



HOW TO REMEMBER YOUR SOUL CONTRACT

**A JOURNAL FOR THE ONES WHO KNOW
THEY'VE BEEN HERE BEFORE**

Introduction

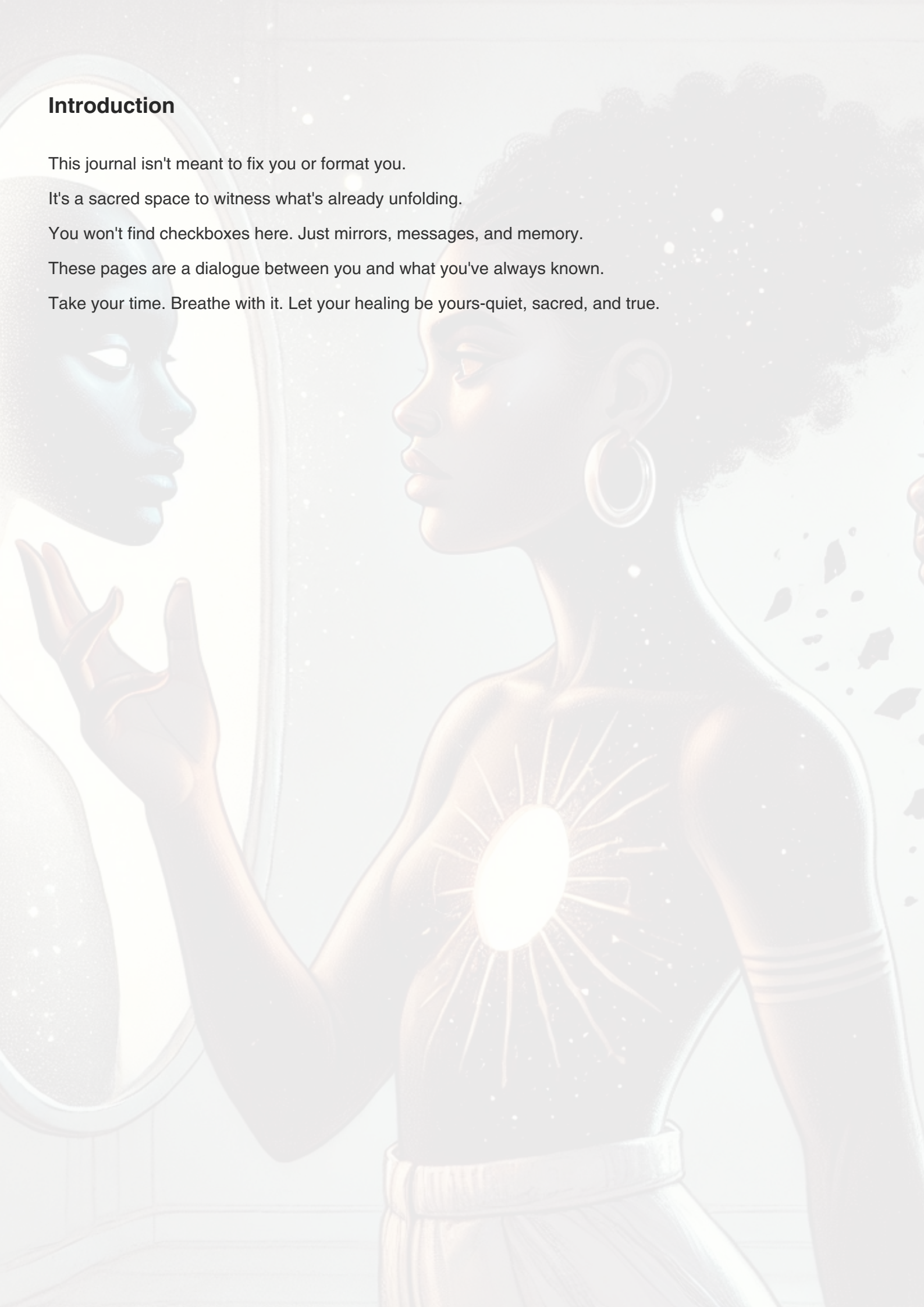
This journal isn't meant to fix you or format you.

