



Soulfit Support: Curated Inspiration for the Way You're Wired

*A personalized starting point for exploring how
your strengths shape your energy, environment,
and execution—and how the right rituals, tools,
& people can help you flourish in flow.*

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Ready for More?



Before You Begin

What if finding your flow didn't require fixing anything—just spotting the support you actually need?

Maybe you're feeling stretched, stalled, or simply seeking more flow.

This guide is a choose-your-own-adventure into honoring your energy, environment, and execution—because they aren't afterthoughts; they're sacred components of how your genius works.

Whether you're manifesting momentum, managing your energy, or aligning your environment, these pages offer inspiration—not instruction.

For each strength domain, you'll find guidance on features to look for in Tools and a support Person, as well as a Ritual example likely to feel aligned with the way you're wired. You'll also discover one curated environmental shift that supports your flow at a sensory or structural level.

These aren't recommendations or rigid systems.

They're soulfit suggestions to help you stay anchored in your authenticity.

There's no one right way to use this. Start with what stirs you. Skip what doesn't.

Let it reconnect you with what already works—and reveal new ways to be supported as you flourish.

EXECUTING

Executing strengths are the bridge between intention and impact. You likely thrive through aligned action—bringing grounded energy, repeatable rhythm, and built-in follow-through to every space you're in.

Tool

- allows you to mute distractions and hide unused features.
- shows you how far you've come: visual checklists, % bars, “done” logs, or dashboards.
- skips the gamification. You don't need motivation—you need evidence that it's done.

Person

- who anchors vision when you're buried in doing
- who encourages you to rest, delegate, or re-evaluate the “why” behind your work.
- who brings emotional resonance, strategic perspective, or relational insight

Ritual

Rest feels more real with structure. Create a Celebration & Rest Checklist with optional actions tied to the 7 types of rest: physical, mental, emotional, sensory, creative, social, & spiritual. Each time you reach a milestone (big or small) or need to recharge, choose one. Track your restoration like progress—honoring what's being replenished, not just what's been accomplished.

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DELIBERATIVE

Deliberative strengths act as an energetic filter between impulse and intention. You likely bring thoughtful discernment, quiet foresight, and a deep respect for the weight of every decision. While others rush forward, you scan the landscape—not out of fear, but honoring nuance, risk, and values.

Tool

- allows you to tag risk levels, potential impact, or concerns before taking action.
- offers private draft or delay-send options so you can refine before sharing.
- includes decision logs or audit trails to review what was chosen—and why.

Person

- easily generates creative options that still align with your priorities.
- helps you weigh what's worth acting on—by how deeply it influences your bigger goal.
- shows you where a small shift makes a major difference—without disrupting your process or wasting energy fixing what isn't broken.

Ritual

Choose a product or practice you've already scoped out—an indulgence you've mentally bookmarked for "later." Set aside a time that feels safe, unrushed, and aligned with your rhythm. Let it engage all 5 senses (or 6, if you include intuition). This isn't random rest—it's nuanced richness, designed by your discernment.

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Executing Environments

Your environment doesn't just hold your work—it shapes how you move through it. If your strengths live in the Executing domain, your space should support traction, rhythm, and tangible results.

Ambient Tempo Cues

Use playlists with varying beats per minute to mirror your task type—low-BPM for focused work, mid-BPM for rhythmic or routine tasks, high-BPM for short sprints. Let your body sync to the tempo before your mind catches up.

Why it works:

Executing strengths crave traction and rhythm. Syncing your nervous system to task-specific tempo provides a subtle but powerful way to generate momentum—without forcing it.

Try this:

Curate 2–3 go-to playlists by task category. Start your playlist before you start your task, and let the beat do the heavy lifting on activation.

STRATEGIC THINKING

Your genius isn't just collecting data—it's translating it into direction. You think in maps, not lists. You see connections before they're obvious, and reflection isn't idle—it's active preparation for aligned decisions.

Tool

- allows you to branch thoughts visually using mind-mapping or logic trees.
- offers multi-view filters so you can spot patterns, gaps, or trends from different angles.
- includes “if/then” simulations or scenario testers to preview outcomes before committing.

Person

- who stays the course with steady energy—turning strategy into sustained movement, and adjusting with intention, not impulse.
- who helps you move from idea to action before analysis turns into paralysis.
- who gives voice to your inner frameworks so your clarity doesn't stay locked in your head.

