

EXCLUSIVELY FOR STRESSED OUT MOMS



# SOUL SPACE

## TOOLKIT

8

**SELF HEALING RITUALS  
TO INSTANTLY  
RAISE YOUR VIBE!**

*Learn how to  
activate your*

**SOUL  
SUPERPOWERS**

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**HEAL FROM  
CODEPENDENCY & TAKE  
YOUR POWER BACK**

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**BECOME A  
CONSCIOUS  
CO-CREATOR  
OF YOUR LIFE EXPERIENCE!**



# SOUL SPACE TOOLKIT

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# SOUL SUPERPOWER #1-CREATING THE ENERGY OF CONTROL

## HOW TO CREATE A POWERFUL SACRED SOUL SPACE

Congrats on making the choice to take back the control over your life experience! Your first step is to start with what you're **already** in control of: **YOUR RESPONSES, ACTIONS, CHOICES, & PHYSICAL ENVIRONMENT.**

**TIP: To know where to start with setting boundaries, be mindful of & observe the people, places, things, & advice you're currently available for that bring you down from peace & love.**

What is Sacred Space?

- A sacred space helps you get grounded, to go within your thoughts and feelings. It also helps to recharge your batteries when you're feeling drained. It allows for a depth of insight and intuition that helps you gain perspective on other aspects of your life, which makes life more meaningful and feel better.

What kind of scents help you relax?

Candles, oil diffuser, incense, palo santo.

What kind of music or sounds?

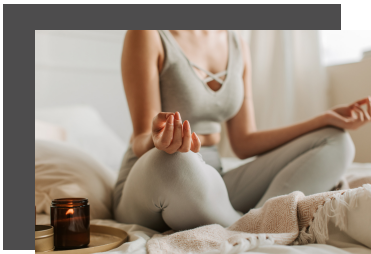
Calming or uplifting music, singing bowls, motivational speeches, podcasts.

What feels good to the touch?

Soft blankets, comfy shirts & pants, crystals.

How can you move your body?

Stretching, Yogo, Walking, Taking the stairs



- SALT LAMP
- JOURNAL
- ORACLE & TAROT CARDS
- CRYSTALS
- OIL DIFFUSER
- INCENSE
- LIVE PLANTS
- VISION BOARD
- ALEXA ECHO DOT
- TRAY
- PENDULUM
- STATUES OF DIETYS
- BOOKS

## HOW TO CREATE A SACRED SPACE THAT ACTUALLY WORKS:

1. Choose an area that you enjoy BEING in.
2. Schedule in a specific date & time for your Soul Care Ritual. Ex: *Sundays at 8 PM*
3. Gather 1 or 2 items you already have then gradually add more as you feel called.

**The most important part is to GET STARTED!** Creating this space with intention will help you create the energy of control in your life. You might not be able to control what others do or the situations that happen, but you can control how you experience them & respond..

## BOOK & AUDIBLE RECOMMENDATIONS TO HELP YOU ON YOUR SOUL JOURNEY



If there is only ONE tool you use from this guide, reading books is the most powerful one to explore. For the last 4 years, reading & listening to books, podcasts, & Ted Talks have been at the CORE of my personal transformation & growth. I rarely listen to the radio & Alexa is ALWAYS reading something to me while I get ready for my day. Listening to podcasts in the morning is how I get my mind right before I face the world! Here is a list of my top 15 most helpful, empowering books that helped me to discover who I really was, take my power back, step into my purpose with clarity, & become a CONSCIOUS co-creator of my life experience!

