

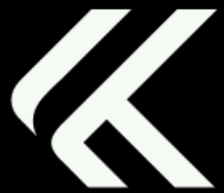


SOUL DETOX CHECKLIST[©]

Rantiade Benson-Idahosa



THE PATHFINDER PROJECT
ESTD 1974

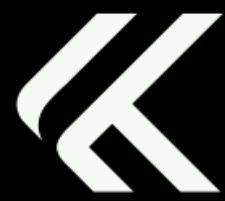


THE PATHFINDER PROJECT
ESTD 1974

WHAT
STANDS IN
THE WAY...
IS THE WAY

-MARCUS AURELIUS





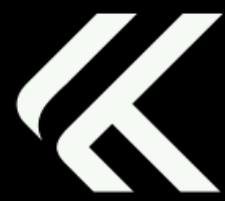
THE PATHFINDER PROJECT
ESTD 1974

Rantiade Benson-Idahoza's

THE SOUL DETOX CHECKLIST: A QUIET AUDIT OF THE SELF ©

Find a quiet moment. Sit with each question slowly and honestly, not as an exercise in self-criticism, but as an act of radical self-compassion. There are no right or wrong answers. Simply notice what arises. The questions that make you pause the longest are the ones most worth sitting with.





THE PATHFINDER PROJECT
ESTD 1974

IDENTITY

- DO I KNOW WHO I AM OUTSIDE MY ROLES, RELATIONSHIPS AND RESPONSIBILITIES?
- AM I LIVING MY LIFE OR SOMEONE ELSE'S VERSION OF IT?
- WHEN DID I LAST DO SOMETHING THAT FELT ENTIRELY, UNAPOLOGETICALLY ME?





THE PATHFINDER PROJECT
ESTD 1974

AUTHENTICITY

- AM I SHOWING UP AS MYSELF OR AS THE VERSION OF ME THAT FEELS SAFEST TO OTHERS?
- WHERE IN MY LIFE AM I PERFORMING INSTEAD OF BEING?
- WHAT TRUTH ABOUT MYSELF HAVE I BEEN POSTPONING PERMISSION TO LIVE?



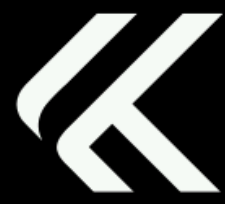


THE PATHFINDER PROJECT
ESTD 1974

DIVINITY

- DO I TRULY BELIEVE I AM MADE IN THE IMAGE AND LIKENESS OF GOD OR IS THAT JUST THEOLOGY?
- AM I MAKING DECISIONS FROM FEAR OR FROM THE KNOWING OF WHO I ACTUALLY AM?
- WHEN DID I LAST FEEL CONNECTED TO SOMETHING LARGER THAN MYSELF?



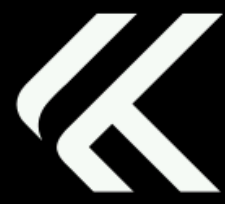


THE PATHFINDER PROJECT
ESTD 1974

EMOTIONAL PATTERNS

- ARE MY REACTIONS CONSISTENTLY LARGER THAN THE MOMENT WARRANTS?
- IS THERE AN EMOTION I HAVE BEEN AVOIDING, SUPPRESSING, OR MEDICATING?
- WHOSE WOUNDS AM I STILL CARRYING THAT WERE NEVER MINE TO HOLD?





THE PATHFINDER PROJECT
ESTD 1974

RELATIONSHIPS

DO I ATTRACT THE SAME KINDS OF PEOPLE
OR SITUATIONS REPEATEDLY?

- AM I LOVING FREELY OR FROM A PLACE
OF FEAR, OBLIGATION, OR NEED?



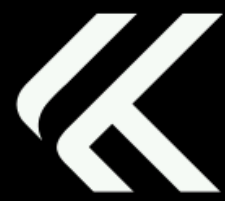


THE PATHFINDER PROJECT
ESTD 1974

INNER DIALOGUE

- WOULD I SPEAK TO SOMEONE I LOVE THE WAY I SPEAK TO MYSELF?
- WHAT STORY AM I TELLING MYSELF ABOUT WHO I AM AND WHAT I DESERVE?
- WHOSE VOICE IS THAT REALLY?





THE PATHFINDER PROJECT
ESTD 1974

Rantiade Benson-Idahosa's

THE SOUL DETOX CHECKLIST: A QUIET AUDIT OF THE SELF ©

This checklist is just the door. If you're ready to walk through it, I offer private personal and professional coaching sessions designed to help you come home to yourself.

Please send me an email to get started:
rantiade@rebidahosa.com.

