

# Soul Essentials

A SOUL GUIDEBOOK TO  
HELP OTHER WOMEN EVOLVE



## AFFIRMATIONS

Rachel Lee hosts women's one day retreats at her serene home in Lake County, IL.

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## SOUL PROMPTS

Help cleanse your soul so that you can breakthrough your limiting beliefs.

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## OFFERINGS

Rachel Lee, INC offers four unique programs to help women evolve.

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# contents

## 3 & 6

### AFFIRMATIONS

Spend five minutes a day reading these affirmations out loud it will help build muscle memory.

## 4 & 5

### SOUL PROMPTS

Come join like minded, high vibe women on a magical day.

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### WORKING WITH RACHEL LEE

If you are ready to dig deeper into your true self, check out the unique programs Rachel Lee, INC. has to offer.

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### ABOUT RACHEL LEE

Learn about Rachel Lee, her team, and their mission.





*I am whole.*

*I am complete.*

*I am learning.*

*I am letting go.*

*I am free.*

*I am brave.*

*I am healing.*

*I am loving myself*

*unapologetically.*



*Let the healing  
begin...*

*Soul Prompts*

# Where Our Beliefs Stem From

Take time to write out whatever comes to mind when answering these questions.

## Childhood

### INNOCENCE & SIMPLICITY

What brought you joy? What were your favorite memories? What did you want to be when you grew up?

## Pre-Teen

### INDEPENDENCE

What brought you joy? What did you and your friends do? Do you recall when things began shifting from childhood to pre-teen years?

## High School

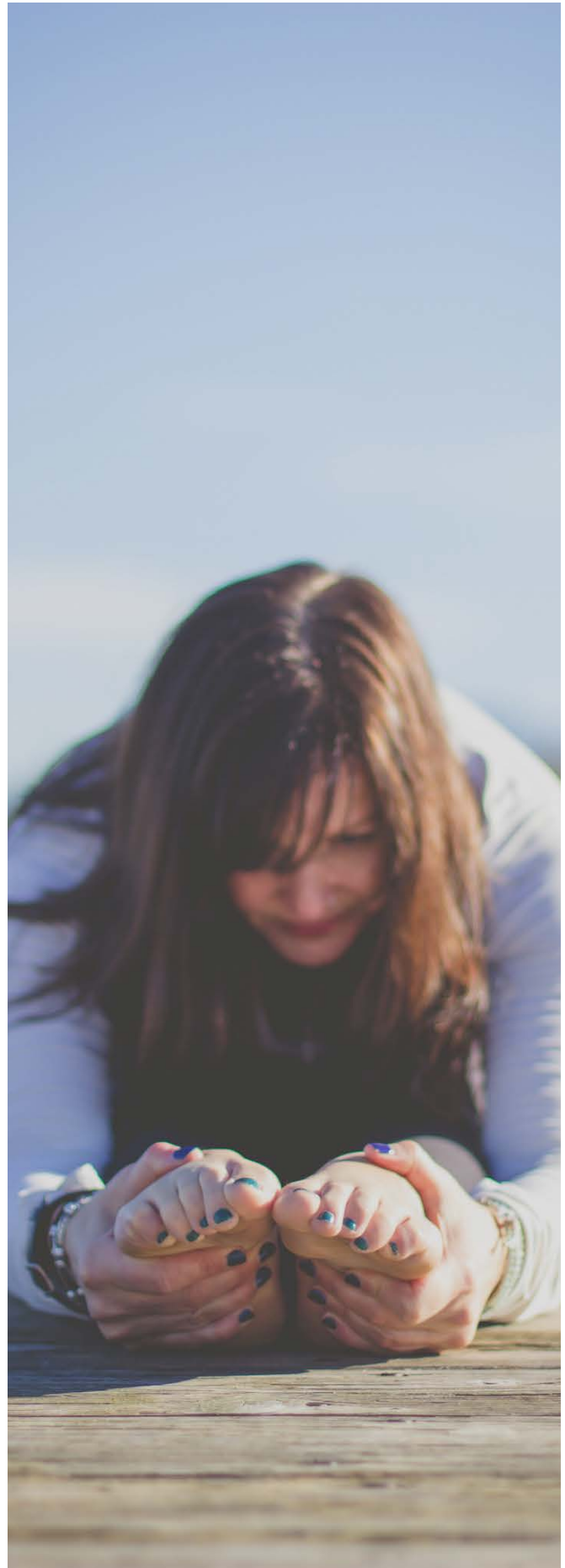
### HIDING BEHIND WHAT WAS

Aside from the pressures of friends and what was cool, what brought you joy? How did you hide yourself to fit in? Who did you think you *should* be?

## College or First Job

### LIFE'S DECISIONS - BYE BYE PARENTS

After high school, what did you do? Was it your choice or someone else's? Did you move out? Did you still live at home?





*I am beautiful.*

*I am adventurous.*

*I am at peace.*

*I am a warrior.*

*I am divine*

*I am exactly*

*where I should*

*be.*

# Offerings

## Various Programs

[WWW.THERACHELLEE.COM](http://WWW.THERACHELLEE.COM)

Rachel Lee, INC offers several programs from three week online study, a five month intensive, and a deep dive into your chakras.

## 1:1 Coaching

[HTTPS://THERACHELLEESCHEDULE.AS.ME/](https://therachelleeschedule.as.me/)

Reach out to Rachel if you are looking to have one on one coaching. Click on the above link to schedule time with her.



# About Rachel Lee



Rachel Lee is a health and wellness coach working with women to evolve from surviving life to thriving in all aspects of life. She holds a master's degree in Project Management and pursuing her Masters in Organizational Leadership and Behavior.

Since her father's suicide and her attempt, she has made it her mission to create a container and safe space for others to grow and find their true focus and passion in all aspects of life. She frequently speaks at events and is a mental health advocate. She has written several articles on mental health.

Rachel owns a home in Lake County, IL where she hosts one day women's retreats. She has been guiding students in yoga, barre, and spin since 2011. She is a certified personal trainer and nutritionist. She has two labs; Rhia & City.

Rachel Lee is the founder of The Mind.Body.Soul Academy™, creator of The Nurtured Soul Method™ and designer of Shake Your Chakras.

Through her continued support around suicide awareness and prevention, Rachel is on a mission to Help Other Women Evolve (H.O.W.E).

If you are interested in working with Rachel Lee, please visit us at [www.therachellee.com](http://www.therachellee.com) to learn about all her programs and apply directly.

Rachel

**OWNER / CEO OF RACHEL LEE, INC.**