### TOOLS-

Kindle Unlimited \$9.99/month

Audible \$16/ month

- *You Are A Goddess*- Sophie Bashford
- *The Calling*- Rha Goddess
- *The 4 Agreements*- Don Miquel Ruiz
- *The Sophia Code*- Kaia Ra
- *You're A Badass At Making Money*- Jen Sincero
- *You Are A Badass*- Jen Sincero
- *The Universe Has Your Back*- Gabby Bernstein
- *Super Attractor*- Gabby Berstein
- *Letters To A Starseed*- Rebecca Campbell
- *Light Is The New Black*- Rebecca Campbell
- *Discover Your Dharma*- Sahara Rose
- *Daring To Lead*- Brene Brown
- *Happy Pocket Full Of Money*- David Gikandi
- *The Soul Sourced Entrepreneur*- Christane Kane
- *See Yourself In A New Light*- Saranna Rain

## SOUL SUPERPOWER #2

# POWER OF PRESENCE

If our mind is always in the past, regretting your mistakes or worried about the future, it's almost impossible to heal, awaken, & take control of your life experience! This is why 'presence' (aka mindfulness) is the 2nd tool for taking your power back.



How many times have you been sitting at a stop light, in your car, & hear the car behind you honk their horn telling you to MOVE? Or how many times have you been on your phone while someone was trying to tell you something? (I've done this to my kids so many times!!) This is being OUT of the present moment. We are always somewhere else & never focused on the task at hand. We always want to be somewhere else than where we are. "The grass is always greener"? Before we can meditate, we have to strengthen our mindfulness muscle! Honestly, this was more powerful than meditation itself, in the beginning. Here are a few simple rituals to do everyday that will have you snapping back into the present moment in no time!

- Schedule a time to get present, morning, noon, & evening for one minute.
- Focus on a Candle, Crystal, Breath, Mantra, Affirmation for 1 to 3 minutes.
- The 5 Senses Exercise- Grounding & Present Moment Awareness  
What are 5 things you see, 4 your hear, 3 feel, 2 taste, 1 smell.

## SOUL SUPERPOWER #3

# SETTING AN INTENTION TO DIRECT THE THOUGHTS

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Once you have your sacred space set up & you've practiced getting present, the next step to CONSCIOUSLY co- create your life experience, *with your Higher Self*, is to set an intention for how you **intend** to show up & respond in your day. You might find other definitions for what an intention is but this is the one that has resonated the most for me: ***A declaration for how you want to feel everyday & how you plan to show up in your life that will move the needle towards reaching goals.***

For example, in the beginning of my journey my only **goal** was to: ***FEEL BETTER on my own without any substance or medicine.*** Instead of racking my brain trying to figure out HOW that was going to happen, every morning I set the intention: ***I will feel good today!***

This simple intention acted as an anchor during stressful moments that reminded me of my end goal: ***I will feel good on my own.***

If somebody made me mad, my mind would remind me: No one can make you feel any type of way unless you allow them to. I asked myself, is this about me or them? Who has my power right now? This intention helped me stay focused on the right things as I began to heal.

## GOAL

## INTENTION

## SELF HEALING TOOL #1

# JOURNALING FOR RAISING SELF AWARENESS

Studies show that when we write notes during a training, our brain retains information better & increases clarity. It also helps us control & improve our mood by prioritizing problems & tasks, facing fears & concerns, create a life vision, set goals, & channel intuitive information. When you write out how you're feeling, you become aware of your triggers. This is how you raise your level of self awareness which is the first step to taking your power back!



1. How do I deal with stressful situations that I have no control over?
2. How do I respond when things don't go as planned? Or when someone else's behavior or choices cause those plans to change?
3. How do I deal with being misperceived or misunderstood?
4. How do I respond to situations that require me to step out of my comfort zone?
5. How do I deal with rejection & criticism?
6. How do I respond when someone judges me, makes fun of me, or calls me names? Do I believe them and allow them to define who I am? Or do I apply the fact that someone's perception of me is a reflection of them.
7. How do I respond to obstacles, challenges, and any "bad" things that happen in my life? Do I accept them as opportunities or as a reason to bitch and complain?
8. How do I deal with change? New job, house, boyfriend, new people, new rules, etc- Do I avoid it, welcome it, fear it, like it, complain, worry, or stress out about it?
9. How do I respond to someone who is different than me with different beliefs and opinions? Ex. Tell them they're an idiot who shouldn't talk?
10. How do I deal with uncertainty, the unknown event that I have no control over?

