

◆ THE FEMININE MYSTIC ◆

The Soul-Aligned Income Method

Discover Your Gifts · Design Your Prosperity

WORKBOOK + AUDIO TRAINING

by Anna Kowalska

Welcome!

You are exactly where you are meant to be.

Something in you already knows that your spiritual gifts are not decorative. They are not the soft, quiet edges of who you are, they are the very core of your most powerful, most prosperous self.

And yet, most women with extraordinary gifts are quietly exhausted. They are giving freely, serving abundantly, and wondering why financial ease feels so far from reach. They have been taught, by culture, by conditioning, by years of spiritual bypassing, that gifts and income live in separate worlds.

They do not.

***"Your spiritual gifts are not separate from your prosperity.
They are the source of it."***

“The Soul-Aligned Income Method” is a journey of three movements:
Discover, Design, and Declare.

Through this workbook and the accompanying audio training, you will identify your specific spiritual gifts with clarity and confidence, understand how those gifts translate directly into income, and design a prosperity path that is entirely, unapologetically yours.

This is not a business course. It is a soul map. Work through it at your own pace. Return to it often. Let it be a living document — something that grows with you.

What's inside this product

1. Module 1 — The Gift Inventory: naming what you carry
2. Module 2 — The Mystic's Market: where your gifts meet real demand
3. Module 3 — The Prosperity Blueprint: designing your soul-aligned income streams
4. Module 4 — The Activation Declaration: stepping fully into your gifted leadership
5. Audio Training: The Soul-Aligned Income Method (3-part guided experience)
6. Bonus: The Feminine Mystic Daily Alignment Practice

MODULE 1

The Gift Inventory

Naming what you carry with clarity and confidence

Before you can monetize your gifts, you must be able to name them — precisely, powerfully, without apology. Most women can feel their gifts but struggle to articulate them. This module changes that.

Your spiritual gifts show up in the places where you effortlessly create transformation for others. They are the things people thank you for without you trying. They are what you do in service that leaves you energized rather than depleted.

Part 1 · The Evidence Trail

We begin with evidence, not with abstract categories or gift lists. We begin with what has already happened in your life.

✧ EXERCISE 1.1 — THE THANK YOU FILE

Think back over the past 2–3 years. List every moment someone thanked you deeply, told you that you changed something for them, or said 'I don't know what I would have done without you.' Write every instance you can recall.

◆ REFLECTION

*Looking at your Thank You File, what themes do you notice?
What were you doing in those moments?
What specific ability or quality were you expressing?*

Part 2 · The Effortless Zone

Your gifts live in your effortless zone, the space where you are doing something that feels natural to you but looks extraordinary to others. This is where your income must be anchored.

What do people ask you for advice about, repeatedly?

What can you see in a person or situation that others seem to miss?

What activity makes you lose track of time completely?

When do you feel most like your truest, most alive self?

What would you teach, even if no one paid you?

What transformation do you create almost accidentally?

Part 3 · Your Gift Signature

Based on your reflections above, you are now going to name your top three spiritual gifts. A gift signature is not a job title. It is a description of the specific transformational capacity you carry.

✧ EXERCISE 1.2 — NAME YOUR THREE CORE GIFTS

Using the evidence and patterns from the exercises above, complete each statement. Write from your knowing, not from what sounds impressive.

My Three Core Gifts

Gift 1: I have a gift for _____ which allows me to

Gift 2: I have a gift for _____ which allows me to

Gift 3: I have a gift for _____ which allows me to

***"I do not need to earn the right to my gifts.
They were given to me on purpose, for a purpose."***

MODULE 2

The Mystic's Market

Where your gifts meet real, human demand

A spiritual gift without a market is a private treasure. A spiritual gift with a market is a thriving mission.

This module bridges the world of soul and the world of commerce. Not by making your work transactional, but by helping you see that the women who need your gifts are already looking for you.

Markets are simply gatherings of people who share a pain, a desire, or a transformation they are seeking. Your work is to understand which gathering is yours.

Part 1 · Your Soul Client

The woman who will invest in your gifts is not a demographic. She is a state of being. She is ready, emotionally, spiritually, and financially, to receive what you carry.

✧ EXERCISE 2.1 — PORTRAIT OF YOUR SOUL CLIENT

Describe the woman who is your perfect client. Not her age or job title — her inner world. What is she struggling with? What does she secretly desire? What has she tried that hasn't worked? What does she say to herself at 2am?

Part 2 · The Transformation Bridge

Every income stream you create is a bridge. On one side is where your soul client is now. On the other side is where she is after working with you. The clearer your bridge, the easier the sale — because she can see herself walking across it.

Before — She Is...

1.

2.

3.

4.

5.

After — She Becomes...

1.

2.

3.

4.

5.

Part 3 · The Market Map

Your gifts can serve multiple markets. Below, map the three primary ways your gifts translate into offerings that women will search for and invest in.

✧ EXERCISE 2.2 — YOUR THREE MARKETS

For each of your three core gifts from Module 1, identify: which type of woman needs it most, what she would call her problem (in her own words), and what she would pay to solve it.

1.

2.

3.

