

How to Make Soul-Led Decisions with Confidence

~ without Overthinking, Worry, or Self-Doubt ~



*A powerful strategy for making soul-led decisions
to move on your best path forward.*

BY LIS SUNOYA



Introduction

Hi, I'm Lis Sunoya. With over 25 years of experience helping individuals awaken their true potential, heal from within, and step into a life of greater harmony and purpose.

One of the challenges my clients face in their everyday lives is making decisions that truly align with who they are and what they deeply need or want. Many struggle with fear of making the wrong decision, self-doubt, or the inability to trust the path forward once they have made a decision.

In this free guide, I will share a simple yet profound strategy that will help you connect with your soul and make decisions that align with your true self.

My intention with this guide is to inspire and empower you to overcome decision-making challenges and give you the confidence to move forward in a soul-led direction.

Lis

Content

The Answer From Your Soul

Soul-connected answers feels different.

The Soul-Led Decision-Making Practice

Five steps on how to ask a question and receive an answer from your soul.


- Be Present and Create Space for Clarity
- Clear the Noise (Let Go of Overthinking and Fear)
- Ask Your Soul The Question
- Trust The Answer You Receive
- After Your Soul's Answer

Thank You

Additional Resources

Golden Heart Stories





The answer from your soul feels different

Learning to make decisions from the heart and soul not only empowers us to authentically choose a path that strengthens us, but it also deepens our inner connection to ourselves and the life we want to create. It can change a direction, open up opportunities like never before, and help us let go of what no longer resonates with us.

Making decisions from a soul connection can be one of the most powerful tools for creating in the now - that feels authentic, fulfilling, and aligned with your life. However, we often find ourselves stuck in a cycle of overthinking, second-guessing, or letting fear and self-doubt cloud our judgment. The truth is, your soul already knows the answers you seek, and it's more a matter of quieting the noise and tuning into that inner wisdom to hear what it has to say.

You can learn how to make decisions with confidence - free from overthinking or worry - because when it's the right answer from within, it will be felt in a very specific way...

Let's walk through a step-by-step approach to soul-led decision-making that will not only bring clarity but also empower you to trust yourself fully in the process.

The Soul-Led Decision-Making Practice

Step 1: Be Present and Create Space for Clarity

The first step is very essential. Take a moment to center and ground yourself in the now. The mind tends to rush, especially when there's uncertainty, so creating space to connect with yourself is key.

How to do this:

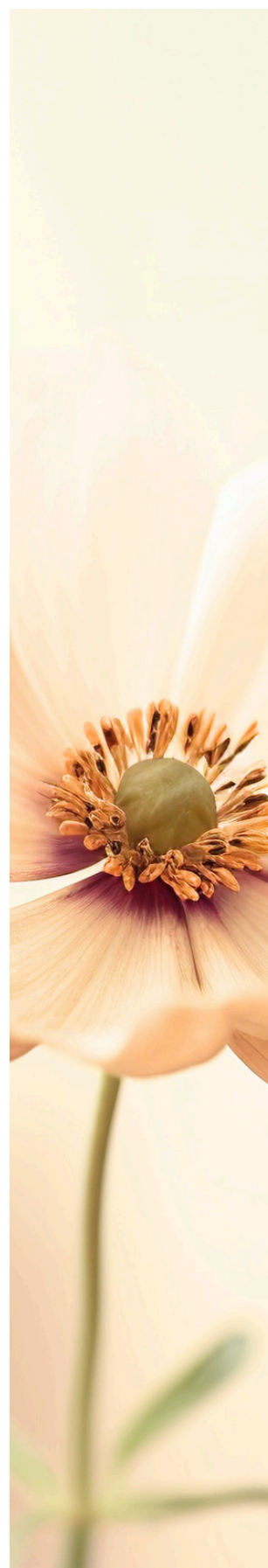
Find a quiet space where you can sit comfortably. Close your eyes, take a few deep breaths, and let go of any tension you may be holding. With each inhale, imagine you're drawing in light and calm. With each exhale, let go of mental chatter, stress, or other tensions. Focus your attention on the body (not your mind), and allow yourself to only be in the present moment. Come into a greater awareness of only being HERE and NOW. Focus on your breath and to be present in yourself for at least 2-3 minutes until you begin to feel inner calm.

Step 2: Clear the Noise (Let Go of Overthinking and Fear)

It's easy to be overwhelmed by all the "what ifs" and different outcomes. Those are thoughts that only create confusion. The key is to be objective and trusting, to let go of your own opinions, fears, or past experiences that might cloud your deep inner knowing.

How to do this:

Imagine a gentle, golden, and white light surrounding you, washing away any doubts, fears, or overthinking. See this light dissolve any mental clutter or worry, leaving you with a clear, open space within to receive your soul's guidance. Step into objectivity and a neutral state, and again - a deep presence in the now. Feel trust that the inner answers will come from the soul that truly knows you and your highest path, not from the noise in your life, fears or patterns.



Step 3: Ask Your Soul The Question

Now that you've created space, objectivity and openness for clarity, it's time to let your soul's wisdom come forward. The key here is to ask a short and very clear question, without starting to analyze or letting the mind think about the answer.

How to do this:

Ask your question that relates to the decision you want to make. Ask within or out loud, but remain present, objective and just open to receive, without controlling the answer. Sit with the question without forcing anything, and allow the answer to come to You - as an inner knowing, feeling, words, or a vision. Pay attention to how your body responds when the answer comes. Your body will give you immediate feedback—like lightness or heaviness, excitement or tension. Your first impression that comes with ease, from a neutral state, and before the mind starts to analyze, is aligned with the true you.

