

# Ignite Your Power In Your Business, Relationships, & Life.

*With Lynsey Landry*

Hello Beautiful,

I am so excited that you are here.

I see you!

You are here because you have really big dreams and visions for your life & business. You know you have amazing things to offer this world and so many gifts to share. Your soul longs to help people (whether it be your children, family, clients, or friends) & to make a difference. But, right now you feel stuck.

## You may be at a place where you...

- **Feel tired, burn out, and uninspired.** You are typically a happy, fun loving person and you love to help people but right now it feels like *life has lost its sparkle and you are struggling to keep a positive outlook and stay motivated to keep going.*
- **Having trouble setting boundaries** in your relationships or with your clients.
- **Second guessing yourself & your decisions.** You want to do what is best for yourself but *you also worry about making others happy.* It seems like this affects every area of your life (your health, relationships, business, & love life).
- **Want to break free from others opinions, doubts, or negative vibes.** You are ready to *feel confident & secure* enough in yourself that what they think, say, or how they feel won't affect you.
- **Are ready to expand your energy & step into your most powerful self,** but as you take the steps to move forward you feel yourself closing off and pulling back in. You are tired of cycling through these same ol' blocks & patterns.

**Are you ready to get grounded, clear, & confident so you can attract what you want going forward?**

***Take a deep breathe you are in the right place!***

My name is Lynsey! As a Transformational Coach & Energy Healer my mission is to help you step into your gifts, trust your intuition, & shift your energy so you can attract the love & abundance you deeply desire in both your business & life. **In this guide I will share with you my secrets to *igniting your power & building unshakable confidence* in your business & life.**

# Let's Get Started

## 1. Awareness

The first step to building unshakable confidence is awareness of yourself.

### Let's start with the big picture.

How do you feel in regards to the following areas of your life right now? (p.s. I encourage you to be completely honest – after all this is for you).

- Health/ Self Care
- Self-Image
- Relationship (Significant other)
- Home
- Friendships
- Career/ Business
- Other

Once you are aware of your feelings around your current circumstances, I encourage you to start checking in with yourself a few times a day (morning, noon, & evening) to build awareness of your energy

### Daily check in:

When you check in with yourself you can ask yourself questions like:

- How am I feeling physically right now?
- How am I feeling emotionally right now? (if an emotion comes up you can go a little deeper asking – what is this about?)
- How are you feeling mentally? What are your thoughts about the day or what is happening?

As you begin to check in with yourself you will start to discover & uncover your personal energy & emotions.

## 2. Know What Is Your vs. Others.

As you begin to become more aware of your energy (thoughts, emotions, physical feelings), you may notice your general awareness of energy increases.

### You might notice things like...

- You woke up happy and then after lunch with a friend you felt sad.
- You were energized all day and then after you had a meeting you were exhausted.
- You felt inspired and then after talking with one of your clients you started to feel nervous and doubtful.

If you often feel emotional, stressed, or tired after interacting with people or being in a crowd more than likely you feel other peoples energy or emotions and you might even take it on as your own.

To help you identify if what you are feeling or experiencing is your “stuff” you can simply ask yourself “is this mine”. When you ask the question wait a few seconds for your intuition to respond. Usually you will receive a clear yes or no. If the energy/ emotions is not yours you can simply chose to let it go.

If it is someone that is close to you – your child, significant other, friend, or client who you adore – it may take a little extra time to clear the energy.

**Some of my favorite ways to clear** energy that isn't mine is deep breathing & cleansing breaths, visualization, and calling in the powerful Arch Angels to asset me.

**You can also ask yourself questions like:** why am I feeling like this? What is this about?

***Your sensitivity is a gift these questions are to help you uncover what it is really trying to tell you.***

### **3. Identify Your Desires.**

Once you have a clear idea of what you are feeling and you are aware of your energy vs. others, then you can start mapping out what you really desire.

**I believe that our emotions & feelings are the road map to our desires.** When something doesn't feel good – it helps us get clear on what we want. When something does feel good – it helps us KNOW what we want.

So let's revisit the big picture this time looking at what you really want and desire. For each area of your life – write out what you really want that area to look like & feel like.

- Health/ Self Care
- Self-Image
- Relationship (Significant other)
- Home
- Friendships
- Career/ Business
- Other

### **4. Identify & Break Through Blocks.**

*You have the power to create your own REALITY.* The more aware you are of your energy, the more power you have to create the life you really want.

The first step to identifying your blocks is awareness. To really break through blocks you have to be aware of energy and know how to shift it.

**We all have seven major energy centers called chakras.** When your chakras are clear, aligned, and flowing you will attract what you desire (it is an energetic law). You can think of it like a magnet. When you have one or more chakra that is blocked or congested you may attract patterns or situations that keep occurring in your life. For example: you may continue to have the same money issue, the same fight with your partner, the same responses for clients/ family/ friends, the same feelings, etc.

1. **Root Chakra** – family, security, safety, knowing your path.
2. **Sacral Chakra** – money, sexuality, worth, creativity, relationships.
3. **Solar Plexus** – power center, knowing what you want/ need, boundaries with yourself & others.
4. **Heart Chakra** – giving and receiving love, feeling connected.
5. **Throat Chakra** – speaking & living your truth.
6. **Third Eye** – Seeing the truth, knowing.
7. **Crown Chakra** – connection to higher self & to divine.

Once you are aware of where you are operating within your chakra/ energy system then you can consciously work at moving forward & breaking the cycles.

## **5. Feel Confident & Open To Expand.**

As you start growing there may be times when you feel confident and like you are expanding and then you feel yourself start to close off or pull back in. That is completely normal.

**When this happens what I recommend is checking in with yourself and asking “what do I need right now”?**

*There is no right or wrong answer* – maybe it is to take a nap, take an Epsom salt bath, be alone, sit and cry, connect with friends... without judging yourself allow your heart & soul too speak to you.

**Next check in and ask yourself is there anything you are resisting?** If so take a look at where the resistance is. Is it a fear of moving forward? Or some emotions around letting go of an old pattern/ belief? Or is it resistance because something doesn't feel good/ right to you?

Knowing what the resistance is and where it is coming from will help you move through it.

As you grow and expand you will be constantly being called to let go of things that no longer serve you. One of the biggest mistakes I see happen with people (and I am guilty of it at times myself) is we push forward over doing & expanding and then our body & inner child needs time to rest and catch up emotionally.

When this happens it can look like all of a sudden – hitting overwhelm, burn out, feeling emotional, or feeling like you just want to pull in and hid.

**The best way to stay open is to allow yourself time, space to process as you expand your energy, and get support to build your confidence.**

There you have it **5 steps to Ignite Your Power!** I have used these exact steps to transform my health, relationships, business, & life. They have allowed me to attract my soul mate, lose 45 pounds, find my passion/ purpose, and even attract money (yay). They have worked for me and hundreds of other women too. *Something magical happens when a women claims her worth & ignites her power - her business, relationships, & life all start to change in the most amazing ways.*

**I want that for YOU!**



**I have 2 Special Invitations for YOU.**

**1. Schedule a FREE Discovery Call.**

We will dive in deep and identify your blocks so you can break through & start attracting the clients, love, & abundance your desire TODAY.

[Get started here!](#)

**2. Join me for a 8-week sacred journey, Ignite Your Intuition Group Class.**

Over the 8-weeks we will dive in deep, you will get to know, love, & trust yourself on a deep soul level. By the end of the class you will be fully empowered, confident, and feel more connected to yourself than ever before. [Click here to learn more.](#)

Sending you so much love & gratitude!  
Xo Lynsey