



Empaths Keys to Thriving

Awareness - You must be aware of yourself and your energy at all times. In order to do that you must know thyself!

Know how you think, feel, believe, and be aware of what you are experiencing in life.
Be aware that all of the information you're processing is not yours!

Thriving Tools:

Grounding

Conscious Breathing

Boundaries

Meditation

Journaling

Asking: Is this energy mine?

Using your gifts

Transcending your shadow

Being of service

Energy Release Freedom Process