



SELF ReClaimed Self-Empowerment Toolkit Instructions

The SELF ReClaimed toolkit uses three successful therapies: Positive Psychology, Cognitive Behavior Therapy and Bibliotherapy. Each type of therapy helps initiate transformation by changing Limiting Beliefs to Limit-Less Beliefs. It will help you ReWrite your Story and ReClaim your Life.

SELF ReClaimed is like a therapist in a box. It's more than a book; it includes tangible tools for change that you will find in the drawer at the back. You can start anywhere you'd like, but here are some instructions if you need some added direction.

The Chrysalis Cards

The Chrysalis Cards introduce 33 words that you already know,, such as Love, Faith, Joy, Peace, Truth, Humility, etc. These cards will take you beyond the definition of the word to offer a deep exploration of the concept, including real-life experience and application.

The Transformation Journals

The Transformation Journals will enable you to learn new skills for change through guided exercises. They also give you space document your journey.

The Caterpillar Journal helps you identify your Limiting Beliefs. Some of these beliefs may come to you quickly, while others may come to light as you work through the Chrysalis Journal. Some examples of limiting beliefs might include:

- "I can't be my real self or I'll be judged."
- "I can't fall in love or I'll get my heart broken."
- "I can't ask for what I want or I'll be rejected."
- "I can't trust people because they will betray me."
- "I can't pursue my dreams because I may fail."
- "It's too late to pursue my dreams."

Beyond the most common Limiting Beliefs that start with "I can't," there are also "It's hopeless," "I'm helpless," "It's useless," "I'm blameless," and "I'm worthless."

If you believe:

- "It's hopeless," ask "How is it possible?"
- "I'm helpless," ask "What do I already know about it?"
- "It's useless," ask "How is it desirable?"
- "I'm blameless," ask "How am I responsible?"
- "I'm worthless," ask "How do I deserve it?"

The bottom line is that when you rid yourself of Limiting Beliefs, anything you want in life becomes possible.

The Chrysalis Journal offers exercises that will guide you on a path to learn more about yourself. As you become more enlightened, new Limit-Less Beliefs will emerge, taking the place of the Limiting Beliefs.

The Butterfly Journal is where you'll document these new beliefs. The objective is to consciously recognize the beliefs that have been holding you down to the ground and replace them with beliefs that give you wings to fly.

The Bibliotherapy Pockets

The Bibliotherapy Pockets suggest book titles that are relevant to several of the words on the Chrysalis Cards. Once you read the card and finish the respective exercises in the Chrysalis Journal, store your card in the dedicated pocket to represent your accomplishment

The Change Challenge Cards

The Change Challenge cards encourage you to learn new habits by replacing the old ones. Choose any card in the pouch and implement it in your daily life for as long as necessary. Once the new habit has become involuntary, pass the card on to someone else and challenge them to do the same or store it in its pouch. The back of each Change Challenge card has a great quote about habits to make you think on an even deeper level about how these habits affect you and everyone around you.