

INTRODUCTION TO THE TOOLKIT

Welcome to Your Energy Management Toolkit!

This is a reference guide so you know how to use your toolkit. I recommend printing out the Playbook and looking at your guidebook on your preferred device.

PREPARATION:

- Print out the Playbook as a companion piece to your Guidebook.
- Go Through Each Tool, then complete the Exercise afterward.
- Have an Open Mind & Have Fun!

Inside your Toolkit You have Received:

THE GUIDEBOOK

This is your lesson material to each tool in the kit. The guidebook goes over how each tool works and the beginning instructions to each exercise in the Playbook.

THE PLAYBOOK

The playbook is where the fun begins! This book is to help you implement each tool and start bringing them to life by taking action. Each section of the playbook goes over Rituals, Empowered Questions, Exercises and other self-care tools to help you manage your energy body.

THE QUICK FIX GUIDE

The Quick Fix guide has the highlights from each tool so you can use it as a reminder whenever you need it. Go back to these questions, whenever you're feeling you need a tune up. Print out the guide and put it somewhere you can see it to remind yourself of the tools.

BONUS - SUPERCHARGE YOUR LIFE WITH INTENT

This is a bonus soul ritual that is great as a Clearing Ritual for Tool 4. Print this out when you feel ready to get super clear and evaluate your energy environments. Get ready for change after completing this soul ritual. It shakes up your reality super fast!