

Self-Empowerment Tools

1. Spring Cleaning – Pick a topic you wish to “clean out”. Ask someone you can trust to hold space for you. If you’re topic is Covid-19, the person would say “what do you have on Covid-19” you would blurt out the first thing that comes to mind, then the person would say “thank you, what do you have on Covid-19”, and continue on like this until you feel complete/empty. You might say, I’ll take three more pulls please. Practice, practice, practice. You’ll be amazed how freeing this practice is. Use it when you’re filled with joy or when you’re filled with anger/frustration. You and the person holding space do not discuss what you said in your spring cleaning unless you choose to.
2. Positive Qualities – Write a list of your positive qualities! Include your physical and personality characteristics. Continue adding to the list and keep it in a place where you see it often. This is the you that’s presented to the universe. Enjoy every ounce of the magnificent woman you are!!
3. Worthiness – What are you worthy of? Write it down and remember to include every aspect of your life! The more you embrace your worthiness, the more you’ll find the strength and power to live your truth. YOU ARE WORTHY!!!
4. Brags – Gratitudes – Desires A brag can be anything from something that you’re proud of, excited about, feel good about or maybe something you don’t feel good about. It’s all about getting it out and being witnessed while doing it. A gratitude is obvious, whatever you’re grateful for and a desire can be literally anything!!! Think big and outrageous! Your desires matter! Putting your energy out into the universe without attachment can manifest things beyond your wildest dreams! Law of Attraction!!
5. Swamping – This is a great tool when you are at your lowest. Put on a trash bag, crawl around your house, scream, cry, rant, rave, whatever it takes to let go of the toxic feelings. If this doesn’t resonate, try hitting a pillow against a bed, wall, couch (be careful not to hurt yourself). When we combine the physical and emotional release at the same time, the results are extraordinary!

6. 5 Second Rule – Last but by no means least, is taking 5 seconds to respond when someone has triggered a hurt that wants to respond emotionally. Taking the time to go from your emotional to your intellectual can save a lot of needless energy. Most of the time when we're hurt we feel put upon, judged, accused, etc. Take time to ask yourself if what this person just said is true? Is this about their "stuff" or mine?