Ritual

Choose a self-care product or practice that invites strategic spaciousness—something that gives your mind room to roam, not race. Think: a logic-based game app, a velvety soft puzzle or one with optical depth, or a super luxurious notebook for thought-mapping. Let it be your soft strategy for restoration—activating the types of rest that fuel your next aligned idea.

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ANALYTICAL

With Analytical strengths, you make sense of what others gloss over. You naturally deconstruct information to expose what holds up under scrutiny. It's not about being skeptical—it's about seeking substance, evidence, and answers that actually stand.

Tool

- includes confidence ratings so you can measure certainty and avoid assumptions.
- offers pivot-table logic to dissect data by different factors.
- supports advanced or customizable dashboards so you can track patterns that actually hold up over time.

Person

- helps you organize complex findings into functional action—without losing nuance.
- partners with your insight to fix what matters, not just what's broken.
- reminds you every data point connects to a purpose, people, or ripple effects.

Ritual

Curate a Pinterest board of high-quality self-care products and/or practices. Frame your analysis through the lens of restoration or celebration. Choose one item or ritual to research deeply using your own meaningful criteria & whether it should be successful in celebrating & anchoring in your milestone and/or replenishing physical, mental, emotional, sensory, creative, social, or spiritual rest?

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Strategic Thinking Environments

Your environment doesn't just hold your work—it shapes how your thoughts unfold. If your strengths live in the Strategic Thinking domain, your space should invite clarity, perspective, and mental spaciousness.

The Idea Bowl

The Idea Bowl is a physical container for those early nudges: concepts that feel intriguing, but unclear or premature. Instead of mentally juggling them or feeling pressure to act, you write each one down and place it inside. Giving permission for it to marinate until the timing or clarity reveals itself.

Why it works:

Strategic thinkers are idea-rich—but not every insight needs to be acted on immediately. A designated bowl becomes a physical container for what's still unfolding, letting you release pressure while honoring possibility.

Try this:

Choose a bowl or box that feels intentional—ceramic, carved wood, or glass. When ideas arise that feel too early or unclear, write them down and place them inside. Review them on your CEO Days to see if clarity, timing, or momentum has shifted.

INFLUENCING

Influencing strengths shape conversations that move energy. Whether you speak, write, or lead by example—you ensure alignment gets noticed, momentum gets protected, and the message actually advances the mission.

Tool

- Visibility analytics to show what content, messages, or formats are making the biggest impact.
- Quick-share or spotlight features that let you elevate an idea, quote, or testimonial with ease.
- Integrated feedback or reaction tracking to help you gauge resonance.

Person

- helps you organize complex findings into functional action—without losing nuance.
- partners with your insight to fix what matters, not just what's broken.
- reminds you every data point connects to a purpose, people, or ripple effects.

Ritual

Write a love letter, voice memo, or audio note to your future self. Name the momentum you've built, the impact you've had, and the mission you're advancing. Let it rally her toward self-care—whether to honor a milestone or restore one of the 7 types of rest—so she feels seen, supported, and anchored in what matters most.

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SELF- ASSURANCE

With Self-Assurance, your clarity doesn't come from consensus—it comes from within. You lead yourself with conviction and inner trust, making bold, aligned choices not because they're popular, but because they're right for you.

Tool

- includes calibration prompts to anchor you in your own clarity before making a move.
- features decision logs or intuitive journaling tools to reflect on what aligned—and why—so you can self-source wisdom going forward.
- allows custom success trackers that measure progress by your metrics

Person

- who expands your resource pool—offering insight without diluting your discernment.
- who pressure-tests ideas with respect—refining w/o overriding your instincts.
- who adds flow to your follow-through—organizing momentum around your conviction and bridging vision with real-world rhythm.

Ritual

Choose flow painting as a celebration anchor or reset ritual. Let the colors move with conviction—no second-guessing, no need to explain. Trust your intuition to lead the pour. As the paint swirls, let the motion restore your creative, emotional, and sensory rest, and reminding you that it's about expressing energy that already knows where it's going.

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Influencing Environments

Your environment doesn't just reflect your message—it shapes how confidently it flows. If your strengths live in the Influencing domain, your space should support voice, visibility, and momentum—before the idea floats away.

