

Reclaim Your Energy

**A GUIDE TO START GETTING
BACK IN THE FLOW**





This isn't actually my coffee (I don't drink coffee) but that's my real smile when I see you!

@rachellecphotography

HI THERE, SAHARA'S MY NAME AND HELPING LIGHTWORKERS IS MY GAME!

I am an intuitive energy healer, creative soul, and totally ocean obsessed. I teach lightworkers & alternative health practitioners how to heal themselves so they can heal others. I focus on teaching them energetic self care and boundaries so they can serve their clients better.

Through my work I help healers go from tired, disconnected, and drained to feeling aligned, alive, and thriving.

I'm super stoked to be here with you!

HOW THIS WORKS

This workbook works alongside the Reclaim Your Energy Video Guide. I suggest using them this way so that you can absorb all of the things you need to start getting your flow back.

Everything is set up for you in this workbook. I tell you when to watch each video, give you the exercises and helpful tips. All you have to do is commit and show up.

Remember that this is the *starting point* to reclaiming your energy. I wanted to give you a place to explore for yourself what is going on and get an idea of what the next step in your healing looks like. It is going to take some time and effort to get back into your game again and that's ok! Be patient and kind with yourself :)

So much love,

Sahara



WATCH THE INTRO VIDEO BEFORE GETTING STARTED

Identifying The Root Cause of Your fatigue

1. Take a few deep breaths and get in touch with your body. Feel free to go even deeper and meditate to clear your mind and become present.
2. Complete the checklist below.
3. Write in the space whatever you feel could be causing this. Hint: use the checklist as your reference.

Checklist of how you feel

- | | | |
|----------------------------------|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> Lost | <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Tired |
| <input type="checkbox"/> Tight | <input type="checkbox"/> Jealous | <input type="checkbox"/> Depleted |
| <input type="checkbox"/> Drained | <input type="checkbox"/> Disconnected | <input type="checkbox"/> Stressed |
| <input type="checkbox"/> Annoyed | <input type="checkbox"/> Disrespected | <input type="checkbox"/> Anxious |

WATCH VIDEO TWO- WHAT COULD BE HOLDING YOU BACK

What I think is causing me to feel this way is...

WATCH VIDEO THREE- WHAT YOU CAN DO ABOUT IT

Practical Steps to Getting in The Flow

I have taken the most common reasons lightworkers feel disconnected and broken down simple and practical steps you can take right now to address them.

If your root cause is taking on too much...

You are a busy human constantly over-booking yourself, feeling overwhelmed and anxious about all the tasks on your to-do list. The feeling of doing it all is starting to take a toll on you and you find yourself running on empty to try and help your clients.

Start Today:

If you don't already have one, write out your schedule for the next week. Is there something you aren't looking forward to? A task that you can ask for help with?

This Month:

Get honest with yourself and other people by saying "no" to what doesn't feel good. If you are a people pleaser, I know this can be hard, but you aren't doing any favours by agreeing to something you'll only be partially invested in.

Longterm:

Build the schedule you want to have. How can you do what you love but with more ease? Notice what you feel like when you see free time in your days. Is it scary, new, satisfying?

If your root cause is having "messy boundaries"...

You have people sliding into your Dm's asking for advice but won't book in with you, your friends and family ask for free sessions all the time (without you offering), and your clients don't respect your personal space or time. This leaves you feeling tired, uncomfortable and a little awkward.

Start Today:

Spend some time with your phone off or on "do not disturb". Feel into what is happening. Are you anxious, annoyed, relieved?

This Month:

Practice answering these kinds of requests or redirecting the conversation. It can be as simple as "I would love to help but I save this energy for my clients" or "I feel like just hanging out today, not doing a spiritual deep dive".
Whatever feels good!

Longterm:

Learn how to get good at setting boundaries. You are not mean for telling people how to respect you and your work!

If the root cause is not having a sustainable self-care routine...

You know you need to take some time for yourself but you don't. Things keep coming up and you find new excuses to avoid self-care. There is a feeling that you can't keep up with "me time" or that you don't even know where to start.

Start Today:

Clear out 5-10 minutes to meditate, do a face mask, or take a walk.

This Month:

How can you get the most out of your "in between" moments and daily rituals you already have? If you read before bed can you add an extra two minutes of breathwork? Got something in the oven? Maybe you have time for a dance party or some mindful movement.

Longterm:

Let it be normal for you to incorporate self-care into your routine. Clear out any blocks you may have surrounding taking care of yourself.

WATCH VIDEO FOUR- THANK YOU

To You my Lovely Human,

I hope that you have gotten something from this guide! Commit to the process and to yourself and don't give up trying to figure it out.

If you find that this was a good start but you need more personalized guidance, get in touch with me [here](#) or on Instagram. I would love to schedule a consult call to see how I can best serve you!

Be proud of yourself for taking the first step and know I'm always in your corner.

Love and Energy,

