



Phase I Workbook: The Soil
From Stagnation to Sovereignty



*Rooted Careers™ * The Cultivated Path™*





Welcome to Phase 1: The Soil™



This workbook (Part of Phase 1: The Soil) accompanies the ***Rooted Careers Accelerator Professional Coaching & Ecological Design Program™***, offered through ***The Cultivated Path™***. The free gift of this workbook is to provide you with the insight and clarity on the purpose and essence of this joyous adventure of discovery! The full 12 week program offer is a specialized Vocation Discovery Pathway that helps you cut through all the noise and anxiety to build an authentic foundation.

How to use this workbook? Use these exercises in the following pages to prepare the soil of your mindset and allow the seeds of love to take root. Approach these pages slowly. Nourish your awareness. You are cultivating the soil where your future will bloom. Be. Here. Now. Exercises found within this workbook include:

- Prosperity Affirmations & Clarifying Core Values
- Mapping Your Bliss Compass
- Identifying Energy Drains vs. Strengths
- Planting Your Seed Statement
- Practicing Daily Baby Steps toward Prosperity

More About Rooted Careers Accelerator Professional Coaching & Ecological Design Program : The first **Rooted Careers Accelerator** cohort, a 12 week journey, begins **April 1st, 2026!** Please consider joining this collective to awaken to a life of Purpose! Through professional **Rooted Careers Counseling** and **Infinite Possibilities Life Coaching** embark upon a journey of awakening, peace, joy, and abundance. Participate in weekly online virtual class meetings along with self study companion workbook guides, supplemental reading lists, and a loving supportive community.

At The Cultivated Path, we provide personalized career guidance to help you follow your bliss and achieve your professional goals.

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PHASE I: THE SOIL™



1. CLARIFY CORE VALUES

→ Identify the nutrients your life & career require:

- Peace essentials
- Aliveness values
- Abundance & lifestyle stability

2. MAP THE BLISS COMPASS

→ Discover the intersection of:

- NORTH: Your Vision
- WEST: What brings you joy
- SOUTH: Your natural talents
- EAST: Who you are meant to help

3. PLANT YOUR SEED STATEMENT

→ Craft your Anchor Root:

"I exist to... through... to create..."

→ Commit to:

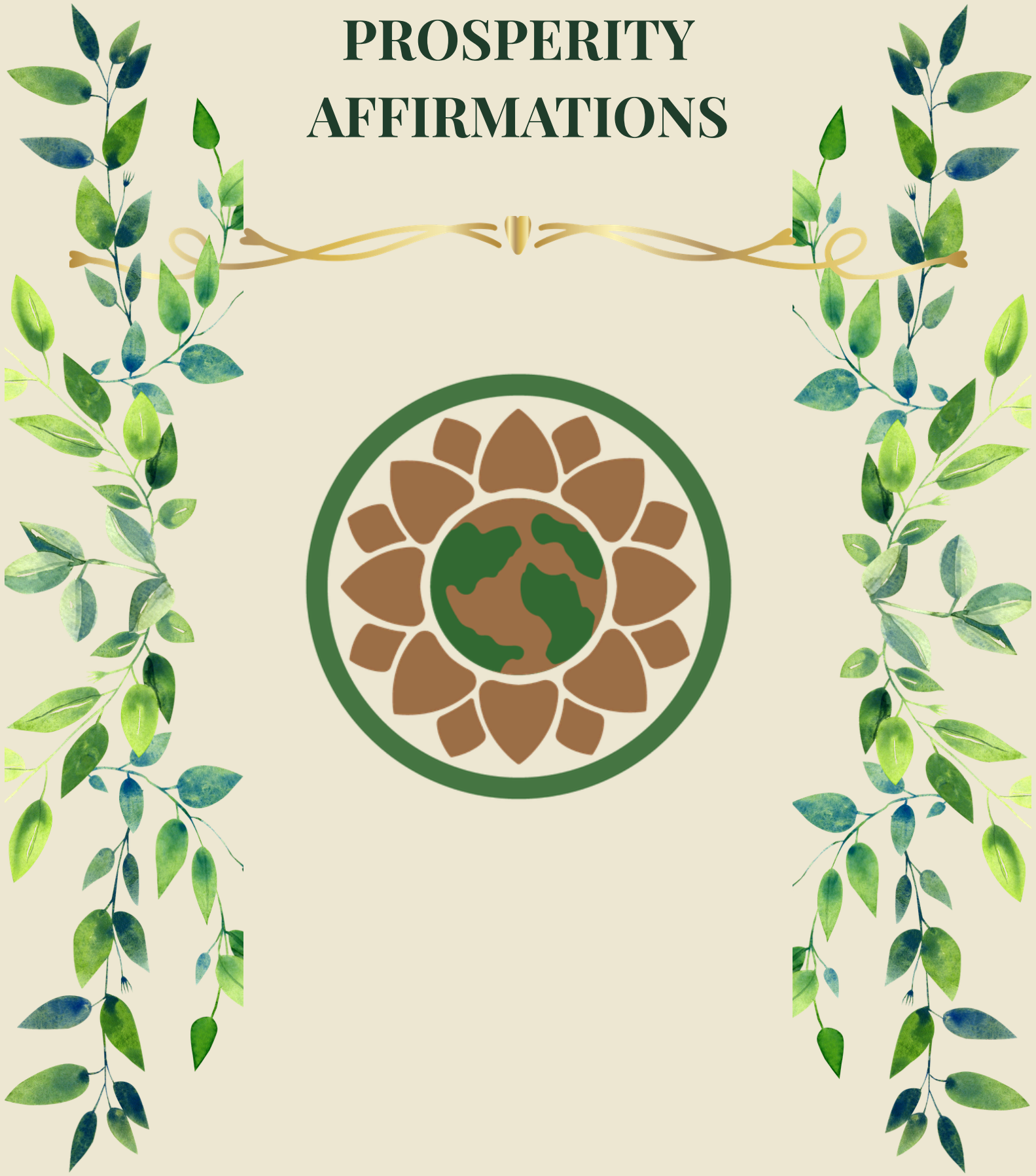
- One illuminating thought (Shaft of Light)
- One aligned action (Baby Step)

