**

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## Reflection-

In what ways have you improved your outlook,  
thoughts, emotions or actions?

Have you been more aware of Inner Happiness and  
the importance of your well being?

How can you best support your overall well being  
each day?

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