



The Empath Rising

Your Challenge
Exercises



Day 1: Reclaim Your Energy & Vitality

- 1. Daily Task: Your I AM Meditation notes.
List Your Experiences: Photo and post.**

A large, empty rectangular area with a light pink background, intended for users to write their daily task notes and list their experiences.

2. Day 1 Task:- Declutter

Follow the video instructions and post your photos.

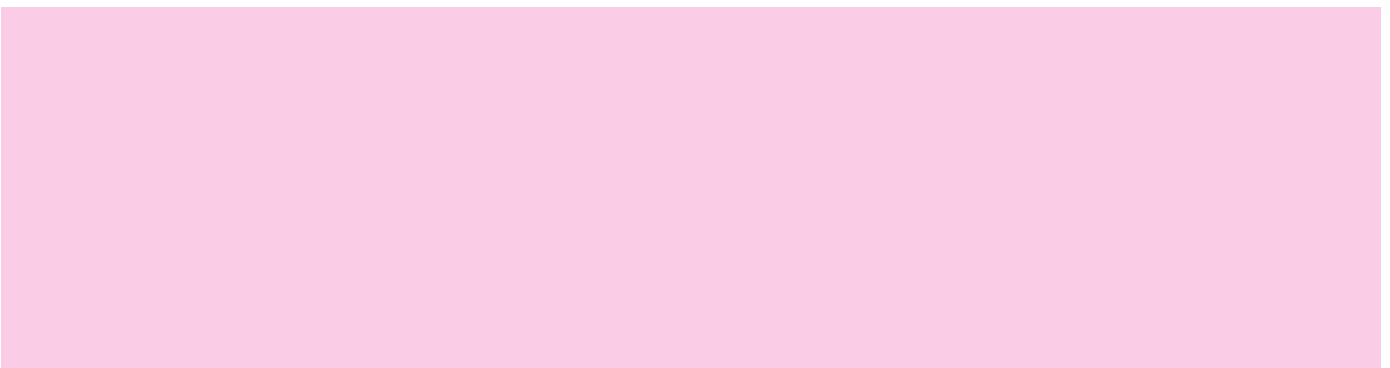


Day 2: Free Yourself from Toxic People

1. Your I AM Meditation notes:



2. Your Love Letter:





3. Your Expression Letter:



4. Your Boundaries Task:



Day 3: Empath Self Care

1. Your I AM Meditation notes:



Note: Use your Soul Care Planner as instructed.

Day 4: Honing Your Magical Intuitive Gifts

1. Your I AM Meditation notes:



2. Listen to the audio guided journey in your email.



3. Your Automatic Writing task:



4. Bonus: What is in that bag?



Day 5: Healing Past Trauma & Reclaiming Power

1. Your I AM Meditation notes:



2. Judgment & Self Forgiveness Exercise 1



3. Judgment & Self Forgiveness Exercise 2



Day 6: Receiving Abundance

1. Your I AM Meditation notes:



2. Scarcity exercise:

3. Reframe exercise:

Day 7: You Are Worthy AF- Invest in Yourself

1. Your I AM Meditation notes:



2. Your gift to yourself and why you chose it:



Thank you for participating!

I hope this has been valuable for you. If you are ready to go deeper into your own personal transformation and be a part of The Empath Rising Experience, apply for your Discovery Call here: <https://live.vcita.com/site/slh581f9frm5qdyz>