

THE Soft Yes

I SAY YES — NOT FROM FEAR,
BUT FROM FULLNESS.



THIS WEEK'S INVITATION

This week, we shift how we say yes.
Not from pressure. Not from obligation.
Not from the need to be received.
But from fullness.

Your yes is no longer a reflex.

It is a choice.

And this week, you are allowed
to choose differently.



YOUR FOCUS

Let your yes come from rest.
Let your yes come from clarity.
Let your yes come from within.

YOU NO LONGER NEED TO:

Say yes to be accepted

Say yes to be seen

Say yes to keep the peace

Your yes is no longer a reflex.
It is a choice.



REFLECT GENTLY

- Where in my life am I saying yes out of habit or obligation?
- What does a “soft yes” feel like in my body?
- Where have I been shrinking to be received?
- What would change if I trusted my timing before responding?
- What am I ready to say no to, so my yes can be honest?



WEEKLY PRACTICE

The Body-Led Yes

Before saying yes this week...

- 🕒 Pause.
- 🌬️ Take a breath.
- 🧘 Let your body settle before your mind answers.

Then gently ask yourself:

“Does this feel open... or tight?”

If it feels calm, grounded, and clear—
that is your yes.

If it feels rushed, pressured, or heavy—
give yourself permission to wait.

*You do not owe immediate
answers anymore.*



CLOSING REFLECTION

Your softness is not a weakness.
It is your filter for alignment.

It helps you recognize what is
truly for you—and what is not.

This week, allow your life to be
shaped by the yes that honors you.



GENTLE REMINDER

*You are allowed
to take your time.*

*You are allowed
to feel before
responding.*

*You are allowed
to choose in peace.*

AtPeace

FIND YOUR
CENTER. LIVE
IN PEACE.

LISTEN & RECEIVE

Let the words and music
guide you into stillness
and clarity.



VOICEOVER
The Soft Yes



MUSIC
Loopable
Instrumental



LISTEN
Anytime,
Anywhere

DOWNLOAD THIS WEEK'S PAGES

- 📄 Soft Living Printable
- 📄 Journal Prompt Page
- 📄 Audio Only Version