It's a sacred space to witness what's already unfolding.

You won't find checkboxes here. Just mirrors, messages, and memory.

These pages are a dialogue between you and what you've always known.

Take your time. Breathe with it. Let your healing be yours-quiet, sacred, and true.



Section 1: The Soul Contract Isn't What You Think

Quote: "It's not written in words. It's written in longing."

Prompts:

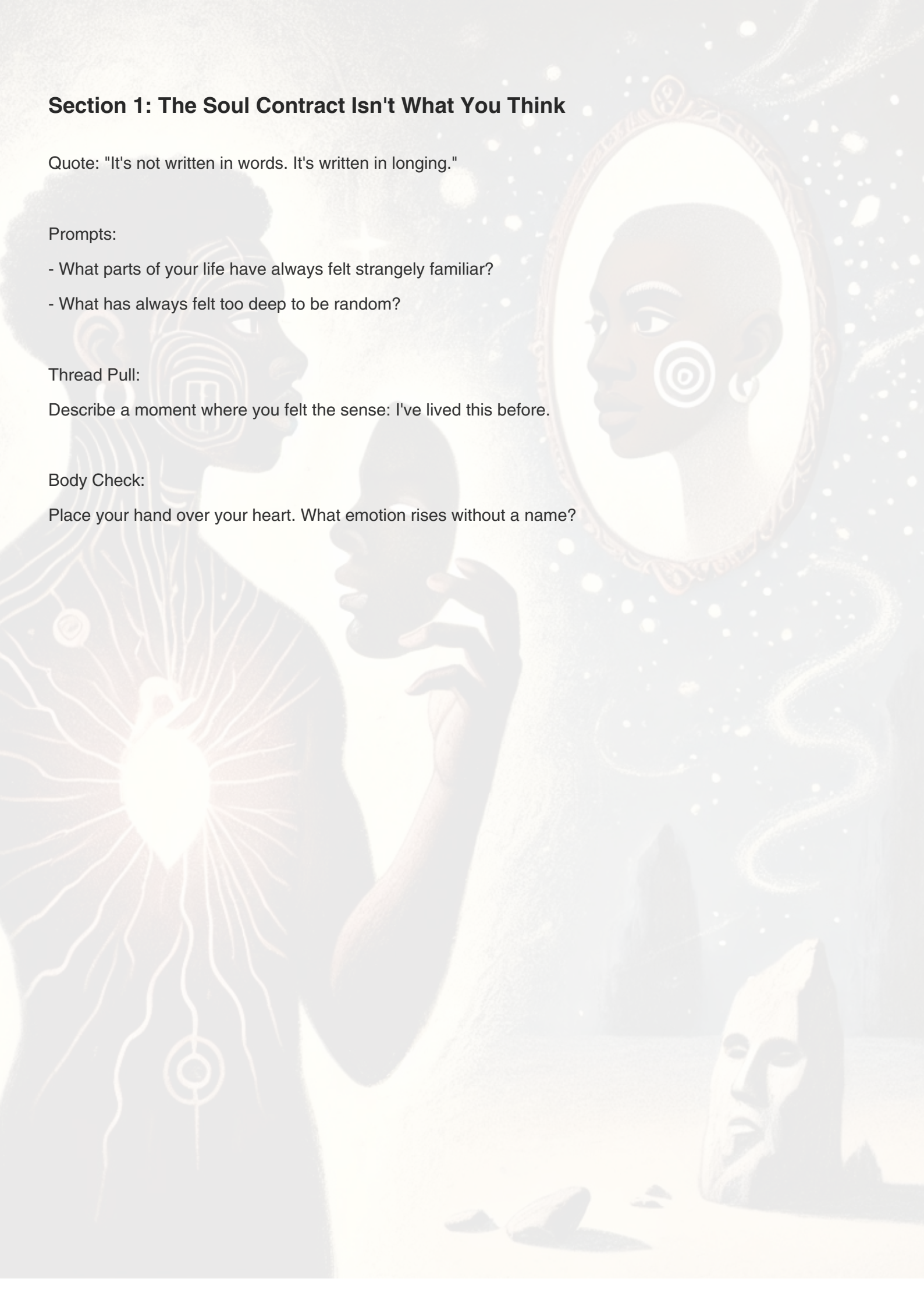
- What parts of your life have always felt strangely familiar?
- What has always felt too deep to be random?