Step 4: Trust The Answer You Receive

Your intuition and soul voice often speak first, before the mind starts to analyze or force something else into your answer. If you feel an immediate sense of relief, clarity, or peace when receiving the information, trust that as the answer. The longer you linger on the answer or decision, the more room there is for doubt to creep in.

How to do this:

Allow the first feeling, thought, vision, or insight that arises to guide you. Do not second-guess yourself in this process. The right answer that really comes from your higher self and soul, feels different. It makes sense deep within, and will make you feel certain, not worried. It is only the mind that can make you feel uncertain. So if you feel blocked or unsure, pause and return to Step 1—center yourself again, and then ask the question in an objective state. You should be in a neutral state in this process, like you don't care what the answer will be. What you will DO with the answer afterwards, is another thing. But that is not important to be able to receive an answer.



Step 5: After Your Soul's Answer

Once you've received your soul's guidance, and felt that strong knowing, relief, or certainty from the answer - you will start to feel confident, freer, lighter, or stronger. This happens when you do decision-making from a deep level within instead of the mind. When uncertainty disappears and clarity arises, we can move from insecurity to inspired action. Now, after your practice is finished, you can do some reflection and anchoring.

How to do this:

After you have received your inner answer to your decision-making question, feel grateful to yourself and your soul. You have done a practice that builds on the connection to yourself. Reflect on the practice for a while. Maybe use a notebook to write down your experience, to anchor your insights and remember how it felt for you during the practice.

You might also want to ask yourself:

"What is the next step I can take today, that aligns with this answer and decision?"

End the Soul-Led Decision-Making Practice with the knowing that your answer has come from an authentic place within.

A decision transpired from the soul feels like a deep knowing anchored in the heart, and like a horizon is opening up. That horizon is the portal to what is now free and available for you to explore and move towards.



Thank you...

By following these simple steps, you'll begin to make soul-led decisions with more confidence, trust, and clarity. This practice will not only help you navigate life's choices but also create a deeper connection with your true self. If you feel it is a bit harder to connect and listen within to a specific question, know that the more you practice, especially to become present in the moment and neutral before you ask the question, the easier it will become.

Your soul's guidance can come in everyday life in many forms and other practices, but this is the most effective and powerful way I know to make conscious decisions that align with the soul and the path you are on.

Sometimes though, we have to make a whole line... of different decisions because many things are happening at once and involve our personal development in a much deeper and more profound way.

Life flows freely when we allow ourselves to listen within, connect to our soul, and make decisions that align with our true core.

~ Thank you for taking part in this guide ~



- LIS SUNOYA

Additional Resources



Golden Heart Coaching

With a completely unique approach of holistic therapy, intuitive guidance, and strategy in cooperation with your soul, Liselotte will help you who want to solve profound questions in life or wish to review and develop life to bring your wholeness together, achieve balance, and change things in the long-term.

Read More and Book with Lis Here:

[Golden Heart Coaching](#)

Spiritual Book

By being on our newsletter list you will receive a message about the launch of Lis's upcoming book during 2025. Pre-order by sending an Email.

Contact

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Social Media



They Chose The Golden Heart Coaching

These women felt an inner calling to change their lives and get guidance.
Here are their testimonials:

Jenny Lo Markström



"Some time ago, I was at a crossroads where I had neither dreams nor goals. As a mother of small children, I was stuck in work and everyday routines. I contacted Liselotte and received several intuitive sessions. The inner light got turned on in me and I got back dreams and visions. She helped me to listen to my true self. She gave me clear and detailed guidance. It resulted in me writing the children's book "Food's Journey through the Superhero World". I cannot describe how grateful I am."



Cecilia Åkesdotter



"Liselotte as a channel is an invaluable source of inspiration and guidance – not only in the professional field with a focus on how the business can expand with product initiatives and marketing strategies, but also in the private sphere with a focus on home, love and relationships. I can highly recommend Liselotte for anyone who wants to get air under their wings and fly more easily forward with joy in life's adventures!"



Anna Olive



"The Golden Heart coaching program is the best therapy I have ever been to. Throughout my life I have tried different forms of coaching, but this is beyond anything else. Today I am stronger than I have ever been, with self-awareness, balance and joy. When I started the program with Liselotte, I had a real life crisis and with her help I have gotten through it in an extraordinary way. I love the intuitive guidance! This is the first time in a form of therapy that I have become whole. Thank you, dear Liselotte."



Sylwia Pupek



"Liselotte is the godmother of my spiritual journey and partly of the coaching business I have. She is an extraordinary support, spiritual guide, putting me firmly upright every time. Her subtlety, sensitivity and energy sensitivity are absolutely wonderful. Sessions with her are a tremendous gift from God, Source, Creator, Universe ... – whoever the Energy you are addressing is. From the bottom of my heart, I recommend working with this amazing woman and spiritual guide."



Johanna Samrud



"Thank you, Liselotte! We met in France three years ago and was already at the first session, completely blown away by your natural ability to connect with your "light team". I have regularly benefitted from your clairvoyance and I plan to do so in the future as well. It's very interesting, soothing, and helpful to receive guidance from your "light team". Life can be quite rocky and one can lose faith, therefore your intuitive guidance is very meaningful to me."



Linda Dalqvist



"With warmth and safety, Liselotte has coached and guided me to self-development within my intuition and on the path in life. Most often, Liselotte, with her empathetic ability and knowledge, has answered questions and concerns that I had before our meetings, before I even had time to ask them during our sessions. I highly recommend being guided and coached by Liselotte as it gives me a lot on many different levels in life."



"Unlike traditional coaching, we go beyond the outer layers and work more on a spiritual level, so that your everyday life will have increased quality in the long term. Through intuitive guidance in the area/areas you want help with, you will receive insights and tools that are specifically tailored to your unique energy, life path, and situation." - Lis

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