OUTCOME:

A grounded, joyful, values-aligned foundation for your Rooted Career — your authentic inner soil prepared for expansion in Phase 2.



PROSPERITY AFFIRMATIONS





PROSPERITY AFFIRMATIONS



“I am open and receptive to all the good and abundance in the Universe. Thank you, Life. Life will hear you and respond. I AM a magnet for money. Prosperity of every kind is drawn to ME” ~Louise Hay

*THE SHIFT IN PERCEPTION

(A Course in Miracles, Foundation For Inner Peace)

- I am not a victim of the world I see; I am the cultivator of the peace I feel.
- I release striving and welcome flow.
- I choose to see this situation differently. I choose the Miracle.



*THE CALL TO ADVENTURE

(A Hero with a Thousand Faces, Joseph Campbell)

- I step into the unknown with courage, knowing that where I stumble, there lies my treasure.
- I follow my bliss, and the Universe opens doors where there were only walls.
- I am the Hero of my own journey, and every apparent obstacle is a mentor in disguise.



*THE UNIVERSAL PARTNERSHIP

(Infinite Possibilities, Mike Dooley)

- Thoughts become things—so I choose expansive, joyful ones.
- The Universe is always there for me; I trust the soil, the sun, and the season.
- The “Hows” belong to the Universe; my job is joy and motion.



THE SOIL ASSESSMENT (Habit 1: Proactivity)





SOIL ASSESSMENT



“The habit of Proactivity is the first and most basic habit of a highly effective person. It means that as human beings, we are responsible for our own lives. Our behavior is a function of our decisions” ~ Steve Covey, 7 Habits of Highly Effective People

Part 1: Toxicity & Nutrient Scan

Before planting the new, we must understand the old.

Toxic Runoff (Dissatisfactions): What is draining your energy?	Current Nutrients (Skills/Assets): What strengths, skills, or assets are you already carrying?
Example: Fear and frustrations with kids behaviors.	Example: Healthy Living Mindset

Part 2: Core Nutrient Inventory

Identify the three “layers” of values required to nourish your specific blooms.

Essential Trace Elements (Inner Peace): What must be present for stillness and integrity?	
Growth Accelerants (Aliveness): What value makes you feel alive and on your Hero’s Journey?	
Structural Support (Abundance): What lifestyle value sustains your possibilities?	





SOIL ASSESSMENT (CONTINUED)



“Bringing the ego to God is but to bring error to truth, where it stands corrected because it is the opposite of what it meets” A Course in Miracles, Ch. 14 Teaching for Truth

Part 3: Ego-Weed Detection

ACIM Shift: Identify where fear is disguised as a value.