Thread Pull:

Describe a moment where you felt the sense: I've lived this before.

Body Check:

Place your hand over your heart. What emotion rises without a name?





Section 2: Coded into the Resistance

Quote: "Your 'no' is sacred data."

Prompts:

- What have you rejected that everyone else seemed to celebrate?
- Where in your life have you pretended something made sense, just to keep the peace?

Thread Pull:

Journal a memory where you felt yourself saying "no" with your body before your voice could speak it.

Body Check:

Touch your jawline. Where are you clenching back truth?

Section 3: The People Were the Portal

Quote: "Some came to break you open. Others came to remind you."

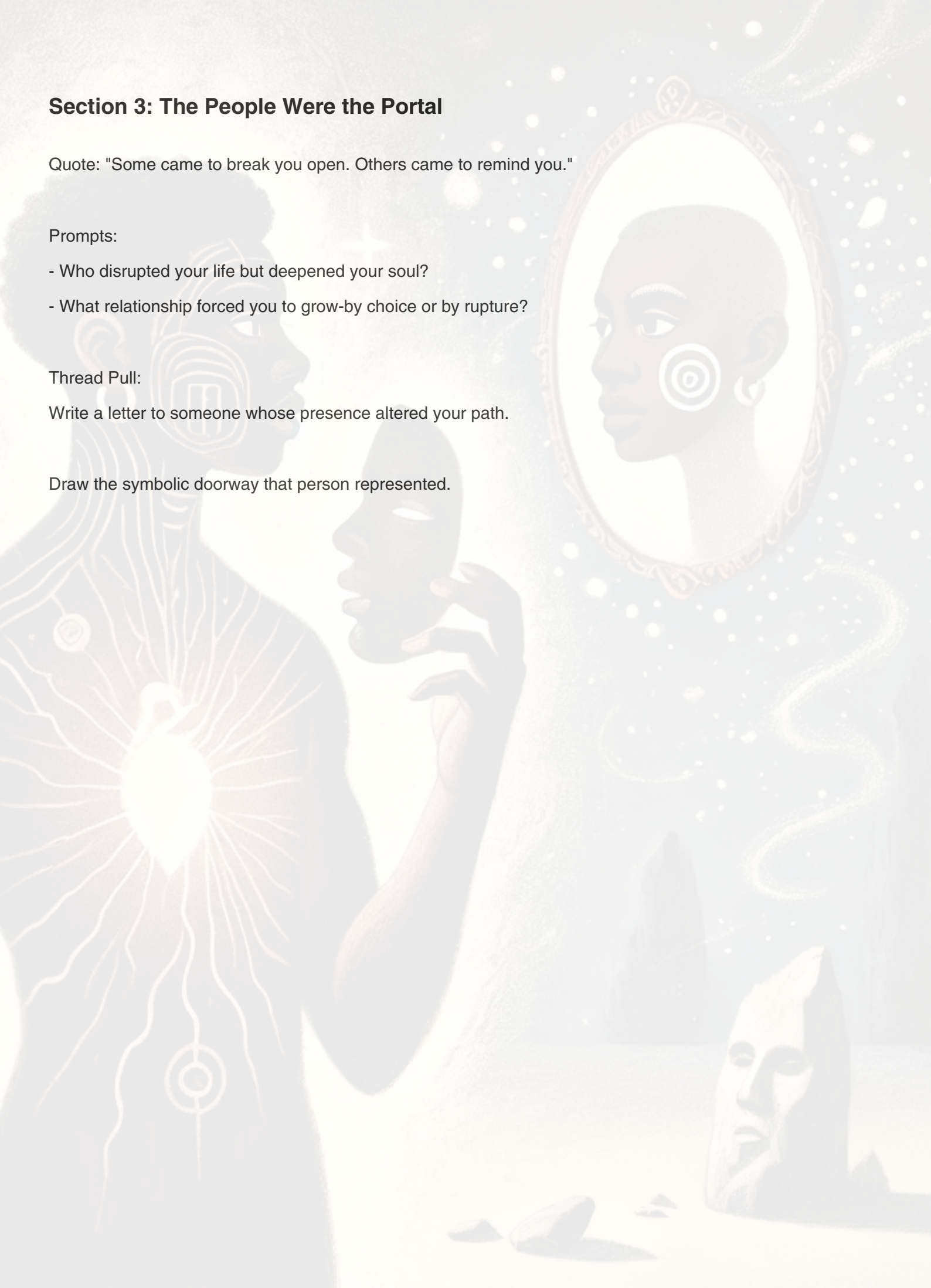
Prompts:

