# the empaths releasing energy

6 WEEKS OF PREP, PROMPTS & PRACTICE

Kristen Schwartz, MA, CTRC



week l

I AM Statements	My intention for today
	Intention aligned action for today
3 ways I will	release energy today
1	
2	
3	





#### Honoring my sensitivities

Part of surrounding ourselves with the energy we desire is noticing how we hold ourselves apart from it.

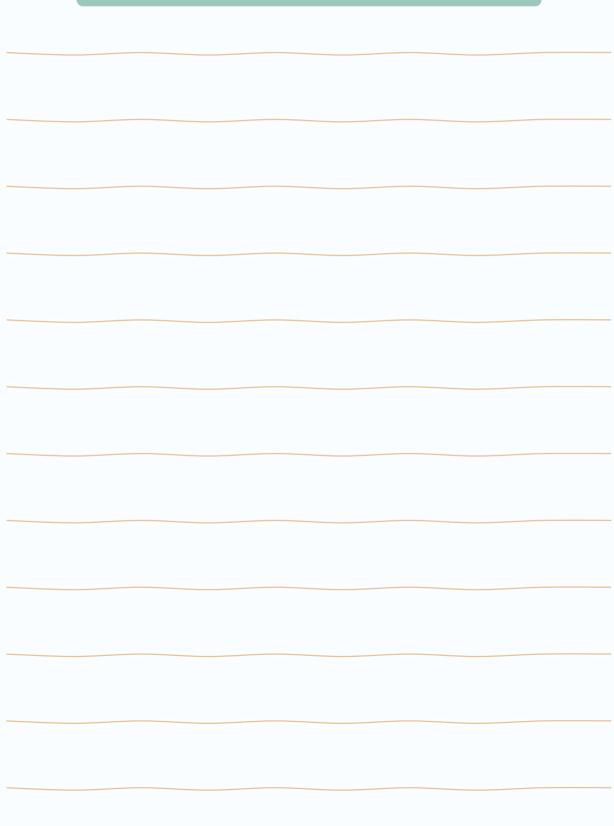
Being aware of our sensitivities is essential in honoring and caring for our needs and embracing who we are. Therefore, I pledge to honor my sensitivities and embrace my needs.

Ιo	ım sensitive to?
	Strong scents
	Bright lights
	Loud noises
	Crowds
	The feelings/emotions of others
	Change My other sensitivities





List ways you will honor my sensitivities



week 2

Weekly Check-in

I AM Statements	My intention for today
	Intention aligned action for today
3 way	rs I will release energy today
1	
2	
3	

REALIZED



#### **Energetic Sovereignty**

I may notice the feelings and emotions of others, but they are not mine to hold. I accept the responsibility of letting go of what doesn't belong to me.

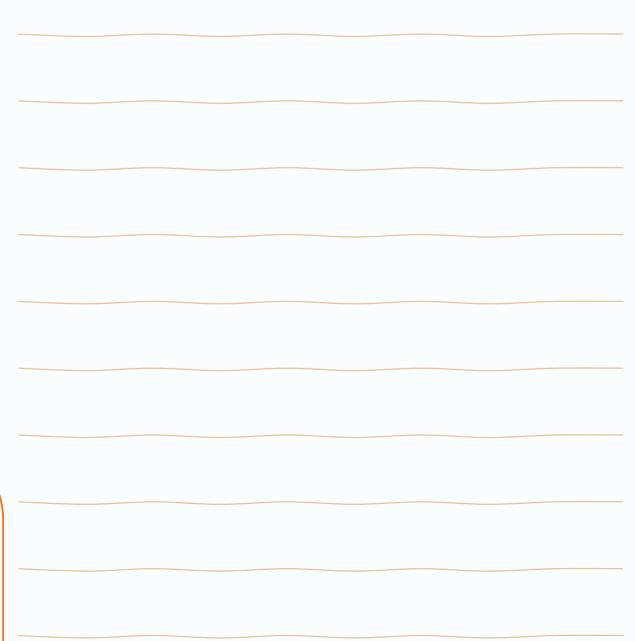
Use this space to journal your thoughts and feelings about the energy you've picked up. Is it mine? What do my thoughts say about the energy? What are my judgments? Where in my body do I notice the energy?





#### **Energetic Sovereignty cont.**

Use this space to journal your thoughts and feelings about the energy you've picked up. Is it mine? What do my thoughts say about the energy? What are my judgments? Where in my body do I notice the energy?





week 3

I AM Statements	My intention for today
	Intention aligned action for today
3 way	ys I will release energy today
	, ,
1	
2	
3	





#### Minding my thoughts

My thoughts play a massive part in the consumption of my energy. Therefore, I choose to be mindful of my thoughts and take responsibility for my mental tranquility.

What negative thoughts are recurring? What feelings and emotions are tied to these thoughts?





Minding my thoughts cont.

Who emo	ıt negative tions are ti	thoughts ed to the	s are rec se thou	curring? ghts?	What fe	eelings ar	nd	



week 4

I AM Statements	My intention for today
	Intention aligned action for today
3 ways	I will release energy today
	- Will release ellergy today
1	
2	
3	





#### Honoring my capacity

I protect my energy by knowing my sensitivities, caring for myself and setting clear boundaries

Who do I hold resentments towards? What boundaries do I need to set? Time, Physical, Mental, Energetic, Spacial.





## Honoring my capacity cont.

Who do I hold resentments towards? What boundaries do I need to set? Time, Physical, Mental, Energetic, Spacial.			



week 5

I AM Statements	My intention for today
	Intention aligned action for today
3 ways	I will release energy today
	- Will release ellergy today
1	
2	
3	





#### My inner circle

What I allow in my life has a direct effect on my well-being. Even though I am a caring and empathic person I need to let go of anyone or anything that is not good for me. It is safe to let go.

What am I being called to let go of in my life?				





My inner circle cont.

What am I being called to let go of in my life?			



week 6

I AM Statements	My intention for today
	Intention aligned action for today
3 ways	s I will release energy today
1	
2	
3	





#### Give it a rest

To receive the energy we desire, we must give ourselves the energy we desire.

Are you more comfortable giving then receiving? I will prioritize rest and restoration this week. I will give myself what I wish others' would

What do I need, and how can I make giving to myself a priority this week? What excuses do I use to hold myself apart from what I want?





### Give it a rest, cont.

Are you more comfortable giving then receiving? I will prioritize rest and restoration this week. I will give myself what I wish others' would

What do I need, and how can I make giving to myself a priority this week? What excuses do I use to hold myself apart from what I want?



Thank You

If I were that little inner voice inside your head right now, I would say thank you. Thank you for showing up, for your consistency, and keeping daily promises to me. Thank you for realizing your power and capacity to show yourself the care you show everyone else.

Please reach out if you desire additional support on your journey of self-discovery, honoring your sensitivity and healing.

www.realizedempath.com

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