

## Mental Faculties Soul Work: Part I

*My mental faculties are more powerful than kryptonite!*

For each of the six mental faculties, write out one example of how you have been using that gift to thwart your progress or to keep you stuck. Then directly under each, write out the opposite so it is an empowering thought.

Example:

**Imagination:**

My future looks miserable because this loss hurts so deeply. I can't see myself ever moving past this.

**Opposite:**

My loss still hurts, but I am so proud of what I have learned and how far I have come. I now know I have the ability to continue moving forward and even pursue more for my life!

My mental faculties are to serve me! My mental faculties are to serve me! My mental faculties are to serve me!