Ego-Weed: A fear disguised as a value	Spirit-Sowing: The Empowered value you choose instead
Example: “I value stability” Actually hiding a fear of change, fear of failure, fear of disappointing others.	Example: “I value secure growth-environments where I can expand while feeling supported”. The fear version keeps you small. The spirit version invites aligned evolution.



Stagnation isn't failure-it is missing nutrients in your soil.





SUMMARY OF VALUES



Phase 1: The Soil — Core Nutrient Inventory Recap

Your Essential Trace Elements (Inner Peace Values)

What must be present for you to feel grounded, centered, and whole?

-
-
-

Your Growth Accelerants (Aliveness Values)

What makes you feel energized, authentic, and alive?

-
-
-

Your Structural Support (Abundance Values)

What lifestyle values sustain your wellbeing and possibilities?

-
-
-

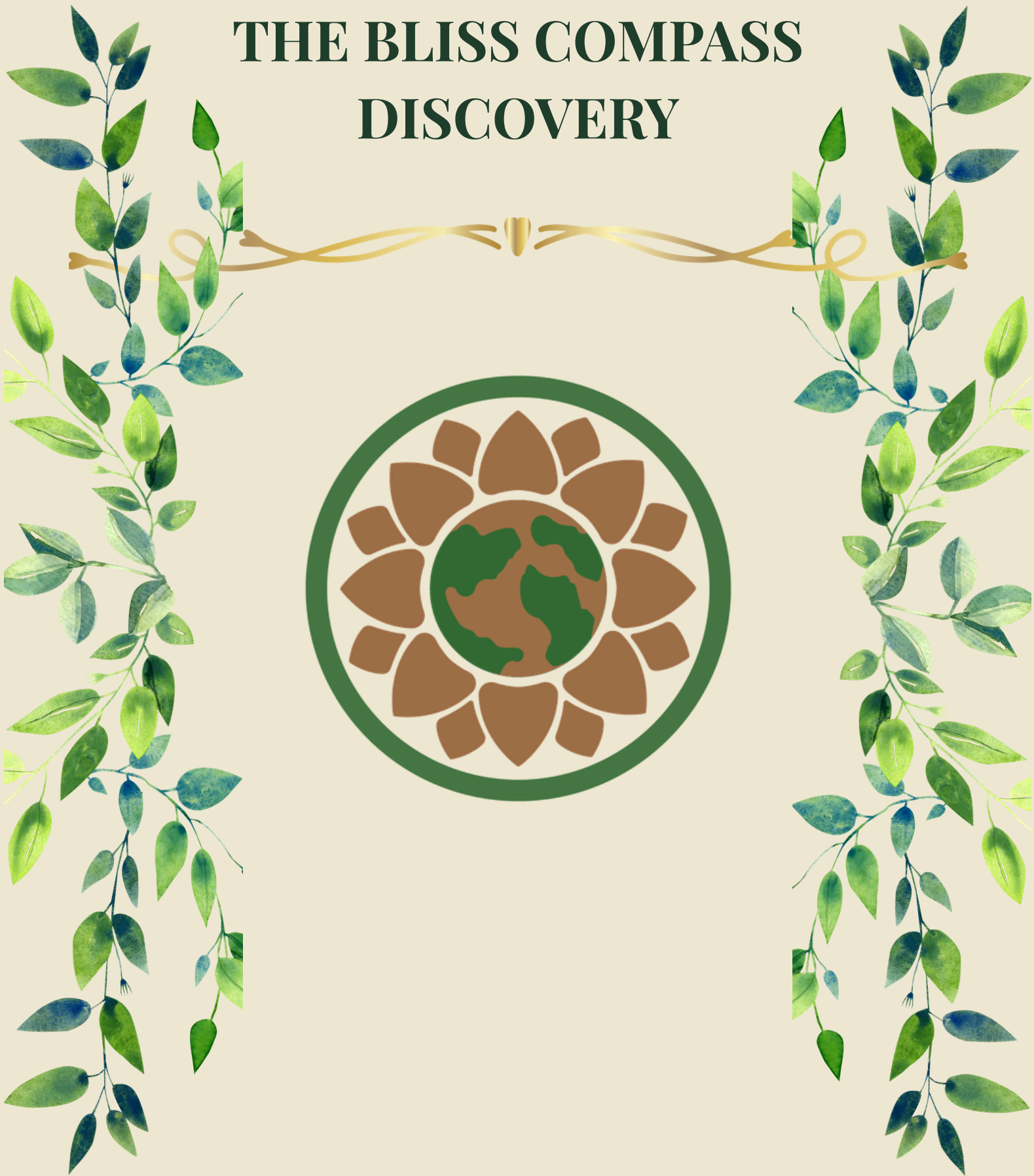
Reflection Prompts



- Which value feels most essential to honor daily?
- Which one has been the most neglected in recent years?
- How will you prioritize these in the next 7 days?



