Energy Shifting

Step 1- Notice your energy patterns.

What are you constantly thinking about?

Step 2- Get clear on what you want

Is it the job, a relationship or your pupose?

Step 3- Bring it in now

bring in one thing a day that lights you up and makes you feel GOOD!

Remember, your energy is everything! Focus on what makes you happy and you will attract more of it.

The EMpowered Life