



# Reconnect to Your *Power*

For Those on a Journey to  
Self-Empowerment

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A Guide on How To Reconnect With Your Soul





# Unlock Your True *Potential*

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## Time to Transform Into Your Most Authentic Self

Hello Soul Fam,

I don't know about you, but I know for a fact, there was a period of time where I had completely and utterly lost who I was. This had happened to me after college and I honestly wasn't sure how to move forward or how to create a fulfilling and authentic life. So what did I decide to do? I honestly partied a lot in my 20s, until I realized how depressed I was becoming in my life.

Rather than continuing down my path of anxiety and depression, I decided to get to the root cause of why I was numbing myself to life. I underwent extensive shadow and inner child work until now. Even now, I STILL practice these everyday tools.

That's why I decided to create this free guide on how to take back your innate power and initiate the life of your dreams. These are baby steps that--when utilized everyday--create magical waves toward owning your self worth and igniting your transformation into your most authentic self. These basic tools are essential for taking steps towards your soul's purpose

Now, some of these tools may seem like something you've heard before, but I am going to give you firsthand knowledge on how these tools helped me and SHIFTED my whole world. Do not take them for granted.



# Daily Mantra

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I am listening for the wisdom from  
*within*



I have the power to create  
*change*



I am in charge of how I feel and today I chose  
*happiness*



Everything is always working out for  
*my highest good*

# Steps For Your *Power*

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## Boundaries

This may seem like such a basic answer; yes, yes I need to have boundaries. However, creating my boundaries and sticking to them are what catapulted me into my power. Boundaries are essential because they **honor our needs and wants so that we feel respected and safe**. For you to uplevel and tap into your highest good, you must first feel **safe**.



### *Journal Prompts*

How have you been denying yourself happiness?

What are some boundaries you've been hesitant to establish?

Affirmations are a great way to help your self confidence, this we know for sure; however, there are some studies that suggest using daily affirmations and mantras **help tap into our unconscious mind to help motivate you**. Our unconscious mind holds so many limiting beliefs that were given to us. Affirmations help us tap into **our authentic selves and highest consciousness** so we may **release** those beliefs.

## No Negative Self Belief

This ties a lot into affirmations, which help you reach a point of no negative self belief. I know this is almost impossible and we all go through waves of being down on ourselves. I think for me, the key is recognizing that **you are a soul who came here for a human experience**. A human experience means that we are meant to **learn and make mistakes**. There is no growth without discomfort.

### *Journal Prompts*

What makes you feel empowered?

What limiting beliefs do you have about yourself?

Where did these beliefs come from?





## Gratitude

Even though your life may not be where you truly want it to be, where were you at 10 years ago? Even 5? Or for that matter, where were you just 1 year ago? We as physical beings are so focused on the future and where we **want** to be, rather than acknowledging **how far we have come**. Showing daily gratitude helps you feel empowered and acknowledges how **strong you are**.

## Step Into Your Creativity!

As I started to move through my own empowerment journey, I realized I needed a way to express myself and my emotions in a healthy way. I've always had a temper (it's the Manifestor in me), and it has always gotten me in trouble, until I started releasing through creative outlets. **Evoking and creating from our experiences and emotions are essential for the creative process** and help us process our triggers and traumas.

### *Journal Prompts*

What creative pursuits did you have as a child? Could you practice them now? How?

What are you grateful for in your life? Write who you were, 1, 5, and 10 years ago. How have you changed?

### *Journal Prompts*

What emotions do you struggle to cope with? How can you express them authentically?

Write out your dream business life! What steps can you take now towards that goal?

## Set Those Goals and Steps!

Another way to allow yourself into your power is to create **tangible goals and steps**. Now that isn't to say don't plan out how far you're going to go! For me, I always plan week by week. I have my long term goal and plan; however, if I only think about my overall plan I get overwhelmed and procrastinate. **Setting achievable weekly goals create momentum towards our soul's path**. Getting these tasks done weekly help us progress and move which makes us feel unstoppable!