- Who disrupted your life but deepened your soul?
- What relationship forced you to grow-by choice or by rupture?

Thread Pull:

Write a letter to someone whose presence altered your path.

Draw the symbolic doorway that person represented.



Section 4: The Glitch Is the Clue

Quote: "You weren't off path. That glitch was the path."

Prompts:

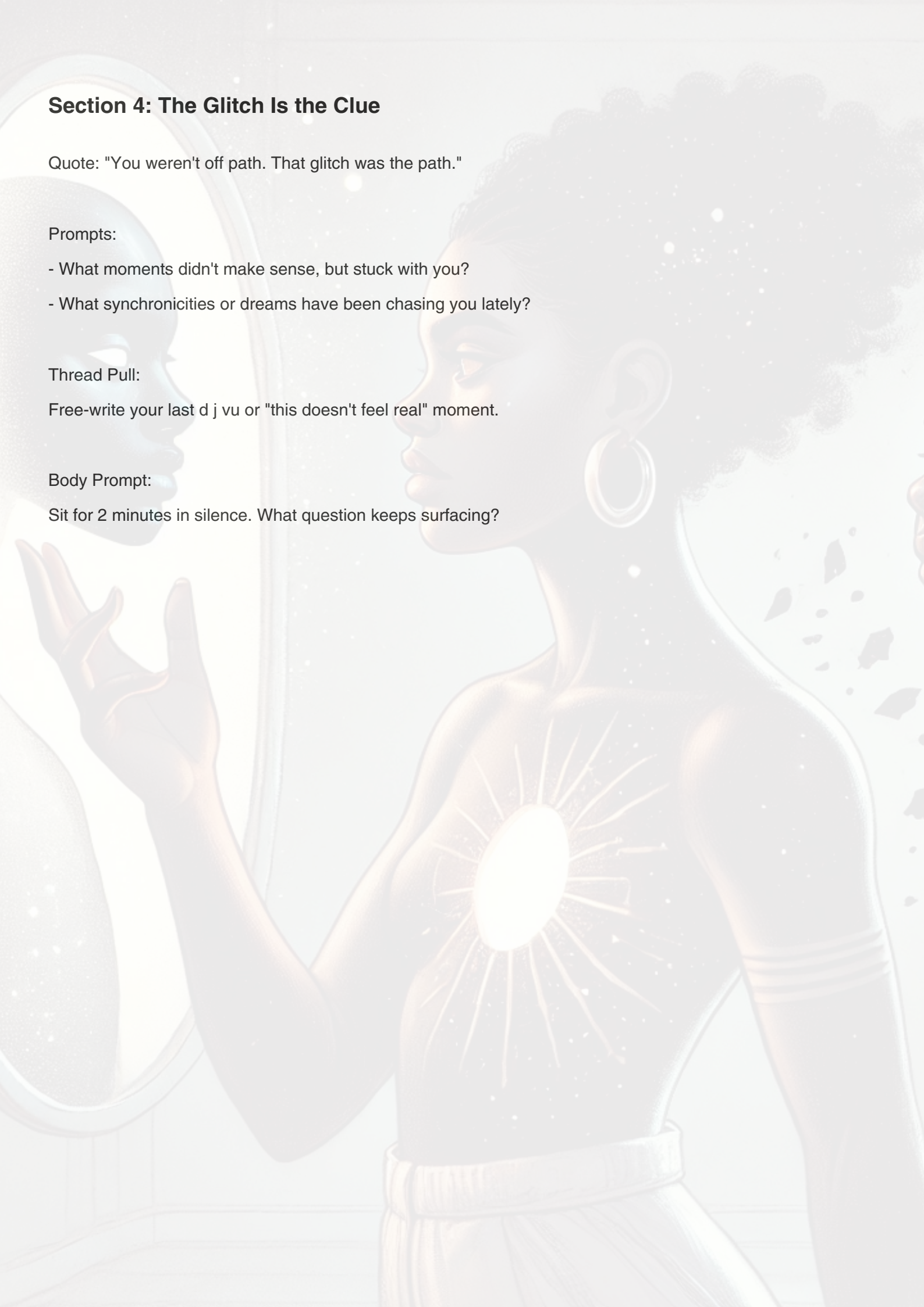
- What moments didn't make sense, but stuck with you?
- What synchronicities or dreams have been chasing you lately?