THE BLISS COMPASS DISCOVERY





THE BLISS COMPASS DISCOVERY



“Follow your bliss and the universe will open doors where there were only walls.” ~ Joseph Campbell

Find a quiet space. Breathe. Answer these questions with your first instinct. Don't let the "Ego" (the voice of practical fear) answer for the "Spirit" (the voice of infinite possibility). The Intersection of these points is your Golden Door-your Rooted Career.

NORTH-The Dream (Vision)

- If money and time were infinite, what would you devote yourself to?
- What “impossible” dream have you buried?

EAST-The Market

(Contribution)

- Who needs your light right now?
- What pain point are you uniquely equipped to heal?

WEST-The Joy (Vitality)

- What activity makes you lose track of time?
- What brings energy instead of draining it?

SOUTH-The Roots

(Capability)

- What feels effortless to you?
- What did you love doing before the world told you what you “should” do?





SUMMARY OF BLISS COMPASS



Phase 1: The Soil — North, South, East, West Integration

NORTH-Vision (The Dream)

What I would devote myself to if nothing were impossible:

-
-

WEST-Vitality (The Joy)

What makes me feel energized and timeless?

-
-

SOUTH-Capability (The Roots)

What am I uniquely gifted at or naturally good at?

-
-

East-Contribution (The Market)

Who I feel called to help and serve:

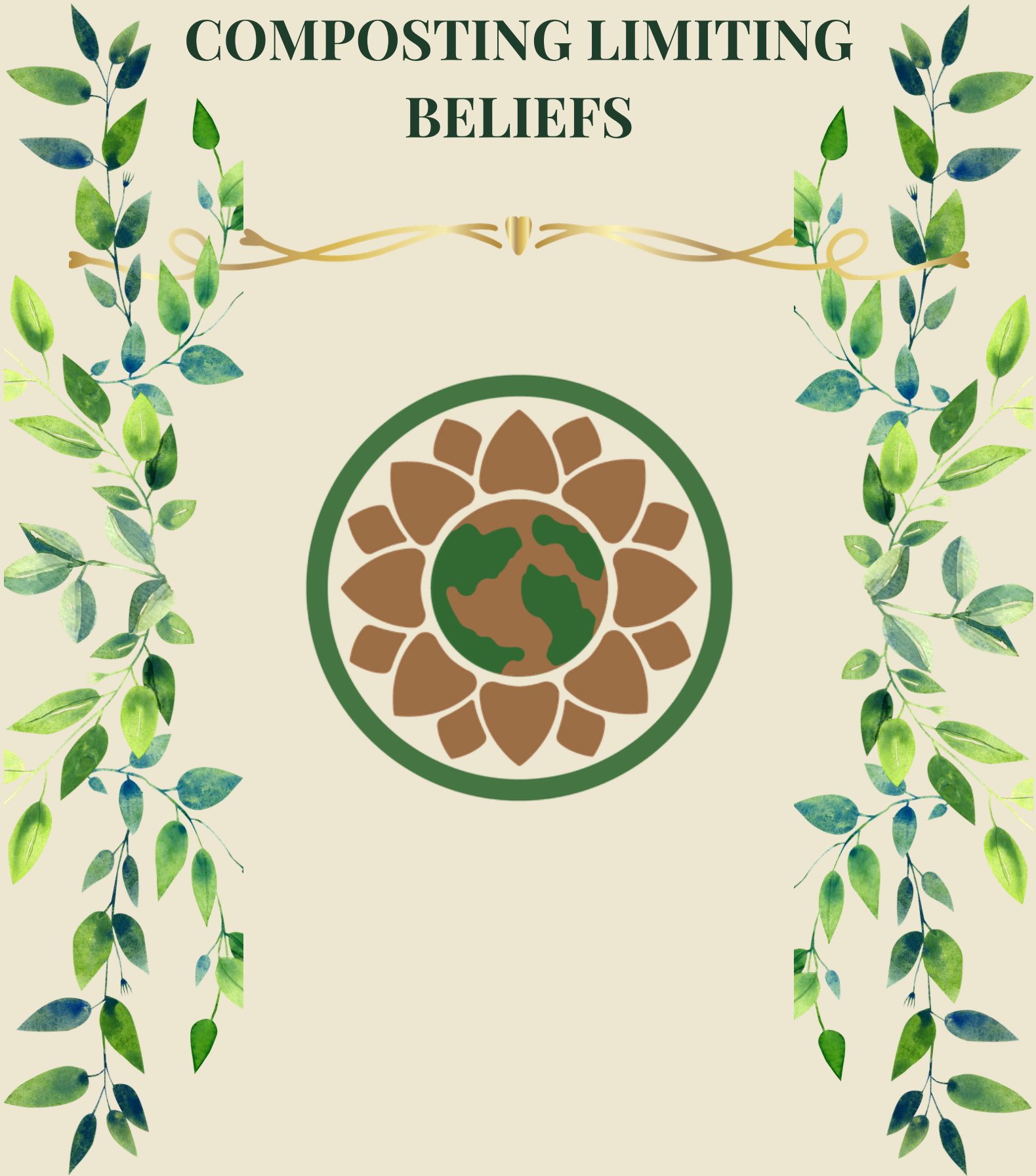
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Your Golden Door (Intersection Insight)

