



mindvalley academy  
online training

---

**WORKBOOK**

---

Discover Your Unique Soulprint

---

*with Carol Tuttle*

# Discover Your Unique Soulprint

Online Training  
with Carol Tuttle

## YOUR OFFICIAL ONLINE TRAINING GUIDEBOOK

### 4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

### Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deep slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

*Thank you* for joining our online class. We hope you enjoy it!

# Discover Your Unique Soulprint

Online Training  
with Carol Tuttle

The next part is for you to take notes while you listen to the online training. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. When you are born you inherit an .....
2. “You don't have a ....., you are a ..... What you have is .....”
3. The most power part of me that will help me heal is .....
4. My inner child is held in the .....
5. The energy bodies are:
  - 
  - 
  - 
  -
6. You carry residual ..... and ..... of you old energy from .....
7. You will manifest ..... in a physical form.
8. I choose to receive ..... from the most ..... part of me.

# Discover Your Unique Soulprint

Online Training  
with Carol Tuttle

9. You have a vibrational ....., expressive .....,  
a vibrational .....

10. [Energy healing exercises]

11. Your soul is your own .....

12. Continue being in the new .....

13. I am ready to ..... my soul .....

14. I will ready to be lead on a ..... that will allow .....  
to manifest in my .....

15. My soul song is .....

# Discover Your Unique Soulprint

Online Training  
with Carol Tuttle

Use this space for any additional notes you have:

# Discover Your Unique Soulprint

Online Training  
with Carol Tuttle

## CASE STUDIES

### **“Money coming to me out of the blue right when I needed it!”**



Before studying Carol's teachings, I had a problem with my "deserve level" — that is, I had problems believing I deserved money and an affluent life, that it was hard to attract money, and that you had to hold on tight to the money you had in order to accumulate it. Interestingly enough, I never seemed to accumulate much before it would be gone!

What an epiphany I had! Carol's easy and simple to understand principles taught me that money was a living current and not a physical thing, that it flowed either away from or to me based on what I thought and spoke about. Once I understood that, I was able to change my thinking and words to reflect abundance and not scarcity. Since doing this, I have experienced money coming

to me out of the blue right when I needed it!

— Tracy L. Kay, Author of *The Wellness Mindset: 5 Keys to Building Super Health*

### **“I actually have money to go do something fun with my children”**

I have recently become a fan of yours on Facebook and I am currently receiving your emails. The just wanted to thank you for providing your video on letting go of money concerns and the patterning that can be caused by it. I did the energy tapping the day I received it in my email. I do so love divine timing.... As your client in the video I to have had some of the same scenarios in my life.

The really cool thing was that as I did what was guided I found the energy just floating away. I also did some of the homework and started the money journal right away. With myself doing this I noticed a huge difference in the way I felt. The next day was just as great. The nice thing was also that I did have some money come in and I haven't squandered it within a day's time. I actually have money to go do something fun with my children this weekend and was able to buy school supplies without fear of not enough.

I am a divorced single mother of 31 years with two children (daughter 10 and son 5). I am thankful for the opportunity of meeting you through divine intervention on the internet.

— Jessica

# Discover Your Unique Soulprint

Online Training  
with Carol Tuttle

## SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

*What energy blocks have impacted your life the most and what can you do right now to clear them?*

*How will you contribute to yourself and to those around you after you have cleared your energy and prepared your soul for affluence?*

*How will your life change when you have completely cleared your soul contract?*



To sign up for *Soulprint Healing*, Carol's new course on Mindvalley Academy, please visit [www.mindvalleyacademy.com/store/soulprint-healing/products/special](http://www.mindvalleyacademy.com/store/soulprint-healing/products/special) for more information. But wait until the webinar to sign up for the course. Near the end of the webinar, her new course will be offered at a special price as a thank-you gift for class attendees.