



Angel-Inspired Empowerment: Building Confidence from the Heart

3 steps to joyfully embracing your power, sharpening your intuition, and growing your confidence and sense of self-worth! Discover what empowerment means, how to feel fully alive and worthy on a regular basis, and how to overcome fear and old patterns to joyfully own your power, intuition, and worth.

1. Who are you? Reconnect with your true self

Who are you when you aren't helping everyone else? Where is your joy, vitality and power? When do you feel worthy? What do you stand for? What is in your heart?

2. Listen to your heart and your intuition

When do you hear that "still small voice" inside? What might your angel or higher power say to you? Start to listen for and reflect on that inner wisdom.

3. Embrace your inner wisdom and strength

What does empowerment mean to you? What might being empowered look like in your everyday life? What might be possible with increased confidence?

Bonus Step: Get Support!

Would you like some help with this? For more information, please contact me at info@kathytulleycoaching.com