

Soul Math Decision Journal Page

This page is your space to explore Soul Math — the internal equation that helps you make decisions with alignment, clarity, and peace. Use these prompts to tune into the kind of “yes” that multiplies your healing, impact, and wholeness — without fragmentation.

What is the decision you're currently facing?	
What does your body say when you think about saying YES?	
Will this heal me in some way (physically, emotionally, spiritually?)	
Will this ripple out to positively impact others I serve or love?	
Can I say yes without guilt, knowing it's aligned with my deeper truth?	
Will this decision make me a more grounded, loving version of myself?	
What fears are coming up, and do they belong to the present or the past?	
If I say NO, what might I be making space for instead?	
Soul Math Score: Is this a full-body YES, or no, or a not-yet? Why?	

*Remember: Soul Math doesn't always give you quick answers — it gives you aligned ones.
Trust what you know, even if it doesn't fit conventional logic.*

The Soul Math Formula (if we had to give it structure)

HERE'S A SKETCH, NOT A RULEBOOK:

$$\text{Soul Math} = \frac{(\text{Healing} + \text{Alignment} + \text{Impact}) \times (\text{Presence Felt} \times \text{Integrity Lived})}{(\text{Energy Cost} + \text{Inner Resistance})}$$

If that denominator starts to rise, the equation tells you: Not this time.
If the top line sings — that's a Soul Math Yes.