Thread Pull:

Free-write your last d j vu or "this doesn't feel real" moment.

Body Prompt:

Sit for 2 minutes in silence. What question keeps surfacing?



Section 5: The Exit Was Inside You

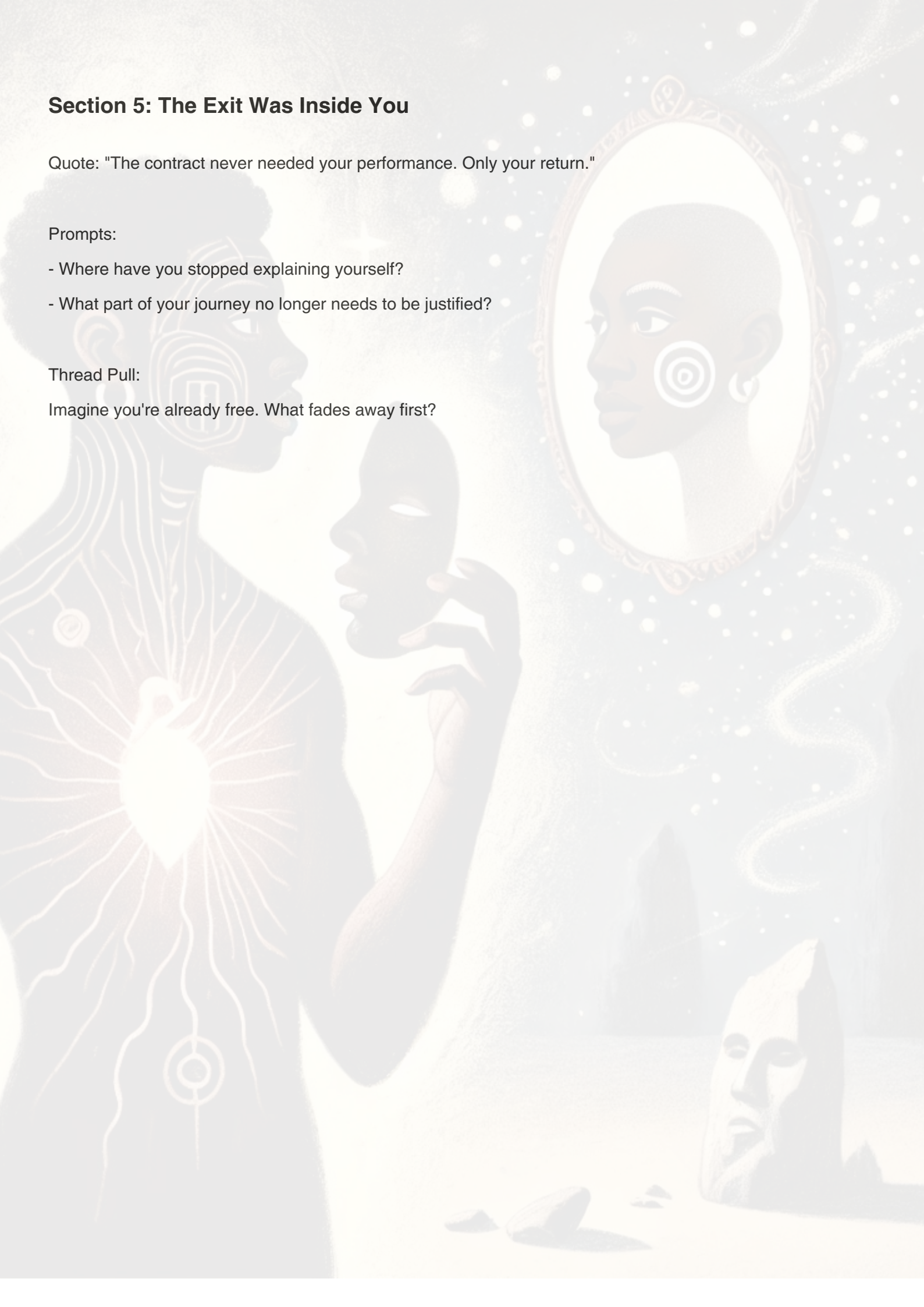
Quote: "The contract never needed your performance. Only your return."

Prompts:

- Where have you stopped explaining yourself?
- What part of your journey no longer needs to be justified?

Thread Pull:

Imagine you're already free. What fades away first?



An artistic illustration of a woman with dark skin and curly hair, seen from the back and slightly to the side. She is looking into a mirror, and her reflection is visible on the left. On her back, there is a large, glowing tattoo of a sun with rays. She is wearing a dark, sleeveless top and a wide, light-colored belt. The background is a soft, hazy blue with some white specks, suggesting a dreamlike or ethereal atmosphere.

Shadow Threads

These are the lies you wore like skin.

Table:

Old Thread (False Belief)	Rewritten Truth
I have to earn love	Love is native to me
I'm too much	My depth is data
(Blank rows to fill in)	