## SELF HEALING TOOL #2

### AFFIRMATIONS

Affirmations are one of the most effective tools for retraining the mind with new empowering beliefs & habits that will support you while you take back your power! When done right, you'll begin to see results within just a few weeks! Your affirmation must be **possible, within your control, written in present tense, use "I" statements, positive, focused on what you DO want and not what you don't want, avoid words such as NOT or I DON'T, and it must be FELT**, your energy has to match what you're saying.

Instructions: *Choose 2 to 3 affirmations to repeat EVERYDAY 10 xs in the morning, noon, & night for the next 21 days.*

- I see the beauty in all of my surroundings
- My actions create prosperity.
- My past holds no power over me.
- I am happy with who I am.
- My happiness grounds me.
- Divine power runs through me.
- I choose to feel good.
- I am in charge of how I feel.
- I reclaim my power.
- I accept who I am.
- I courageously shine my light.
- I am allowed to say NO to others & YES to myself.
- I release all doubts & insecurities.
- I do not allow other people's actions, words, or energy ruin my day!
- I no longer take things personally.

## SELF HEALING TOOL #3

# MEDITATION

Once you've consistently practiced 'presence' for 21 or more days, you will have an easier experience of directing the thoughts that come into your mind. It's time to *successfully* unleash the magic of meditation!

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Chances are if you were born on this planet we call Earth, you've been domesticated, conditioned, & programmed to believe certain things about yourself, others, & the world. You've been taught to believe there is a *certain way* to BE & *certain things* to DO. If you aren't this *certain way* then you are rejected. If you don't do these *certain things*, you are rejected. From a very early age, we've been ripped away from our power that we were born with. Unless you were taught that you hold this power, you've been giving it away in hopes of being accepted & loved. When we no longer hold our power, we feel depressed, lonely, taken advantage of, stressed out, overwhelmed, abused, victimized, less than worthy, & many other low vibing emotions.

## How to reconnect with the Higher Self:

To reconnect your smaller self with your higher self, set a timer for 10 minutes. Sit down without any distraction. Close your eyes, take 3 deep breaths, let go of expectations, stress, & drama just for the moment, relax your shoulders going down to your feet, ground your energy, visualize a stream of white light moving up through your body starting at the Root up to Crown where it opens up, see the light connect with your Higher Self. However you imagine is right! There is no right or wrong.

What does your Higher Self look like? Imagine the most PERFECT version of yourself, the version of you that knows ALL, she knows everything that will happen, she knows your goals, she knows what you're going to achieve, she holds the key to unlocking your authenticity. She will help you separate the false beliefs that aren't yours with your true beliefs.

## SELF HEALING TOOL # 4

# 6 STEP CHAKRA HEALING METHOD



To maintain a healthy balance so that we can RESPOND to our day vs react. With consistent practice & applying insights in your day, you'll begin to notice the benefits within just a few days.



1. Sit or lie down in a quiet/ comfy area with a blanket, free from distractions for the next 15 to 30 minutes. Close your eyes & get into a relaxed, meditative state by taking a deep breath in, & exhaling, repeat x 5 times, or by doing a body scan, or listen to this progressive relaxation meditation.
  2. Imagine a white, healing light pouring into your Crown Chakra, at the top of your head. This white light flows down into your Root Chakra, end of your tailbone.
  3. Visualize a RED ball of light at your tailbone.
  4. As you breathe in visualize that RED ball of light getting brighter, & when you exhale, see that RED ball of light begin to spin,
  5. On your next inhale & exhale, visualize that you're exhaling all of the stale, stuck energy from the Root Chakra. This can be in the form of a black smoke or tar, whatever comes to your minds eye is perfect.
  4. You now see a warm glow of RED emanating from your tailbone. This glow continues to rotate, spinning, clearing, balancing, and aligning, smoothly like a wheel.
  5. You're now radiating with safety & security.
  6. Say out loud "I AM SAFE" & express gratitude for your healing.
- (REPEAT FOR EACH CHAKRA)

- Listen to this guided meditation for clearing all 7 chakras.



