

## Worksheet: Exploring Your Beliefs, Emotions, and Soul Journey

**Theme:** *God vs Alien Creation Theory, Spiritual Purpose, and Mental Health*


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### Part 1: Belief Reflection

#### 1. What do you believe about the origin of life?

- ☐ God created us
- ☐ Aliens/Extraterrestrial origin
- ☐ Scientific evolution
- ☐ I'm not sure

#### 2. How does this belief affect your emotional and mental health?

 Write 2–3 sentences:

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#### 3. Do you feel emotionally comforted or confused by your current belief? Why?



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### Part 2: Soul and Earth Connection

#### 4. What does the phrase “spiritual reason for life on earth” mean to you?



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#### 5. List 3 ways Earth behaves like a spiritual planet to you (e.g., healing in nature, synchronicities, inner peace in silence):

1. 

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2. 

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3. 

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**6. What emotions do you experience most often?**

☐ Anxiety ☐ Joy ☐ Sadness ☐ Confusion ☐ Peace ☐ Emptiness

**7. Can you identify a divine energy behind any of these emotions? Describe one.**



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### **Part 3: Nature as a Mirror of Cosmic Intelligence**

**8. Where have you witnessed cosmic wisdom in nature?**

(e.g., the sunrise, animal behavior, tree growth, weather patterns)



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**9. How does this make you feel emotionally and spiritually?**

☐ Inspired ☐ Grounded ☐ Unimportant ☐ Loved ☐ Curious

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### **Part 4: Personal Realization**

**10. If Earth is a spiritual planet, what is one change you can make to live more aligned with that truth?**



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 **Affirmation of the Day:**

*"I am not a random being lost in the universe. I am a soul on a sacred planet, guided by divine energy and cosmic wisdom."*

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