

# Embarking on Empowered Sensitivity

3 Steps to Balance & Alignment,  
Without Compromising On Your Dreams

*Workbook*



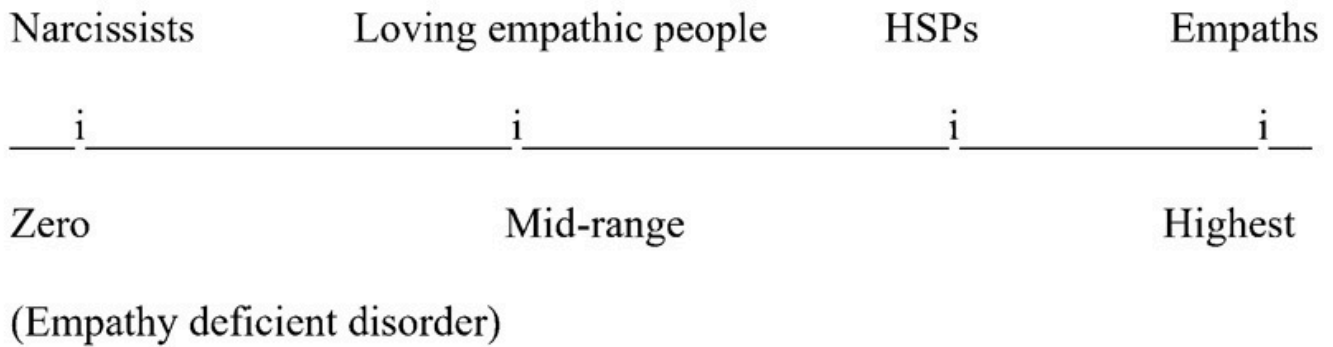
[sineadraffertycoaching.com](http://sineadraffertycoaching.com)

Dream BIG For the Future & Bravely Be You

# HSP / EMPATH

Where do you fall on the empathic spectrum? x marks the spot  
(trust your intuition)

## The Empathic Spectrum



How has your experience of your high sensitivity influenced your life to-date?

# Can You Relate...?

Which of the 'narratives' resonate the most with you?

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What have you been telling yourself in relation to your sensitivity & empathic nature?

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# Embarking on Empowered Sensitivity

Are you...

A Freedom Seeker?

Determined But Doubtful?

An Empowered Trailblazer?

How can you align more with your authenticity?

# Your True Nature

WHY is embracing & validating your true nature as a HSP so important?

What are *your* personal strengths?



# Common Blocks

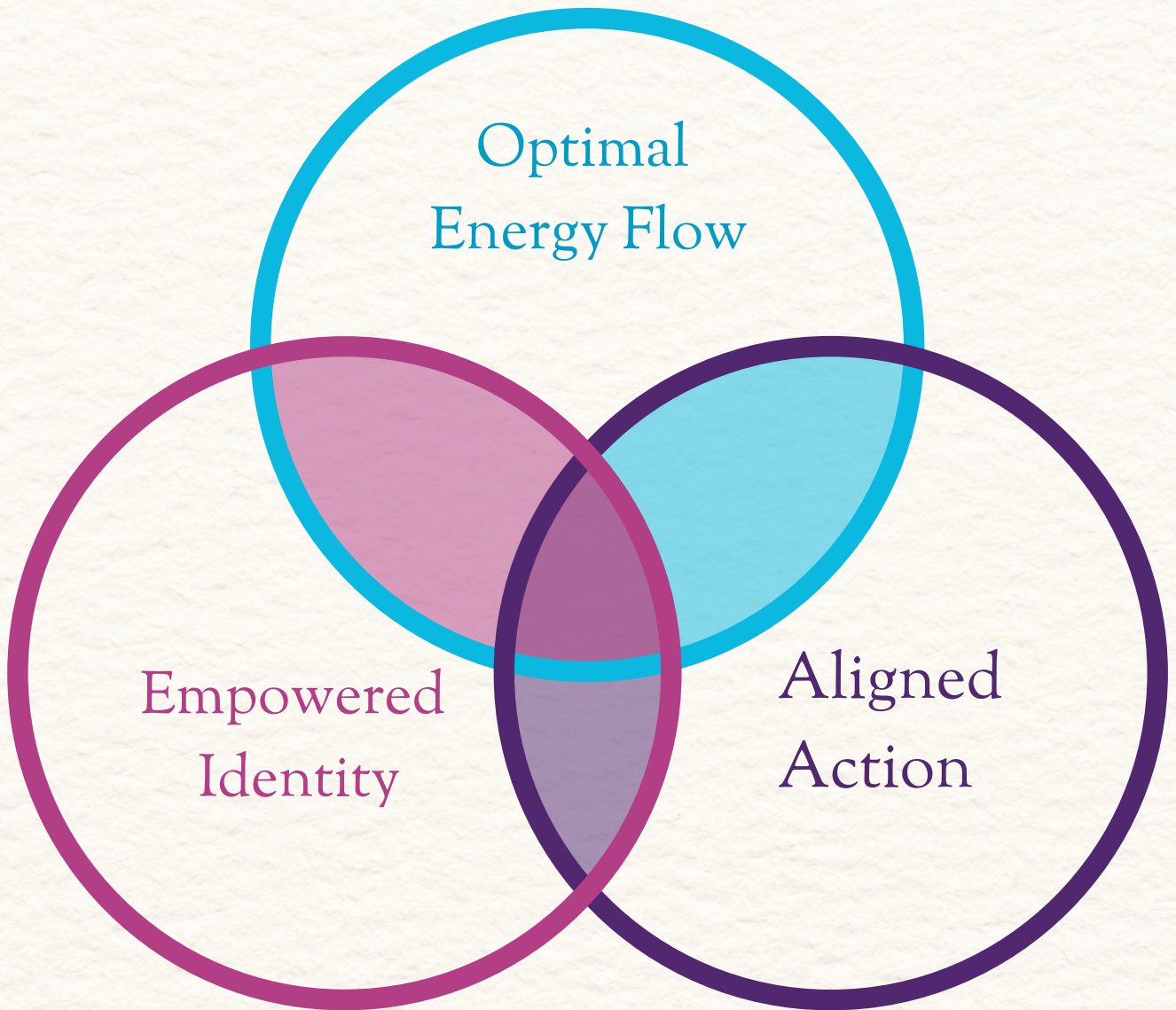
Which block is standing out for you and why?

What do you feel is your single biggest challenge in relation to following your vision & building the life of your dreams?



# The Alignment Code™

1-2-3-4-5-6-7-8-9-10

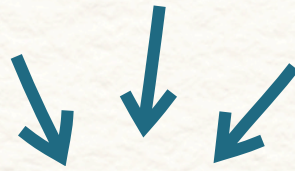


1-2-3-4-5-6-7-8-9-10

1-2-3-4-5-6-7-8-9-10

What area needs your attention first?


# Book a call with Sinéad:



Sinead Rafferty Coaching

## Consultation - Purpose Pathway

 30 min

 Web conferencing details provided upon confirmation.

Free 30 minute consultation to discuss your interest in The HSP Purpose Pathway and if it is a good fit for you.