

## THE FLAVOR AWARENESS MAP

### Your Personal Alignment Baseline

*A Living Soul Snapshot*

#### Welcome

You didn't find this by accident.

Something in you is ready to actually look at how your life honestly feels on the inside, not just how it appears from the outside. And you already know those two things don't always match.

This isn't a test. There's no grade at the end, no result that means you're broken, and no version of your answers that means you've failed. It's just you, getting honest with yourself, probably for the first time in a while. And that takes more guts than most people give themselves credit for.

You're going to rate nine areas of your life — not how they're supposed to feel, not how they looked last year when things were good, and not how you'd describe them to someone who asked "how are you?" at a party. How they actually feel right now, today, in your body.

Each area connects to a specific quality in your Soul Blueprint through Living Soul Numerology. This isn't a random list of life categories — every single one maps to something real in who you are and how you're designed to live. You'll start to feel that as you move through it.

#### **A few things before you start:**

Rate yourself honestly. Your first answer is almost always the truest one, so don't talk yourself out of it.

***Read the prompts slowly. They're not just questions, they're permission slips to be honest about what's actually there.***

If resistance shows up, pay attention to it. Resistance is information, not failure. The areas that feel the most uncomfortable to rate honestly are usually the ones that matter most right now.

And the body awareness prompt at the end of each section? Don't skip it. That's where the real data lives.

This is your starting point. Just a snapshot of where you are today, so you know exactly where to go from here.

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#### HOW TO USE THIS MAP

For each area of life:

- Rate yourself honestly (1–10)
- Read the prompts slowly
- Let your first answer count

*Each domain points to a deeper theme your Soul Blueprint is working with in this area of life.*

If resistance shows up, that's information — not failure.





### 3 — CONTRIBUTION

#### Domain: Intention & Validation

Rating (1–10):

#### Awareness Prompts

- Do I feel clear about why I give my energy where I do?

- Am I seeking validation, or acting from intention?

- Does my contribution feel aligned or draining?

#### Body Awareness

When I think about my contribution, I notice...

#### 4 — LEISURE & PLAY

Domain: Pleasure & Artistry

Rating (1–10):

##### Awareness Prompts

- Do I allow myself pleasure without guilt?

- Where does creativity or play still live in my life?

- Is enjoyment intentional or an afterthought?

##### Body Awareness

Pleasure and play feel in my body like...

## 5 — RELATIONSHIPS

Domain: Balance & Freedom

Rating (1–10):

### Awareness Prompts

- Do I express myself clearly and honestly?

- Where do I hold back or over-explain?

- Do my relationships feel mutual and understood?

### Body Awareness

When I think about my relationships, I feel...





## 8 — FINANCES

### Domain: Acquisition & Communication

Rating (1–10):

#### Awareness Prompts

- Do I feel clear or uncertain about my finances?

- Where do I avoid looking more closely?

- Does money feel supportive, stressful, or confusing?

#### Body Awareness

Money feels in my body like...



*This is just the beginning.*

*The map shows you where you are. What you do with it is up to you.*

*If you want to go deeper in a group, exploring one area each month, connecting it to your Soul Blueprint, doing the work alongside other women in real conversation, that's FLAVOR Basics. Eight dollars a month. A living, ongoing experience.*

*If something came up and you want to sit down with me directly, your patterns, your blueprint, what your body's been trying to tell you, that's a FLAVOR Session. Forty-five minutes, just us, \$80.*

*Either way, you don't have to figure this out alone.*