



The

Empath's
Guide to
Thriving

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Hi! I'm

Heather Danielle

and... I'm so happy that you grabbed this Guide!

Too many empaths suffer through life, when they should be thriving! Being an empath is a gift, and in these pages, I'm gonna show you some awesome things that will help you start **THRIVING!**

So, get cozy, and let's you on your way to making this the **BEST LIFE YOU'VE EVER LIVED!**





What is an Empath?

An Empath is a person who is very sensitive to the feelings and emotions of those around them. Their ability to discern what others are feeling goes beyond that of traditional empathy. Not only do they understand what the person is feeling on a deep, emotional level, but they can also absorb those feelings,

Many empaths say it is both a blessing & a curse.

It's time not to feel this way anymore.

Let's get started!



Before taking the deep dive...

How many of these empath traits do you have?

- ☐ Have really strong emotions
- ☐ Overthink things
- ☐ Put others before yourself
- ☐ Sensitive to movies and TV shows you watch
- ☐ People think you're "too sensitive"
- ☐ Have people pleasing tendencies
- ☐ Need to have time to be alone
- ☐ Sense vibes in the room or around people
- ☐ People often share their life stories with you
- ☐ Feel drawn to help others

SHARE YOUR RESULTS WITH US!
@ RISE INTO YOUR POWER FB GROUP





The magic of *Shielding*

The MOST important thing you need to do as an empath is to shield your energy. When you're an empath, you're a sponge to all of the energies around you. By shielding your energy, you allow yourself to be guarded against these unwanted energies.

Dive into ways on HOW to shield your energy on the next page!



Shielding your energy

Here are a few fun ways to shield your energy. Try out a few to see which works the best for you.

ADVANCED TIP: Also shield your phone and TVs, or put a shield around other people if you're getting bothered by the energy.

Shield

- Shield by imagining a shield that radiates a protection that consumes your whole energy field.
- Set the intention that this shield will protect you from anything that doesn't serve you.

Bubble

- Imagine a bubble in front of you. Step into this bubble.
- I picture something like Glenda the Good Witch
- Set intention only love can come through your shield.

Zip Up

- This time, imagine you have a cloak on. Zip up your cloak from the tips of your toes to the top of your head.
- Set intention that only energy to benefit your highest good will be allowed into your space.

Divine Light

- For this, imagine Divine Love & Light washing over you.
- Set the intention that this loving light will only allow energy of your highest good to enter into your loving energy.



Energy Hygiene

Shielding your energy can really help, but if your energy isn't clean it can cause all sorts of issues. You may feel drained carrying around excessive energy or even suffer from anxiety.

It's important to cleanse your energy so you can feel your best!

Check out ways to get our energy feeling fresh fully clean NEXT!



Energy Hygiene

CLEANING YOUR ENERGY IDEAS

- Smudge your aura with sage
- Take a salt bath
- Visualize Divine Light cleansing your energy
- Book a Reiki cleansing
- Practice Grounding
- Clean your energy with Pranic Healing
- Use crystals like a Selenite wand to cleanse your energy field



Energy Hygiene

CLEANING YOUR ENERGY IDEAS CONTINUED



Use Palo Santo



Spend more time in nature



Meditation



Spend time alone



Take a sound bath



Move your body more



Be aware of your energy
throughout your day





Slaying energy Vampires

One thing about being an empath is that you're a magnet to Energy Vampires.

These are people who take your energy just by being around you. They may come to you to vent, and leave feeling better. But you on the other hand, are left feeling tired, and worn out.

Many times, they don't know what they're doing, but nonetheless, it still affects you.

Check out some tips on dealing with these suckers on NEXT!





Energy Vampires

Try out some of these tips below!

Shield yourself when you're around them

Stick to talking about light topics

Try not to hang out with just the 2 of you

Uphold your boundaries with them

Practice a lot of self care after hanging with them.



Self Care MUST DO's!

An empath needs more self care than most. Since everything is magnified, it is important to take care of your body, and your mind.

On the next page is a SELF CARE PLANNER,. It includes sections to help you tune in to how you're feeling, what makes you happy, and sections that can help you add some self care options to your day.

Make copies and use it as your Daily Go to!



SELF-CARE PLANNER

Date: _____ Month: _____ Year: _____

Today's Mood



Things that made Me Happy Today

1.
2.
3.
4.
5.

Self-Care List

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Affirmation

.....
.....

Inspiration

.....
.....



Honoring your *Emotions*

Did you know that emotions mean ENERGY in MOTION? If we don't express our emotions, then they get stuck. And emotions aren't meant to be stagnant, they're supposed to be free flowing. Especially with empaths!

Not just that, but absorbing people's energies can cause mixed emotions, and anxiety.

Writing out your emotions can really help you feel better, and understand what feelings, and thoughts are truly yours, and where they're coming from.

NEXT...



Note to your Soul

Find a quiet place, and take a few moments to write what is in your heart. Don't stop the thoughts coming in, just write whatever comes up.

Look back on this in a few days, and see if you notice something you didn't catch while you wrote this.





Body scanning essentials

Now since we covered the emotions part, we have to make sure your body is top notch.

As empaths, we need to be intuned with our bodies so we know when we're taking on something that isn't ours.

You can even practice doing body scans before and after seeing someone to see if they're affecting you in a negative way.

Check it out...





How to do a Body Scan

Here are the steps to do a body scan!

Find a comfortable place for this exercise.

Ask all energies to step outside of your space.

Tune in to your breath

Slowly move your attention to your top of your head to the tips of your toes. Paying attention to any sensation you may feel. Acknowledge these feelings, and continue on. This is how your energy feels right now with no others inside of your space. So you will know if there is a shift on how you feel, it could be coming from someone else.



Finding your *Tribe*

Empaths often feel isolated, and can feel like the black sheep of the family. It's important to be around like minded people. We're human! Humans are social creatures and need to be around others.

And to be a healthy empath, it's helpful to be around those who understand you and know exactly what you're going through.

Find your tribe on social media or even Meetup.com. Check out groups.

You're welcome to join my FB Group,

Rise Into Your Power





What *Now?*

Now since you know HOW TO THRIVE, it's important to put them into action!

Set a reminder on your phone to help you remember, or grab a fellow empath and make a commitment to try some of these out asap.

I am always here as well! Send me a note on FB & let me know how you love this guide!

Heather Danielle

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