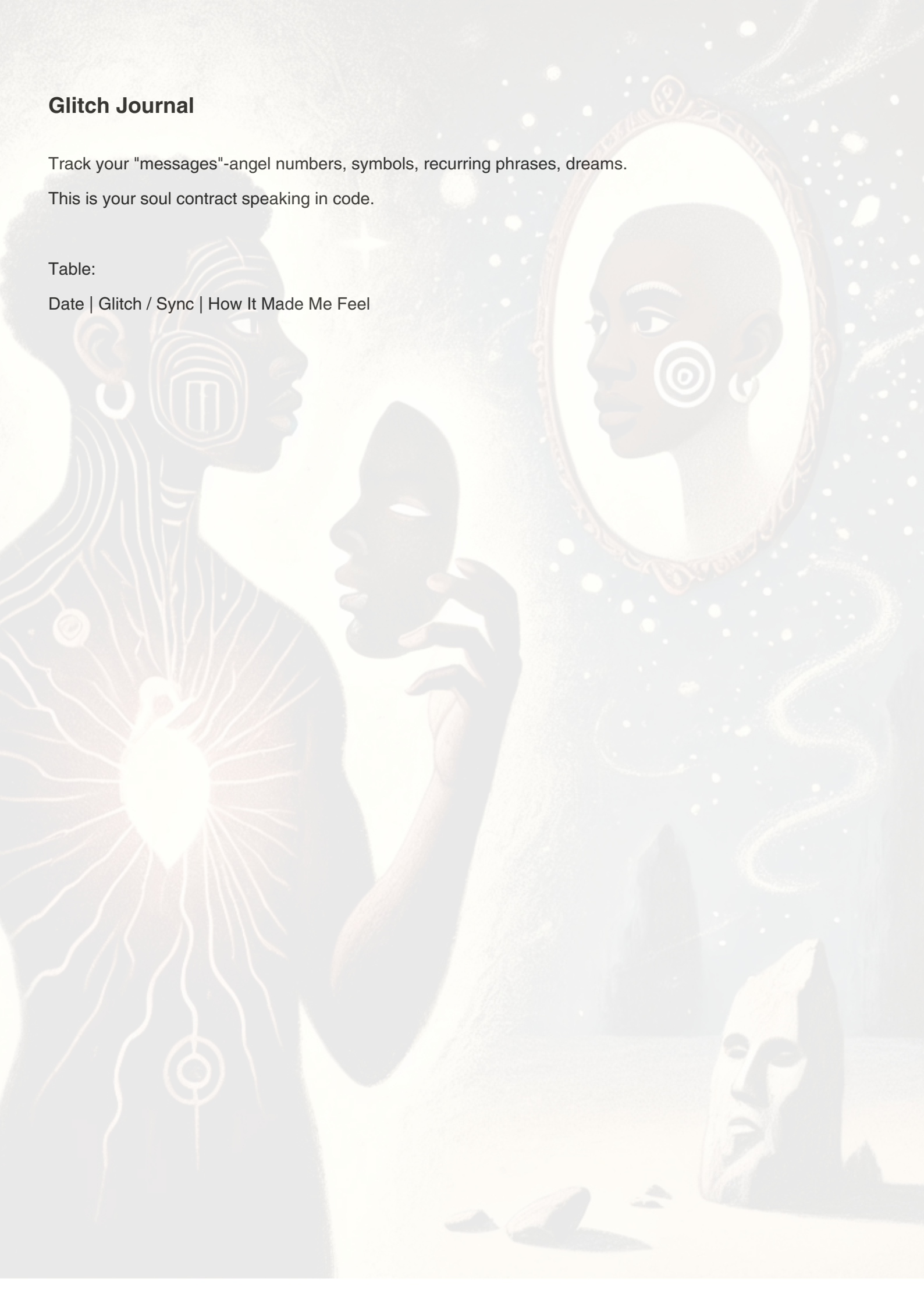
Glitch Journal

Track your "messages"-angel numbers, symbols, recurring phrases, dreams.

This is your soul contract speaking in code.

Table:

Date | Glitch / Sync | How It Made Me Feel



An artistic illustration of a woman with dark skin and curly hair, seen from the chest up in profile. She is looking into a mirror, and her reflection is visible on the left. She has a glowing sun-like symbol on her upper back and is wearing a large hoop earring and a beaded bracelet. The background is a soft, hazy blue with white speckles, suggesting a dreamlike or celestial atmosphere.

Memory Markers

List small moments where you chose alignment over performance.

Table:

Moment	What I Chose Instead	Feeling
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Rituals of Return

Create your own:

Table:

Ritual Name | When I Use It | Steps or Symbols



Notes to Future Me

"When I forget who I am, remind me "

[Leave blank space for personal letter or reflection]

