

BRAVELY BE YOU

THE EMPOWERED HSP BLUEPRINT

Navigating Your Professional Path
As A HSP / Empath

Workbook



sineadraffertycoaching.com

HSP ALIGNMENT CODE

What area needs your attention the most?

What is your most aligned next step to take?

ARE YOU A TRAILBLAZER?

Yes

No

I'd like to be

What are your motivations?

1.

2.

3.

4.

5.

7 ALIGNMENT KEYS

2. Energy Flow

What does your ideal rhythm look like & feel like?

Notes:

7 ALIGNMENT KEYS

3. Individuality

How are you currently honouring your individuality (or not)?

Notes:

7 ALIGNMENT KEYS

4. Authentic Expression

What one thing can you do this week to express yourself more authentically?

Notes:

7 ALIGNMENT KEYS

5. Inspired Impact

What IMPACT do you dream of making?

Notes:

7 ALIGNMENT KEYS

6. Self-Actualisation

Do you crave growth & expansion?
What opportunities are on the horizon?

Notes:

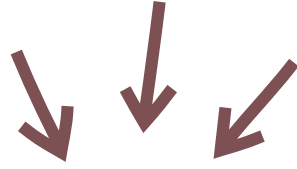
7 ALIGNMENT KEYS

7. Validation

How do you feel about your trait of sensitivity?

Notes:

Want to go deeper?
Micro Courses just \$27



UNTAPPED
PURPOSE
POTENTIAL

Awaken Your Ikigai As a HSP

