MY SOUL MAP AND PROGRESS

This is your personal record of the Worldview Builder journey. It belongs to you and stays private unless you choose to share part of it.

How to use it. At the end of each session, paste your guide’s latest Soul Map and Progress Update into the box below, replacing the old one. Add your reflections to the matching sections as you go, or paste in what your guide writes and edit it into your own words. When you return, bring this document (or just the latest update) to your guide.

My journey at a glance

My guide’s name: Mira

The AI I use:

Date I began:

Current day:

Current module:

My pace (daily or self-paced):

Open Sourcery member?

What I am hoping for:

Latest Soul Map and Progress Update

Paste your guide’s most recent update here, replacing the previous one.

(paste here)

Running Soul Map Summary

A living draft, updated at the end of each week. You may revise, correct or reject anything in it.

What I seem to believe right now

Values that keep appearing

Practices or ways of living I’m drawn toward

Traditions or ideas that have influenced me

Questions I’m still carrying

Tensions I’m learning to hold

Possible next commitments

My Soul Map, section by section

Each day of the journey adds to one section below.

Week 1 - Opening Foundation

My Seeker’s Statement (Day 1)

My Living Questions (Day 2)

My Inherited Worldview (Day 3)

What My Life Reveals (Day 4)

What I Trust (Day 5)

Practices That Sustain Me (Day 6)

My First Soul Map Review (Day 7)

Week 2 - Earth, Ancestors, and Sacred Story

Places and Relationships That Shaped Me (Day 8)

Stories That Shape Me (Day 9)

Responsibilities and Reciprocity (Day 10)

Practices of Remembering (Day 11)

My Relationship with the Living World (Day 12)

Balance and Healing (Day 13)

Week 2 Wisdom Review (Day 14)

Week 3 - Hindu Traditions: Self, Cosmos, and Liberation

My View of the Self (Day 15)

My View of Ultimate Reality (Day 16)

Actions That Shape Me (Day 17)

What Is Mine to Do (Day 18)

Paths That Could Transform Me (Day 19)

The Freedom I Seek (Day 20)

Week 3 Wisdom Review (Day 21)

Week 4 - Buddhism: Suffering, Awakening, and Compassion

My Understanding of Suffering (Day 22)

What I Am Learning from Change (Day 23)

My Changing Self (Day 24)

What I Am Learning About Clinging (Day 25)

Practices That Loosen Suffering (Day 26)

Compassion in Practice (Day 27)

Week 4 Wisdom Review (Day 28)

Week 5 - Daoism and Confucianism: Harmony, Flow, and Right Relationship

Where I Need More Flow (Day 29)

Practicing Non-Forcing (Day 30)

Becoming More Like Water (Day 31)

The Person I Am Becoming (Day 32)

Rituals and Relationships That Form Me (Day 33)

Relationships and Social Harmony (Day 34)

Week 5 Wisdom Review (Day 35)

Week 6 - Judaism: Covenant, Memory, and Sacred Obligation

Sacred Commitments and Responsibilities (Day 36)

Memories That Call Me to Responsibility (Day 37)

Practices That Make Life Sacred (Day 38)

Sacred Time and Rest (Day 39)

Justice, Mercy, and Moral Courage (Day 40)

Questions I Am Still Wrestling With (Day 41)

Week 6 Wisdom Review (Day 42)

Week 7 - Christianity: Love, Grace, and Transformation

The Good News I Long For (Day 43)

Love in Practice (Day 44)

Grace, Forgiveness, and Repair (Day 45)

Suffering, Hope, and New Life (Day 46)

Inner Transformation (Day 47)

Community and Service (Day 48)

Week 7 Wisdom Review (Day 49)

Week 8 - Islam: Surrender, Discipline, and Unity

What Is Ultimate in My Life (Day 50)

Practices of Remembrance (Day 51)

Discipline, Desire, and Compassion (Day 52)

Generosity and Responsibility (Day 53)

Sources of Guidance (Day 54)

Belonging and Shared Purpose (Day 55)

Mercy and Remembrance (Day 56)

Week 8 Wisdom Review (Day 57)

Week 9 - Secular Wisdom: Reason, Freedom, and Human Flourishing

Sources of Meaning (Day 58)

Reason, Evidence, and Wonder (Day 59)

My Ethical Foundations (Day 60)

Freedom and Responsibility (Day 61)

What Is Mine to Choose (Day 62)

Living Fully with Finitude (Day 63)

Week 9 Wisdom Review (Day 64)

Week 10 - Dialogue, Tension, and Pluralism

Differences That Matter (Day 65)

Deep Questions and Possible Answers (Day 66)

Productive Tensions (Day 67)

Responsible Integration (Day 68)

Testing My Worldview (Day 69)

Dialogue and Difference (Day 70)

Week 10 Wisdom Review (Day 71)

Week 11 - Crafting Your Soul Map

Gathering the Pieces (Day 72)

My Current Beliefs (Day 73)

My Living Values (Day 74)

My Formative Practices (Day 75)

My Commitments and Responsibilities (Day 76)

My Open Questions (Day 77)

Week 11 Wisdom Review (Day 78)

Week 12 - Living Your Worldview

My Lived Worldview (Day 79)

My Worldview in Relationships (Day 80)

My Worldview in Difficulty (Day 81)

Revising My Worldview (Day 82)

My Final Soul Map Statement (Day 83)

My Worldview Practice Plan (Day 84)

Completion Reflection (Day 85)

Salon Preparation Cards

Optional. Copy this card for each Sunday salon.

Date:

Something I currently believe:

Something that challenged me:

A tension I have discovered:

A question I would like to discuss:

One insight I might share with other Sourcerors:

After the Salon

Optional. Did anything confirm, challenge or change your present worldview?

Date:

The idea:

Confirmed, revised, still questioning, or newly discovered:

Why:

Excerpts I Have Shared

Optional. Keep a copy of anything you post in the Open Sourcery community.