



THE POWER WITHIN:

IGNITE YOUR INNER POWER AND TRANSFORM YOUR LIFE

NEYSHA ARCELAY



Let's ignite our power!

ABOUT ME

I am an energy transformation coach helping high-achieving & spiritually inclined professionals to break free from burnout, restore balance, and harness their minds and energy for lasting success.

After two decades in Fortune companies, I launched my business in 2016. Today, I leverage my vast industry experience and my deep passion for personal growth, to help stressed and burned-out leaders discover their hidden potential.



After mentoring hundreds of professionals and through my coaching practice I've discovered that the best tool for success is a strong mindset directing our energy.

A strong mindset starts with small, incremental, progressive habits that slowly shift our inherent stories and our motivation.

My work focuses on shifting mindsets, removing limiting beliefs, and optimizing your energy so that you achieve the highest version of yourself.

Neysha Arcelay

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1. WE NEED TO GET BACK IN TOUCH WITH OURSELVES.

Create personal space in your calendar and ask yourself these questions:

- What energizes you?
- What depletes you?
- What is your top form of creativity?
- What is your most common inner story?
- What would you like to be remembered by?

Your stress responses dramatically increase when you identify yourself with what you do or the role you play. Instead, define who you are by what moves you and what sets you on fire.

When you are grounded in the truth of who you are, you can bring clarity to your aspirations with centeredness.

2. RESET YOUR DEFAULTS.

It is going to be VERY difficult to thrive if your thoughts and self talk do not support your vision.

Your belief systems is the framework of thought from which all our decisions are made. Your belief system makes the journey more difficult or easier.

- Change your inner stories
- Reframe your self talk

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3. SET THE DIRECTION AND THE TONE.

Inner strength is about resonance with all that you are. But for that you need alignment.

Once you define what moves you, and the why behind it, MAKE A PLAN.

Ask yourself these questions daily:

- What is my emotional state today?
- Am I radiating clarity or confusion?
- Am I acting in alignment with my purpose, my values, and my unique gifts?
- Where am I pretending, and what would happen if I stopped?
- What part of me feels suppressed and how can I gently bring it to the light?
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It is ok if you are not ok. Not everybody can be ok at all times. That is why living in truth is so important. Just remember that transparency builds trust.

4. EQUIP YOURSELF FOR THE JOURNEY

Identify where your energy is leaking, because these are the prime saboteurs of your journey. Once you identify these, remove as much as you can.

Use the freed up space to incorporate consistent habits that fill your cup.

Do not forget to create support systems for your journey and boundaries that protect your time and attention.

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5. LOVE IN ALIGNMENT WITH ALL THAT YOU ARE.

Most people set goals and think they will be happy and fulfilled only when they achieve it. Instead, I want to encourage you to develop a vision of what you want to become and embody what you can TODAY!

The more that you start aligning with who you want to be, the faster you'll embody that person, and the better positioned you will be to match your vision.

CLOSING THOUGHTS

You do not have to be who you think you are forever. Become who you want to be by practicing daily.

- Some people wear overwork as a badge of honor.
- Some people wear **lack of sleep** as a badge of honor.
- Some people wear **crazy busy** as a badge of honor.

... but the only prize you get is ending up broken physically and emotionally.

When the tough times come, remember that:

You always have a choice.

A THING OR TWO ABOUT SELF CARE

In a society that praises long work hours and unused vacation days, we're often led to believe that constant productivity is the goal. We're conditioned to keep going, to always be doing more.

But real well-being starts with slowing down.

Taking time each day for self-care isn't a luxury. It's a necessity. It helps release the pressure of daily life and gives you a chance to reset, so you can return to your responsibilities with more energy and clarity.

Self-care is not selfish. It means being mindful of your own needs, so you can better care for the people and commitments in your life.

But here's the truth: self-care starts with self-reflection. It requires looking inward to understand your triggers, your needs, and your deeper goals.

When you get clear on what truly matters to you, the way you care for yourself becomes more powerful.

SELF-CARE BENEFITS

IMPROVES ENERGY

**ENABLES US TO RECOVER
FROM DAILY STRESSORS**

**REDUCES ANXIETY AND
DEPRESSION**

**ENCOURAGES SELF-
CONFIDENCE**

**IMPROVES MENTAL
CLARITY**

**IMPROVES PHYSICAL
HEALTH**

**IMPROVES
RELATIONSHIPS**

**IMPROVES OVERALL
LIFE'S OUTCOMES**

INTEGRATING WELL-BEING THROUGH YOUR DAY

MEDITATE



MOVE YOUR BODY



BREATHING EXERCISES



INTEGRATING WELL-BEING THROUGH YOUR DAY



**LISTEN TO UPLIFTING
MUSIC**



JOURNAL



**LISTEN TO AN INSPIRING
PODCAST**

QUICK ACTIONS TO ELEVATE YOUR ENERGY

PRACTICE BEING
PRESENT



WRITE 5 THINGS YOU
ARE GRATEFUL FOR



RESEARCH YOUR DREAM
VACATION SPOT



SELF-REFLECTION PROMPTS

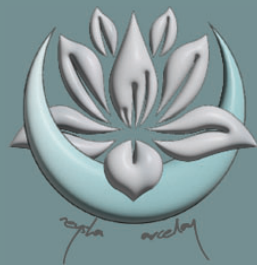
- 1.** I play the following roles in my life.
- 2.** The following activities or tasks energize me.
- 3.** The following activities or tasks deplete me.
- 4.** My top form of creativity is...
- 5.** I have a handful of things that I am very passionate about. Those are...
- 6.** It is common for everyone around me to know that if there is ever a challenge with the following topic, they should reach out to me. A sample activity related to that topic is:
- 7.** The top value I can provide to those around me is:
- 8.** My most common inner story is...
- 9.** What aspects of yourself do you present to the world that feel different from how you truly feel inside?
- 10.** If I had no responsibilities, restrictions, or attachments, my dream life would be...

I WOULD LOVE TO HEAR FROM YOU!

VISIT MY WEBSITE OR SCAN THE QR CODE FOR
MORE INFORMATION.



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