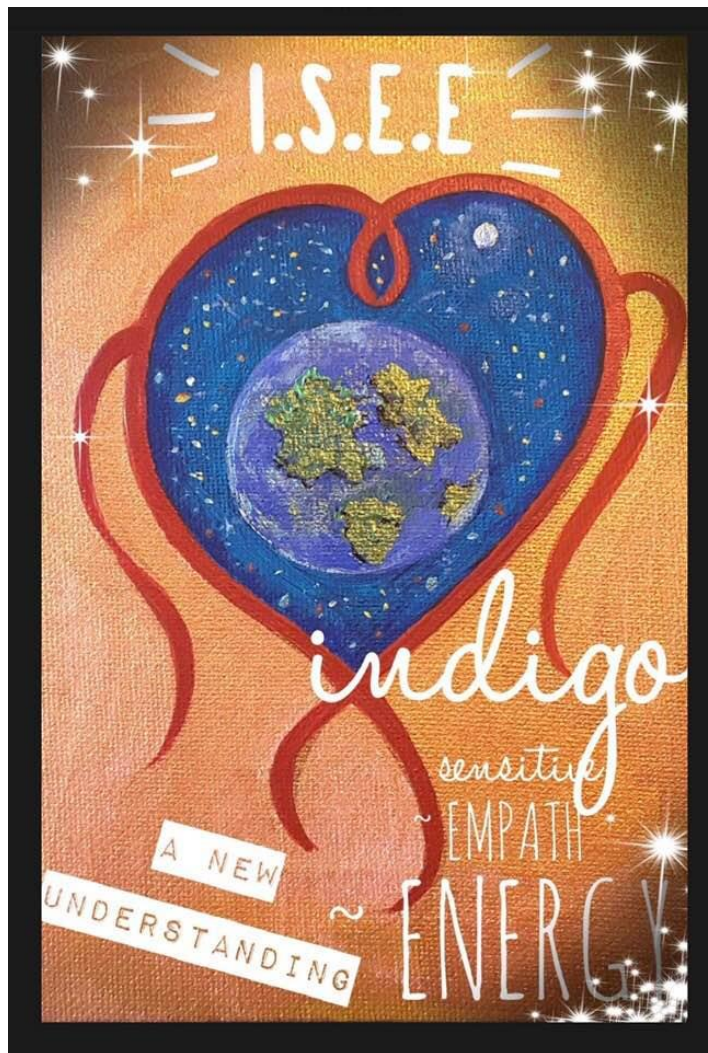


# Falling in Love with Your Sensitivity.

Personalized Moms Checklist & Guide Book

I.S.E.E. – U

Indigo ~ Sensitive ~ Empath & Energy – Understanding You!



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# INTRODUCTION

Let's Remember Who We Really Are!



A QUOTE BY: Bridgette Nicole

“NEVER Apologize for Being a Sensitive or Emotional Soul.

It is a sign that you have a Big Heart,

And that you are not afraid to let others see it.

Showing your emotions is a sign of strength.”

***Welcome to your Personalized Sensitive Moms Checklist and Guide.***

Feeling seen, heard and understood is truly a refreshing experience.

It is also helpful to understand your sensitive children better, whether they are in their teens or are young adults.

This Checklist and Guide is a Family affair. 😊

***Yet it is important to remember that today you come first.***

Recognizing yourself and knowing that you are not alone will soothe your soul.

Allow yourself 20 minutes to be fully present and engaged in this Self Discovery process.

This is a present for you!

Light a candle, allow a deep breath in, exhale haaaaahhhh with sound, and enjoy the experience.

I am with you, energetically cheering you on. Let the fun begin.

### **Sensitivity Facts:**

1. Did you know that 30% of the population is now known to be “highly sensitive”, whereas 30 years ago it was 3-8 %?  
This why we are gathering together, there is more of us than you may realize, and being in a soul tribe that fits, calms us instantly.
2. In Canada, A high school Principle found a statistic that Sensitive boys and men are the least likely to be understood and supported.  
(FYI - We will discuss more on this topic later).

**This Checklist & Guide will give you a snapshot of your personal Indigo/Sensitive/Empath traits.**

### **Instructions:**

There are 3 separate categories. Indigo- Sensitive & Empaths.

Please check the box in each of the 3 categories that best describe you the most. Then count your total score for each category.

You will likely have more Foundational Sensitive traits because that is the overall “basic description” for all of us highly sensitive souls.

This personalized Checklist and Guide was received intuitively to help me understand myself and my children better.

It was not until many years later that I was guided to share it with others, as it proved to be extremely helpful.

I do not use medical terms such as adhd, add, or mental health labels because this information is not a diagnosis or a dis-ease.

It is an awareness that having a sensitively tuned nervous system isn't wrong.

***It's simply how we are wired!***

We notice subtle energy, we are compassionate, caretakers, healers, and we faced an insensitive world that clearly doesn't understand human empathy.

***Therefore, remember, Sensitives are not Sissy's, they are Resilient and Bravehearted!***

Being acknowledged and recognizing your beautiful soul will spark that inner fire you know is there.

Here is a quick lesson in Iridology – Your eyes have the answer. (Iridology is the Science of Analyzing the Iris of the Eye).

It's a personal road map to your inner world.

***Your eyes show what your primary way of being is.***

For example:

- **Thinkers** – who process life through reason, linear, logical thinking. (they enjoy planning, organizing, & step by step processes)
- **Feelers** - who process life through inner feeling/sensing, intuition, spontaneity, and passion. (Spiritual/Emotional)
- A feeler's sense of smell, sound, taste, sight, and intuition are more pronounced.