Say It Station:

Set up a mic, phone mount, or recorder in a spot where you can capture your thoughts aloud the moment they arrive. Whether riffing on an idea or talking through a challenge, this space becomes your verbal launchpad.

Why it works:

Influencing strengths often process through speaking. Capturing your voice as it flows helps clarify your thinking and preserves your most magnetic ideas.

Try this:

Designate one area—no matter how small—with a ready-to-go recording tool: a lapel mic on a hook, your phone tripod on standby, or a shortcut to a voice memo app. Add a short ritual before recording (like sipping tea or taking a grounding breath) to mark the shift into intentional expression.

RELATIONSHIP BUILDING

With Relationship Building strengths you don't just connect people—you create cohesion. You help others feel safe, seen, and supported enough to show up fully, multiplying impact and deepening loyalty.

Tool

- includes reflection features that create connection through honest processing
- Offer check-in features that create space for emotional presence, not pressure
- includes collaborative reflection features that create connection through honest processing

Person

- who helps you amplify people's potential—raising the standard without losing the heart.
- who makes strangers feel like community—quickly, sincerely, and with staying power.
- who keeps connection fair and frictionless—no one left guessing what matters.

Ritual

Reflective Relationship Mapping

Pick one of the 7 types of rest and map who in your life naturally supports that kind of restoration. Honor those connections—visibly or silently—as a celebration of the relationships that refill you when you need it most.

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EMPATHY

Empathy lets you feel what others don't say out loud. You carry invisible weight with grace: moving through the world attuned to emotional undercurrents, translating energy into understanding.

Tool

- helps you log emotional shifts to identify unseen energetic weight.
- allows color-coded calendars and visual tagging for emotionally demanding vs. neutral/restorative meetings and tasks
- allows compassion fatigue insight focused reports or alerts based on patterns in your energy or mood logs.

Person

- who expands your resource pool—offering insight without diluting your discernment.
- who pressure-tests ideas with respect—refining w/o overriding your instincts.
- who adds flow to your follow-through—organizing momentum around your conviction and bridging vision with real-world rhythm.

Ritual

Create a collaborative celebration jar with a small circle of trusted empaths. Each week, exchange short notes of acknowledgment—naming the unseen care, attunement, or emotional labor you've noticed in each other. Let it be a shared ritual that restores emotional rest through quiet validation. Your jar won't just hold kind words—it will hold evidence that your energy has impact.

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Relationship Building Environments

Your environment doesn't just hold your relationships—it reflects how they move through you. If your strengths live in the Relationship Building domain, your space should help you see, honor, and replenish the connections you so naturally nurture.

The Ripple Map

A visual archive of names, notes, and moments that reflect your quiet impact. As it grows, you'll see the waves you've created, proof that connection is your superpower, even when it's unspoken.

Why it works:

Relationship Building strengths often overlook their own influence. The Ripple Map turns invisible magic into something you can see, honor, and let go—creating a ritual of reflection and renewal.

Try this:

Use a hanging photo display frame (the kind with string and mini clothespins, often found in craft stores or home decor sections) or create your own with twine and clips on a corkboard. Pin up thank-you notes, client names, kind messages, or moments where your presence made a difference. At the end of the year, take a photo and add it to a scrapbook as part of your annual reflection. Then, set a new ripple intention and start fresh.

hiya!



You've just begun exploring how your strengths shape the way you move through work and life. From your energy and environment to the way you plan, lead, and follow through, there's a rhythm that fits you.

When your systems, rituals, and support reflect that rhythm, flow becomes inevitable. Authenticity isn't just your edge, it's your ecosystem. Build around it, and everything else falls into place. Because when you build from your authenticity, everything you create becomes more sustainable, more aligned — and more yours.

That's where I come in. I'm Dominique Vacheresse, a heart-centered business consultant and the founder of a multi-dimensional brand family. My work spans strategy, self-care, and sacred sustainability. Each branch of what I do exists to support your clarity, capacity, and creative flow.

Want more insight, ideas and inspiration? Click on the links below.

YouTube Channels

- [Quick Candor Consulting: Soulfit systems, messaging, and aligned growth strategies](#)
- [Picky & Pampered: Rituals, rest tools, and self-care that actually replenishes](#)

[Soul Nourished Success](#)

A mastermind for entrepreneurs who want to grow and streamline their business anchored in their authenticity,

[Ready for custom support? Schedule a complimentary discovery call today!](#)