



Personal Empowerment Chart for Changes We May Need

Michael can use this chart with you in a consultation session and quickly help you with your choices.

Life Changes

New Job
New Partner
Time Off
New Friends
Move
Release Partner
Be in Community
Go on Vacation
Study for a New Job
Take a Class
Get Healings

Spiritual

Meditate
Yoga
Massage
Salt Bath
Cleansing
Fasting
Artwork
Spiritual Practice
Woodwork
Be Grateful

Exercise

Swim
Walk
Jog
Eun
Bike
Weights
Hike
Tennis
Pickleball
Dance

*This list is far from complete.
Add your own desired changes
as you need to.*