What emerges when all four directions overlap?



COMPOSTING LIMITING BELIEFS





COMPOSTING LIMITING BELIEFS



“”To master your thoughts, and therefore your life and Destiny, you must first master your beliefs”~Mike Dooley

Identify one belief that has been holding you back.

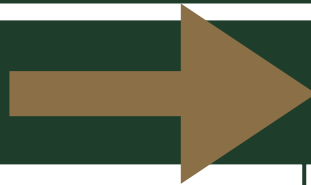
A belief is just a thought repeated.

Compost it-transform it.

Shift from “I am stuck” to “I am rooting for a massive bloom”, “I am enough”

“I am Worthy”

Limiting Beliefs



Nutrient Rich Compost





SUMMARY OF LIMITING BELIEFS



Phase 1: The Soil — Composting Your Limiting Beliefs Recap

Limiting Belief Identified

A belief is just a thought practiced repeatedly.:

-

Why This Belief Formed

Optional insight-no judgment, just curiosity

-

Nutrient-Rich Compost (Empowered Belief)

Transform the belief into the language of possibility.

-

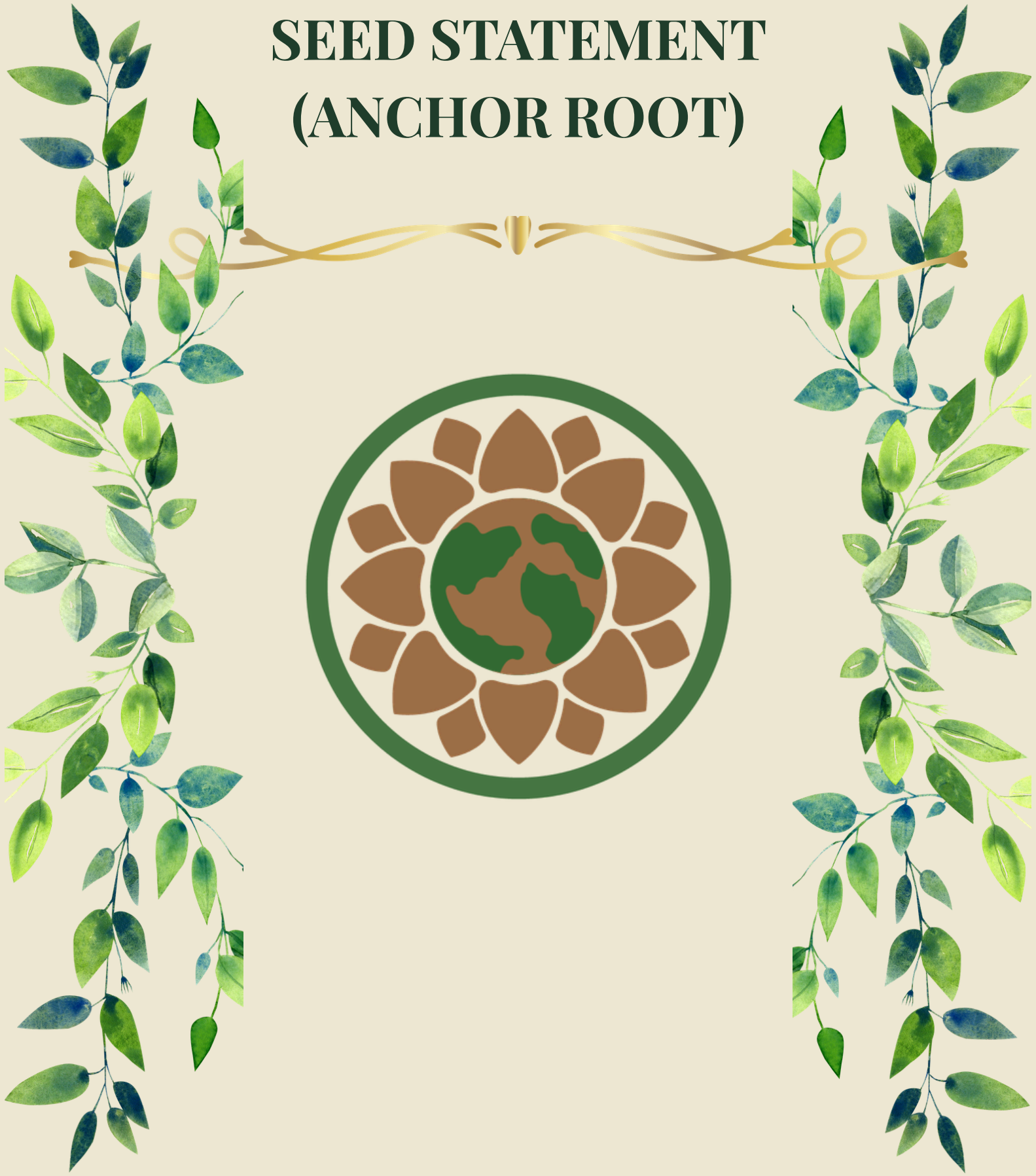
Integration Prompt



What new actions naturally arise from your empowered belief?



SEED STATEMENT (ANCHOR ROOT)





SEED STATEMENT (ANCHOR ROOT)



"If your purpose is solid, no career storm can uproot you".

The Synthesis

Look back at your Bliss Compass and Nutrient Inventory. Pull the most resonant words from each to fill in the blanks below.

- From my North/West (Bliss): My primary joy is...
- From my South (Roots): My strongest natural talent is...
- From my East (Market): The people I am called to help are...

The Seed Statement (Mission Statement)

Draft your 7 Habits-style mission statement here. This is your Personal Constitution..

I AM {Your Name}, and I exist to {Action/Verb}
through {Bliss/Method} to create {Impact}

The Prophetic Commitment

In the spirit of Estimated Prophet, identify your "Golden Door" for the next 24 hours.

The Shaft of Light:

One thought I will focus on today...

The Baby Step:

One Physical action I will take in the next 24 hours....





