

SOUL PORTRAIT Personal Inquiry Card Deck

PEOPLE CARD QUESTIONS

Man with strip pulled away from eyes

What is it that I don't want to see?

What am I hiding from? Hiding behind?

What is slow to reveal itself?

What am I willing to look at?

What am I seeing more clearly now?

How can I break through?

Man w/ little man whispering in his ear

What do the voices of wisdom have to say?

What is the weight on my shoulders?

What/ who are my strongest influences?

Who do I need to listen to?

Who do I not need to listen to?

Man with gears and test tube

Who would I be if I let it go?

Where is my focus?

Do I over analyze? Over think things?

How am I tested in my relationships?

What do I hold sacred?

Man with hanging apple

What is my temptation?

Have I explored my shadow side?

What is juicy in my life?

Where do I stay in the shadows? In the dark?

Do I want the spot light?

Man with colorful swirls

How can I bring my joy to life?

Is the information coming in or going out?

Is it expanded or streamlined?

What is it? Music? Joy? Wisdom?

Man in cardboard box

How can I be out of the box and over the cliff?

Where am I contained / restricted / held back?

Where is my containment wearing thin?

What assessment am I making?

Where am I cautious? Not trusting?

Where does my skepticism get in my way?

Where does it serve me?

Couple in the bubble

What is the security I'm seeking?

Where am I in my own little bubble?

What others are with me?

Where am I in denial? In fantasy?

Woman behind rock with spiral

What is the Universe trying to tell me?

Where am I stepping out?

Am I going within? Often enough?

Which do I need now?

Am I listening for direction?

Woman with green shawl

How can I see my beauty more completely?

What does my future self look like? Feel like?

What do I love about myself?

Woman holding the earth

Am I in balance?

Where am I on top of the world?

How can I serve?

How and when do I play?

Woman w/puppet coming out of her head

How willing am I to let love surprise me?

What are the voices in my head? Critic/Champion

How can I weather the storm in the desert?

How does humor serve me?

Woman with fancy headdress

What delights me?

How much do I know who I really am?

Do I own my innate beauty and power?

Woman under water w/ fish

Will I take the bait or won't I?

Which "self" am I listening to? Higher or lower?

Am I taking the path of least resistance?

When am I calm, quiet and unafraid?

Woman looking through frame

What do I need to take a closer look at?

What am I choosing to see?

What lens am I looking through?

Woman with veil

To what am I truly devoted?

Am I honoring my commitments?

Where am I dutiful and tow the line?

Woman in fish bowl

Where am I overwhelmed?

What feels tight / confining?

Where am I not identifying/ feeling my emotions?

What supports do I have in place?

Woman with bees on leashes

How do I keep myself on a short leash?

What do I want to say? (Gold at throat chakra)

What frequency am I vibrating at?

Am I focused on status / material gain?

What truly matters to me?

Woman with wings holding heart

What would open my hearty further?

Is my heart open?

Am I taking in the love that comes to me?

Am I receiving or are my defenses too great?

What emotions am I sitting in?

What transformation am I in the middle of?

Woman with red hair flying back

How can I step into my power?

Where do I hold myself back?

What power am I not owning?

How am I not seen?

Am I too strong / scary?

Woman with wings and helmet

What if I let it be as easy as it wants to be?

In what way do I want to soar?

What self-imposed limitations have I set?

What is holding me back / weighing me down?

What preparations do I need to make?

What is the next logical step?

Woman with stripped background and sword

What would happen if I laid down the sword?

Where is my creativity flourishing? Thwarted?

What family dynamics do I want to let go of?

Which do I want to cultivate?

ANIMAL CARD QUESTIONS

Canary with jewels

What do I need to embellish?

- Is it ok to be dramatic & flamboyant?
- Do I show my true personality to others?
- Or do I hold back?
- Have I found my voice?

Tortoise with spike hat

How do I keep myself protected?

- Where am I most vulnerable?
- When do I expose my soft underbelly?
- What do my defenses look like?

Three dogs with bow

What's the gift in today?

- Who am I tied to?
- Who are my tribe? My peeps?
- Do I honor the gift in them?
- Where am I obedient? Not?

Two dogs with olive branch

Where can I be more generous?

- Who do I need to apologize to? Really.
- Who do I need to forgive?
- Who do I drive crazy? Drives me crazy?
- What does calm and relaxed look like?

Dog with sunglasses

What's fabulous about me?

- Where do I shine?
- Where am I a movie star?
- Where am I shy?
- What am I sensitive to? Shielded from?

Dogs with radio antennas

What am I here to communicate?

- Which do I do more of - Broadcast or receive?
- Which serves me and I want to develop further?
- How do I come across? Clear / frenetic?
- How is my energy level - contracted / radiating?

Dog with bunny ears

Where can I listen with more compassion?

- How am I a people-pleaser?
- Where do I manipulate to get my way?

Dog with dinosaur costume

Where do I pull the wool over my eyes?

- Where am I acting out?
- Where am I not myself?

Puppy with spirals over his head

What matters most?

- Where am I brilliant?
- Where am I not focused or clear? Clumsy?
- Where do I use my adorable charm?

Dog with crown

What do I know of my majesty?

- Where am I the Queen / King?
- How much fun am I having?
- What is unique about me?

Dog with dangling carrot

How high am I willing to set my sights?

- What is out of reach that I continue to focus on?
- Where am I tempted?

Dog with NY Times

Where am I playing smaller than I am?

Where do I sell myself short?

Do I own my intelligence?

Blind dog with crystal ball on head

What do I continue to be blind to?

What wisdom has come with age?

What do I know deep within?

Which senses are heightened/engaged/6th?

Dog with antenna hat

What's the gift in outrageous?

What does the hat represent to me?

Are my feelers out? Am I paying attention?

What info do I choose to take in/reject?

(Fear based / uplifting - news, movies, etc.)

How can I loosen up/Play/ be free/Be scruffy?

Dog with lifesaver

Where is the sweetness in my life?

What / who are my lifesavers?

Where am I too judgmental?

Do I attack when I'm afraid?

Dog with halo and wings

How can I best serve?

Where am I kind, thoughtful and giving? Where not?

What do I know about unconditional love?

Dog with goggles and inner tube

What do I need to let be water under the bridge?

How am I getting my needs met?

Where am I sad?

How can I ask for what I need?

Cat with hat

Where am I too intense?

How do I placate to keep the peace?

What do I deserve?

Cat in frame wearing pearls

Where can I love myself more?

How do I see myself? (internal / external)

What is being mirrored back to me from others?

Do I see my own light?

Where am I proud of myself?

How can I age gracefully?

Cat with rings

What rings true?

What juggling act am I in?

How is my communication? Effective/ Fuzzy?

Am I really listening? Deeply?

What bond do I hold dear / hold out for?

Cat in garden

How can I allow myself to lean in?

Do I know how to relax?

How do I fill the well?

Do I take time to smell the flowers? Breathe?

Cat with hanging bird

What boundary do I need to honor?

What do I toy with?

Where am I focused / tenacious?

Am I patient?

Cat with fan behind her

How can I soften?

How can I embrace my feminine side?

How willing am I to receive?