

Soul Contracts Survey  
Dr. Vest 2017

1. Name the five most important relationships in your life (past and present):

2. Have you had several relationships that follow a negative theme? (examples: betrayal, abandonment, disloyalty, dishonesty, etc.)? If so, what are your dominant themes?

Theme #1: \_\_\_\_\_  
Theme #2: \_\_\_\_\_  
Theme #3: \_\_\_\_\_

3. Have certain people in your life been key to helping you to accomplish certain tasks? If so, what tasks?

Person/  
Task#1: \_\_\_\_\_  
Person/  
Task#2: \_\_\_\_\_  
Person/  
Task#3: \_\_\_\_\_

4. What are the important lessons you have learned thus far in your life?

Lesson#1: \_\_\_\_\_  
\_\_\_\_\_  
Lesson#2: \_\_\_\_\_  
\_\_\_\_\_  
Lesson#3: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Who do you think you have soul contracts with?