Phase 1: The Soil — Seed Statement (Anchor Root)

1. The Synthesis (Inputs for the Seed Statement)

- **From my North/West (Bliss):**
 - “My primary joy is...”
- **From my South (Roots/Capability):**
 - “My strongest natural talent is...”
- **From my East (Market/Contribution):**
 - “The people I am called to help are...”

2. Your Seed Statement (Anchor Root Mission Statement) Template:

I AM {Name}, and I exist to {Action/Verb} through {Method/Bliss} to create {Impact}.

Example (for clarity):

I AM Jimi, and I exist to illuminate clarity through spiritual ecology + joyful coaching to create empowered, purpose-led lives.

3. Daily Alignment Tools



These tools anchor the Seed Statement into real-world practice.

The Shaft of Light:

A single thought to hold as their “miracle mindset” focus.

“One thought I will focus on today...”

The Baby Step: A small, concrete action within 24 hours.

“One physical action I will take today...”



BABY STEP TRACKER





BABY STEP TRACKER




"You don't take "baby steps" for the distance they cover, but to put yourself within reach of life's magic." ~ Mike Dooley, Infinite Possibilities & TUT

"I learned this, at least, by my experiment: that if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours." ~ Henry David Thoreau, Walden

The Daily Log Record one small, proactive action each day

	THE BABY STEP (THE ACTION)	THE SHIFT (FEAR TO LOVE)	EVIDENCE OF THE UNIVERSE MOVING
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN	WEEKLY SABBATH/RENEWAL	HABIT 7: SHARPEN THE SAW	REFLECTION ON BLISS





*“Like an angel, standing’ in a shaft of light, rising’ up to paradise...I know
I’m gonna shine!”*

-Grateful Dead, Estimated Prophet



*Thank you for tending your soil.
Part 1 of Phase 1 is complete.*

*To continue your journey, check out Rooted Careers empowering upcoming
opportunities at www.TheCultivatedPath.com.*



