

ENERGY MANAGEMENT TOOLKIT

The Quick Fix Guide

TOOL 1. SWITCH THE FOCUS, SWITCH THE VIBRATION

*Where is my focus right now?
Am I choosing to Spend my Energy Wisely?
What am I energetically holding onto?*

TOOL 2. FIND YOUR MIND DISCIPLINE

*How do I choose to experience?
Can I change my attitude or perception about this?
How can I see the lesson from the universe?*

TOOL 3. EVALUATE YOUR ENVIRONMENTS

*What environments are personally empowering me vs. draining me?
Am I Emotionally Attached to others?
Do I create healthy emotional boundaries?
MANTRA: "I Release You. I Release you. I Release You."*

TOOL 4. GET CLEAR

*Am I surrounded by clutter and mess?
Do I feel Overwhelmed, stressed, anxious or uncertain?
Do the Mental Cleanser.
Declutter your Life.*

Tool 5. RECONNECT TO YOUR EXPANSION

*Is my energy contracted or expanding right now?
Am I asking for help?
Feeling stagnant energy - shake it up*

Tool 6. BE PRESENT WITH YOUR PRACTICE

*Do I feel disconnected? - Get Present!
Get committed & show up with a spiritual practice
Schedule your practice into your daily routine*



TOOL 7. INBOX THE UNIVERSE

*Create an invocation or prayer to the universe
Set your intentions for clarity & divine support
Get out of the way & make the call*

TOOL 8. CLEAR THE PATH

- 1. identify your Resistance*
- 2. Get Clear by Releasing your Excuses*
- 3. Destroy the illusion by ripping up or Burning them.*

TOOL 9. EMPOWERED MANTRA PROCESS

- 1. Identify your Desires*
- 2. Awaken your Mantra - Journal it.*
- 3. Empower it with gratitude - 10-20 times*
- 4. Surrender to the Universe*

TOOL 10. RECLAIM YOUR SPIRITUAL POWER

- 1. Mantra: "I am expansion" - Connect to your body's light*
- 2. Create your energy imprints through feeling.*
- 3. Bless the Room with Golden Light*
- 4. Share the Blessings with everyone or Anything.
Bring the blessing light into your world.*

WELCOME THE MAGIC INVOCATION:

*I welcome the magic of divine miracles, I awaken my truth with the world,
I now open doors within my life, I always respond with my heart,*

Thank you Higher self for showing me how to stay present and align with my heart.

*Today I choose Joy
I awaken my inner creator
I shine my light with the world.*

Sat Nam.

