



## Tools to Assist You on Your Journey

### **SELF-CONFIDENCE**

To be self-confident is to be secure in yourself and your abilities -

- Mirror Work
- Visualization
- Affirmations
- Gratitude Practice
- God Box
- Diet & Exercise

### **SELF DISCOVERY**

Self-discovery happens by connecting with your intuition for guidance -

- Journaling
- Meditation
- Angel Guidance
- Oracle Cards
- Shadow Work
- Past Life Regression

### **ENERGY WORK**

These tools will assist you with balancing & harnessing your energy -

- Yoga
- Chakra Balancing
- EFT Tapping
- Breath Consciousness
- Crystal Healing
- Transforming worry into Prayer