

# #SOULARISE7

Join us for SOULARISE!

Sundays at 8:30am PT

[www.SoulArise.me](http://www.SoulArise.me)

Starting \_\_\_\_\_, I commit to \_\_\_\_\_  
for the next 7 days of my life, because I want to feel \_\_\_\_\_.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes

1. By keeping my commitment, how will my life and business be even better?
2. If I don't keep my commitment, what will it cost me?
3. What do I need to do to ensure I will follow through on my commitment?
4. Who do I feel called to tell that I'm making this commitment?
5. How will I celebrate when I complete my SOULARISE7?



**BONUS:** Post an image on social media that represents your commitment and tell people what you're committing to do for seven days. #soularise7