

## *SOUL PORTRAIT* Personal Inquiry Card Deck

### PEOPLE CARD QUESTIONS

**Man with strip pulled away from eyes**

*What is it that I don't want to see?*

What am I hiding from? Hiding behind?

What is slow to reveal itself?

What am I willing to look at?

What am I seeing more clearly now?

How can I break through?

**Man w/ little man whispering in his ear**

*What do the voices of wisdom have to say?*

What is the weight on my shoulders?

What/ who are my strongest influences?

Who do I need to listen to?

Who do I not need to listen to?

**Man with gears and test tube**

*Who would I be if I let it go?*

Where is my focus?

Do I over analyze? Over think things?

How am I tested in my relationships?

What do I hold sacred?

**Man with hanging apple**

*What is my temptation?*

Have I explored my shadow side?

What is juicy in my life?

Where do I stay in the shadows? In the dark?

Do I want the spot light?

**Man with colorful swirls**

*How can I bring my joy to life?*

Is the information coming in or going out?

Is it expanded or streamlined?

What is it? Music? Joy? Wisdom?

**Man in cardboard box**

*How can I be out of the box and over the cliff?*

Where am I contained / restricted / held back?

Where is my containment wearing thin?

What assessment am I making?

Where am I cautious? Not trusting?

Where does my skepticism get in my way?

Where does it serve me?

**Couple in the bubble**

*What is the security I'm seeking?*

Where am I in my own little bubble?

What others are with me?

Where am I in denial? In fantasy?

**Woman behind rock with spiral**

*What is the Universe trying to tell me?*

Where am I stepping out?

Am I going within? Often enough?

Which do I need now?

Am I listening for direction?

**Woman with green shawl**

*How can I see my beauty more completely?*

What does my future self look like? Feel like?

What do I love about myself?

**Woman holding the earth**

*Am I in balance?*

Where am I on top of the world?

How can I serve?

How and when do I play?

**Woman w/puppet coming out of her head**

*How willing am I to let love surprise me?*

What are the voices in my head? Critic/Champion

How can I weather the storm in the desert?

How does humor serve me?

**Woman with fancy headdress**

*What delights me?*

How much do I know who I really am?

Do I own my innate beauty and power?

**Woman under water w/ fish**

*Will I take the bait or won't I?*

Which "self" am I listening to? Higher or lower?

Am I taking the path of least resistance?

When am I calm, quiet and unafraid?

**Woman looking through frame**

*What do I need to take a closer look at?*

What am I choosing to see?

What lens am I looking through?

**Woman with veil**

*To what am I truly devoted?*

Am I honoring my commitments?

Where am I dutiful and tow the line?

**Woman in fish bowl**

*Where am I overwhelmed?*

What feels tight / confining?

Where am I not identifying/ feeling my emotions?

What supports do I have in place?

**Woman with bees on leashes**

*How do I keep myself on a short leash?*

What do I want to say? (Gold at throat chakra)

What frequency am I vibrating at?

Am I focused on status / material gain?

What truly matters to me?

**Woman with wings holding heart**

*What would open my hearty further?*

Is my heart open?

Am I taking in the love that comes to me?

Am I receiving or are my defenses too great?

What emotions am I sitting in?

What transformation am I in the middle of?

**Woman with red hair flying back**

*How can I step into my power?*

Where do I hold myself back?

What power am I not owning?

How am I not seen?

Am I too strong / scary?

**Woman with wings and helmet**

*What if I let it be as easy as it wants to be?*

In what way do I want to soar?

What self-imposed limitations have I set?

What is holding me back / weighing me down?

What preparations do I need to make?

What is the next logical step?

**Woman with stripped background and sword**

*What would happen if I laid down the sword?*

Where is my creativity flourishing? Thwarted?

What family dynamics do I want to let go of?

Which do I want to cultivate?

## ANIMAL CARD QUESTIONS

### Canary with jewels

What do I need to embellish?

Is it ok to be dramatic & flamboyant?  
Do I show my true personality to others?  
Or do I hold back?  
Have I found my voice?

### Tortoise with spike hat

How do I keep myself protected?

Where am I most vulnerable?  
When do I expose my soft underbelly?  
What do my defenses look like?

### Three dogs with bow

What's the gift in today?

Who am I tied to?  
Who are my tribe? My peeps?  
Do I honor the gift in them?  
Where am I obedient? Not?

### Two dogs with olive branch

Where can I be more generous?

Who do I need to apologize to? Really.  
Who do I need to forgive?  
Who do I drive crazy? Drives me crazy?  
What does calm and relaxed look like?

### Dog with sunglasses

What's fabulous about me?

Where do I shine?  
Where am I a movie star?  
Where am I shy?  
What am I sensitive to? Shielded from?

### Dogs with radio antennas

What am I here to communicate?

Which do I do more of - Broadcast or receive?  
Which serves me and I want to develop further?  
How do I come across? Clear / frenetic?  
How is my energy level - contracted / radiating?

### Dog with bunny ears

Where can I listen with more compassion?

How am I a people-pleaser?  
Where do I manipulate to get my way?

### Dog with dinosaur costume

Where do I pull the wool over my eyes?

Where am I acting out?  
Where am I not myself?

### Puppy with spirals over his head

What matters most?

Where am I brilliant?  
Where am I not focused or clear? Clumsy?  
Where do I use my adorable charm?

### Dog with crown

What do I know of my majesty?

Where am I the Queen / King?  
How much fun am I having?  
What is unique about me?

### Dog with dangling carrot

How high am I willing to set my sights?

What is out of reach that I continue to focus on?  
Where am I tempted?

### Dog with NY Times

Where am I playing smaller than I am?

Where do I sell myself short?

Do I own my intelligence?

### Blind dog with crystal ball on head

What do I continue to be blind to?

What wisdom has come with age?

What do I know deep within?

Which senses are heightened/engaged/6th?

### Dog with antenna hat

What's the gift in outrageous?

What does the hat represent to me?

Are my feelers out? Am I paying attention?

What info do I choose to take in/reject?

(Fear based / uplifting - news, movies, etc.)

How can I loosen up/Play/ be free/Be scruffy?

### Dog with lifesaver

Where is the sweetness in my life?

What / who are my lifesavers?

Where am I too judgmental?

Do I attack when I'm afraid?

### Dog with halo and wings

How can I best serve?

Where am I kind, thoughtful and giving? Where not?

What do I know about unconditional love?

### Dog with goggles and inner tube

What do I need to let be water under the bridge?

How am I getting my needs met?

Where am I sad?

How can I ask for what I need?

### Cat with hat

Where am I too intense?

How do I placate to keep the peace?

What do I deserve?

### Cat in frame wearing pearls

Where can I love myself more?

How do I see myself? (internal / external)

What is being mirrored back to me from others?

Do I see my own light?

Where am I proud of myself?

How can I age gracefully?

### Cat with rings

What rings true?

What juggling act am I in?

How is my communication? Effective/ Fuzzy?

Am I really listening? Deeply?

What bond do I hold dear / hold out for?

### Cat in garden

How can I allow myself to lean in?

Do I know how to relax?

How do I fill the well?

Do I take time to smell the flowers? Breathe?

### Cat with hanging bird

What boundary do I need to honor?

What do I toy with?

Where am I focused / tenacious?

Am I patient?

### Cat with fan behind her

How can I soften?

How can I embrace my feminine side?

How willing am I to receive?