Self-Discovery Toolkit Guide

What's Included In Toolkit

- ✓ Self-Discovery Tool
- ✓ Toleration Tool
- ✓ Uncover Your Heart's Wisdom Tool

Congratulations on taking a step in the right direction to a more aware fulfilled, joyful life. Your time to step into your Power is Now!

This tool kit is designed to help you gain deeper perspective of your Self and what you are aligning yourself with in life. Through being aware of what you are aligning yourself with, you can begin to deliberately create your life the way you want it. You have the power to be, do and have all that you want. The key to attaining such levels in life is to Know your Self well enough to know how to maneuver your thoughts and emotions to create your reality.

Below is a breakdown of each individual tool and the benefits of using them.

Self-Discovery In Depth Tool

Often, we get to caught up with so many external factors that we forget to take the time out to do some self-searching which many times leads to some wonderful self - discoveries. When taking time to think about ourselves and what is important in our lives it helps us align with our purpose, feeling of fulfillment and Power. This is where the Self- Discovery In Depth Tool is beneficial. It is designed to give you a better understanding of your perspective in life and if that way of thinking is working for you or not. If it not you can take measures to make change where necessary to better yourself and your life.

Tackling Tolerations Tool

A factor which adds to feeling drained of energy is the things we tend to “put up with”. Many times, we let circumstances, people and even things get the best of us. We let small things accumulate whether with people, circumstances or things, and then cause ourselves stress feeling we have too much on our plate and cannot cope. We let these things which do not serve the agenda of our soul get the best of our energy leaving us feeling drained and defeated. Once we take time to observe what we are tolerating but is not good for us, we can begin to release the stress that comes along with the toleration by either distancing from the issue or eliminating it altogether. The Tackling Tolerations Tool is designed to help you with just that.

Uncover Your Heart's Wisdom Tool

We often let our positive energy zone be violated by mind clutter / too much thoughts running around in our heads. It is important to be able to hear the messages your heart is trying to send you. These messages are your Higher Self trying to reach/communicate with you. Without deliberately focusing on our heart's messages, it is possible to lose sight of their importance in our lives. This tool is designed to help you be in touch with your Higher Self and any messages your heart is trying to send you.

There are two different ways you can work through this toolkit:

1. Complete Tool Off Of Computer (print out and complete)

2. Get a new sheet of paper and complete tool on new paper for more workspace.

I wish you all the best with your journey of Self Discovery as well as all of your chosen endeavors in life. It is not difficult to attain the level in life where no negative exists, just opportunities of growth and expansion of the true you. A place where you are always in your Power and never give it away. A feeling of constant happiness and joy. This place is not hard to find. In fact it is not to be found at all. The state of being that I am speaking of is something you bring to life, not find in life and the first step is "Self-Discovery". Therefore, you are in the right place, working on the right toolkit, at the right time. Your Time Is Now. Don't Hesitate To Shine!