## SELF HEALING TOOL #5

# Crystal Healing



Crystals help to balance your vibration frequency & bring about physical changes such as relieving headaches, healing stress, nightmares, anxiety, & depression. It's one of my favorite ways to heal with energy!

But above all, crystals have helped me with strengthen my focus & intention. If you already know the colors of the chakras & what part of the body that chakra governs, then you're well on your way to being an expert with crystals!



### 10 MUST HAVE CRYSTALS:

1. Amethyst (3rd Eye, Crown)- Meditation, helps to quiet thoughts.
2. Citrine (Solar Plexus)- Confidence, motivation, prosperity.
3. Clear Quartz (Crown, All Chakras)- Enhance mental clarity.
4. Rose Quartz (Heart)- Unconditional love, compassion.
5. Tigers Eye (Sacral, Solar Plexus)- Motivation
6. Black Tourmaline (Root)- Clears EMFS, negative energy
7. Green Aventurine (Heart)- Prosperity, self love.
8. Lapis Lazuli (Throat)- Clear Communication
9. Fluorite (Heart, throat, 3rd eye, crown)-
10. Smokey Quartz (Root, Crown)- Transmute negative energy into positive.

### CRYSTAL HEALING TIPS: WHAT ARE YOU WANTING TO HEAL?

Set an intention for the crystal. Tap into your intuition to choose which crystals to work with for that day. Place crystals around your home, in your purse, your car, at work, & any place where you spend time in. At bedtime, place them on your body, on the correlating chakra, for 10 to 15 minutes to balance specific chakras or all of them. Make an appointment with a certified Crystal Healer here:

<https://calendly.com/the-soul-relaunch/30-min>

# The Soul Relaunch Manifesto

When I was young, I blindly went where every woman had gone before... To school, to get good grades, to go to college, to get a good job, to meet the expectations of others.

I thought my future was to work until I was 65, retire, live in poverty for 5 - 10 years, and then die.

I was so unfulfilled and restless and was living life on autopilot NEVER feeling good enough or that I was doing anything right.

I did what I "should".

But I knew deep down that my life was meant to be more!

The status quo has ALWAYS made me gag.

I've always been a 'rebel' who broke the rules.

I was not born to live in a box.

I was created to be free.

I am a lifelong learner on a never-ending quest to reach my full potential.

I think outside of any "but" and question my B.S. (belief systems).

I'm purpose-driven and heart-centered.

I came to this earth to use my gifts and make a difference.

I live life on my terms by taking radical personal responsibility.

I turn pain into purpose and find the blessings in my challenges.

I am unstoppable, and I don't need permission to embrace my BRILLIANCE

It's not that I have no fear, it's that I just do it anyway.

And, when I'm not motivated, I dream BIGGER!

I am the master of my destiny.

I am a freedom junkie and time is my currency.

I believe entrepreneurship is the ultimate form of empowerment.

I work hard but play harder.

I will fulfill my purpose or die trying. There is no plan b.

I run more than a business, I'm leading a movement.

I am a little bit crazy but wouldn't have it any other way.

I am authentically, totally, and emphatically me. I own it. I don't apologize.

I am Transformation!

X\_\_\_\_\_

Date: \_\_\_\_\_

Whoop Whoop! Girl, you've just created a strong foundation for an EFFECTIVE self healing practice to facilitate healing from the past, reconnecting with your light, & discovering your soul purpose! You're taking your power back & that's not something many do in their lifetime! PLEASE give yourself some props sister! For real.

Now that you know you're here for a reason, you know without a doubt you have a higher purpose. It's no accident that this Soul Space Tool Kit landed in your space. You're ready to go even deeper into your healing journey, with energy & mindset work, & schedule your 1:1

Soul Care Coaching Call with me here:

<https://calendly.com/the-soul-relaunch/30-min>

In this 30 minute call, with the help of your Spirit Team, we'll get clear on your next steps to strengthen your intuition, get into alignment with your purpose, & begin to CONSCIOUSLY co- create a flow of abundance into your day to day! Let's get going!

xoxo

nicole