***Now, yes, everyone is a thinker and a feeler, we have both!***

It's like most of us use our right hand to do most tasks.

It feels natural, while others are left- handed.

It's our innate operating system, and it makes us all unique.

The Science of Iridology and the eyes show these 2 “Behavioural and Physical Constitutional” types.

***This knowledge is included in your Personalized Sensitivity checklist.***

***It is not AI generated.***

Understanding these qualities is a guiding light. It's a blueprint for you to acknowledge, recognize, and work with your sensitivity superpowers, instead of against them.

Knowing who you are and why you have these qualities will clear up a lot of confusion.

Plus, these are your superpowers; they work for you.

They are a gift once you know how to use them.

***For example, when you feel that spark of intuition and trust it, life gets more fun.***

This Checklist and guidebook is the beginning.

We are going to gather and continue this journey together in the weeks and months ahead.

I am so grateful you're here. 😊

As you read through this Guidebook, it's advised you record your aha's, thoughts and/or highlight what stands out for you.

We will be building on this foundation when we gather together for the:

***Bravehearted Sensitive Moms Revived Masterclass.***

***JOURNAL NOTES:***

# Indigo ~ Sensitive ~ Empath & Energy –

## Checklist & Guidebook

### INDIGO

- Strong Willed**
- High Integrity**
- Intuitive**
- Strong Minded**
- Intelligent**
- Bold**
- Wise Warrior – Powerful Protectors of the less fortunate.**
- Not afraid to speak out or Act for Justice.**
- Does not understand this world.**
- Will not follow rules that do not make sense.**
- Are often mis-understood**
  - Feel a Higher Calling - and more meaningful work.**
  - Known to give the shirt off their back.**
  - Would enjoy working in disaster relief, service work.**
  - Can put up a good front, yet suffer in silence.**
  - Can be high achievers in the work environment.**
- Have an inner lie detector**
  - Can not “respect” authority, when authority are living a lie.**

**The Indigo's face the toughest challenges, because they are not here to conform to corruption, but to help us break FREE from the top-down structures of corruption.**

### INDIGO JOURNAL NOTES:

## EMPATH

- Feeler/Healer/Helpers/Caregivers
- Can feel the mood in a room.
- Feel others pain
- Cannot watch suffering
- Many Doesn't like hospitals
- Often an Over Giver
- Over Compassionate
- Overwhelmed
- Big malls/stores aggravate them
- Does not thrive in high-stress
- Feel anxious often
- Feel calm in Nature
- Need more "down time"
- Certain people/places Drain your energy.
- Criticized for being "moody"
- Moon and Earth changes affect you.

### Summary:

- The empaths actually feel other peoples pain and emotional states in their bodies.
- Learning this and knowing how to recognize and clear these energies brings healing, peace and calm into the body.

## JOURNAL NOTES;

## OVERALL SENSITIVE TRAITS

- Feel deeply – need Alone time
- Called “Too sensitive-Toughen UP”
- Heightened senses, taste, smell, touch, sound, sight.
- Highly Intelligent – always asking questions.
- Highly Intuitive
- Too emotional
- Take things too seriously
- Talk too much
- Creative – music/art/writing
- Spiritual interest
- Dreamer/Visionary
- Feel inspired yet inadequate
- Overthinking
- Challenge sleeping
- Meditation adds anxiety
- Counsel others
- Sense a Spiritual/Universal Force
- Self Critical
- Compassionate
- Feel “not enough a lot”
- Little things irritate you
- Bored in school
- Too active – can’t sit still
- Irritated by loud sound or strong smells
- You have a passion for life
- Enjoy deep conversations
- Love learning what you are interested in.
- You were born socially responsible
- Overwhelm is common
- Animals are your favorite
- Feel mis-understood often
- Feel like you don’t belong
- Love nature and being outside
- Feel judged

This is where you may notice you have overlapping traits.  
Sensitive/Empath or Sensitive/Indigo.

Allow what you have learned to simmer within you.

We will be expanding our knowledge and sensitivity strengths together. Stay tuned to your email for the Masterclass details and more clarity in Falling in Love with your Sensitivity. 😊

## JOURNAL NOTES:

## **CHECKLIST & GUIDEBOOK SUMMARY:**

I trust this Checklist & Guide has given you the insight and confirmation that you have amazing capabilities that are untapped.

We are here to remember who we really are and why we are here, we are on a Mission!

***Welcome home to where you belong!***

We are an Intimate, Inclusive, Intuitive, Safe community Rising together.

Where Connection, Communion and Collaboration are the norm.

We share our wisdom, grace, and grit as we courageously and safely support each other to Thrive!

***We Grow & Gather in:***

***“The Conscious Cowgirl Community.”***



**FINAL MESSAGE – One more time !**

**A QUOTE BY: Bridgette Nicole**

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## **DISCLAIMER:**

This content was written for educational and informational purposes only.

***It is not intended to replace your regular M.D. or PHYSICIAN visits or recommendations***

***Annette Agabob is NOT A MEDICAL DR.***

This content comes from 20 years of experience, Divine Guidance, and learning from Mentors and teachers in the field of Natural, Spiritual and Energy Health, and a mother's personal experience.

Please accept responsibility for your choices.

If you are on any medications or are in the care of a psychiatrist or psychologist, please consult with them before making any personal lifestyle changes.

This content is to inspire, educate and empower, for the highest good of all.

We are not victims of our sensitivity; we are empowered by them.

To receive more light-hearted inspiration, tools, energy and ease, stay tuned to your inbox as we connect and create community together.

For a broader view of my Soul Mission and services, feel free to browse my website, or find me on Substack.

[www.theconsciouscowgirl.com](http://www.theconsciouscowgirl.com)