



Manage Your Divine Energy **Week 2 Handout**

Before you reach out to people, you want to be sure you are in the best space possible for connection. Here are some suggestions on how you can do that.

- **Do consistent energy clearing and mindset prep by:**
 - Listening to the *Divine Client Attraction* affirmations
 - Listening to the *Heart-to-Heart* visualization
- **Ground yourself**
 - Breathe deeply 4x
 - Get present
 - Surround yourself with light – see it flowing into and out of your body
- **Connect with your intuition and ask:**
 - With whom should I connect today?
 - Who is needing/wanting to hear from me?
- If you feel nervous about reaching out to connect, use these very good techniques before a call to get you in the best energetic space possible:
 - **Tap** on your feelings
 - Do the **Figure 8 Energy Technique**
 - **Say a prayer**
 - **Affirm:**
 - People want to connect with me; they want to hear from me.*
 - It is of service to them that I am reaching out to them.*
 - This call is not about me; it's about connecting.*
 - I can easily do that.*
 - Get into a space of **gratitude for being able to do the work you do**



- Remember why you are doing the work you are doing – so you can serve your people and help them transform.

What other energy techniques do you know that you can use? Write them below:

Divine hugs,

Anne

Rev. Anne Presuel
Your 6th Sense Guide to a 6-Figure Business
DivinelyIntuitiveBusiness.com