◆ REFLECTION

Which of these three markets feels most aligned with your soul's calling right now?

Which feels most financially ready?

Where do those two overlap?

***"The women who need me are not waiting for me to be perfect.
They are waiting for me to be visible."***

MODULE 3

The Prosperity Blueprint

Designing income streams that honour your soul and your lifestyle

Prosperity is not a number in a bank account. It is a felt experience, of ease, of sufficiency, of alignment between what you do and what you receive. And yet prosperity does require a structure.

It requires you to design, deliberately, how your gifts move through the world and how value (energy) flows back to you.

In this module, you will design your personal Soul-Aligned Income Architecture, the specific offers, price points, and pathways that honor both your gifts and your life.

Part 1 · Your Prosperity Vision

✧ EXERCISE 3.1 — THE PROSPERITY LETTER

Write a letter from your future self, 12 months from today, describing your income, your daily life, your clients, and how your gifts are flowing in the world.

Write in present tense. Be specific and embodied.

Part 2 · The Income Architecture

A soul-aligned income architecture has three layers: an entry offer that introduces your gifts to new women, a core offer that delivers deep transformation, and a premium offer that creates your highest-level work and income. Each layer feeds the next.

Layer	What it looks like	My offer will be...
Entry Offer	Low-ticket digital product, workshop, or masterclass. Introduces new women to your world.	
Core Offer	Group program, course, or coaching container. Your primary transformation experience.	
Premium Offer	Mastermind, VIP Day, or 1:1 intensive. Your deepest, highest-investment work.	

Part 3 · Price With Soul

Undercharging is one of the most common ways spiritual women unconsciously sabotage their mission. When you price below the value you deliver, you attract clients who undervalue the work — and you quietly resent giving it. Pricing is a spiritual practice.

◆ REFLECTION

What is the story you carry about money and spiritual work?

Where did that story come from?

Is it true?

What would it mean for your mission if you priced your work at its full value?

MODULE 4

The Activation Declaration

Stepping fully into your gifted leadership

Knowing your gifts is one thing. Declaring them, to yourself, to your community, to the world, is another thing entirely.

This final module is about activation: the moment you stop waiting to feel ready and begin living and leading from your gifts now.

Activation is not a single event. It is a daily choice, a recurring commitment to show up as the woman who knows what she carries and is no longer willing to keep it small.

Part 1 · The Leadership Identity

The woman who earns \$10,000, \$20,000, \$50,000 a month from her spiritual gifts does not have different gifts than you. She has a different relationship to her identity as a leader. She has decided, fully, without waiting for external permission, that her gifts are enough.

✧ EXERCISE 4.1 — THE IDENTITY DECLARATION

Complete each sentence as your fully activated, prosperously gifted self. Write the version that feels like a stretch — the woman you are becoming, not who you have been.

My Activation Declaration

I am a woman who...

My gifts create...

The women I serve experience...

My work is worth...

I am no longer waiting for...

I am ready to...

Part 2 · The 30-Day Activation Plan

Activation without action is inspiration without impact. Below, design your first 30 days of living and leading from your soul-aligned income architecture.

Week	Visibility Action	Offer / Income Action
Week 1		
Week 2		
Week 3		
Week 4		

Part 3 · Your Daily Alignment Practice

The women who build sustainable prosperity from their gifts do not work harder than others. They align more consistently. Below is your Feminine Mystic Daily Alignment Practice — five minutes each morning that keeps your gifts open and your income energy clear.

The Feminine Mystic Daily Alignment

1 · Ground

Place both hands on your heart. Three deep breaths.

Ask: What gift am I carrying into this day?

2 · Declare

Speak your Identity Declaration aloud. Even if it feels like a stretch. Especially if it feels like a stretch.

3 · Receive

Visualise one woman whose life is different because of your gifts.

Feel the impact before it happens.

4 · Offer

Ask: What is one action I can take today to make my gifts visible or accessible to the women who need them?

5 · Prosper

Write one sentence: Today I am open to receiving _____ in exchange for my gifts.

***"I do not need to become someone else to be prosperous.
I need to become more fully myself."***



You have done the work.

Your gifts are named. Your market is clear. Your architecture is designed. Your declaration is made.

Now — go be visible. Go be valuable. Go be paid.

THE FEMININE MYSTIC · ANNA KOWALSKA

Bonus: Audio Training

The Soul-Aligned Income Method — 3-Part Guided Experience

Your audio training is a companion to this workbook — not a replacement for it. Listen to each part after completing the corresponding modules, or use the audio as a gentle re-entry into the material when you need a reset.

How to use your audio training

Part 1 — Discover

Listen after completing Modules 1 & 2. This track guides you through a channelled activation to help you feel your gifts, not just name them. Have your workbook open.

Part 2 — Design

Listen after completing Module 3. This track is a guided visualisation of your prosperous future — a soul-level imprint of what you are building.

Part 3 — Declare

Listen after completing Module 4. This is your activation ceremony — a powerful guided experience for stepping fully into your gifted leadership identity.

The audio files are delivered to your inbox immediately after purchase, alongside a link to this workbook. If you have any difficulty accessing your materials, please contact us at support@annakowalska.com.