



*Reclaim Your*

# INDIGO ESSENCE

*Bravery, Beauty, and Brilliance*

**INSPLORATION GUIDE**



# Welcome!

I'm so glad you're here.

This guide introduces your **Insploration** experience with an invitation to Ready your heart and choose to see your story with fresh eyes.

Each Spark offers gentle guidance as you Reflect, Reveal, and Recognize the moments of *Bravery, Beauty, and Brilliance* that have shaped who you are - and finally, to Reclaim your *Indigo Essence*.

This experience is both deeply personal and beautifully shared. Journey through it at your own pace, with openness, curiosity, and compassion for yourself.

Let's begin.

With love,

*Janessa xo*

Founder, Indigo Essence

# Your *Insploration* EXPERIENCE

01

## READY YOUR HEART

Create the space to begin your journey.



02

## REFLECT THROUGH INSPLORATION

Moments that shaped you.



03

## REVEAL YOUR INDIGO ESSENCE

Your Bravery, Beauty, and Brilliance.



04

## RECOGNIZE YOUR INDIGO ESSENCE

Give your story a voice.



05

## RECLAIM YOUR INDIGO ESSENCE

Ignite Your Next Chapter

*Inspire!*

# SPARK



# ONE

READY YOUR HEART

*Create the Space to Begin your Journey*

Prepare yourself mentally and emotionally for reflection. Approach your story with openness, curiosity, and compassion - without judgement.

# Ready YOUR HEART

Welcome to the beginning of your **Insploration** journey to reclaim your **Indigo Essence**! In this first step, you'll ground yourself. This is where you breathe, pause, and choose to see your story with fresh eyes.

You don't need to have everything figured out, or know exactly what will surface as you begin to *Reflect*. This is not about writing a perfect story or uncovering a grand revelation. It's about creating space - a gentle opening - where your memories, feelings, and truths can rise without judgment.

Give yourself permission to arrive just as you are, with your whole history, your whole heart, and your whole self.



Today I am Ready to Remember...

# Begin Just as You Are.

# SPARK



## TWO

REFLECT THROUGH INSPLORATION

### *Moments that Shaped You*

Trace the path of your life through defining moments - the turns that changed your direction, the detours that tested your patience, the pauses where you caught your breath, and the milestones that reminded you who you were becoming. Each moment, whether chosen or unexpected, is worth noting.

# Reflect

## MY INSPLORATION MAP

5

### CHAPTER TITLE:

What happened?  
Who was with you?  
What changed?

4

### CHAPTER TITLE:

What happened?  
Who was with you?  
What changed?

3

### CHAPTER TITLE:

What happened?  
Who was with you?  
What changed?

2

### CHAPTER TITLE:

What happened?  
Who was with you?  
What changed?

1

### CHAPTER TITLE:

What happened?  
Who was with you?  
What changed?

INSPLORATION

MEMORIES  
ARE  
SIMPLY  
*moments*  
**THAT**  
*refuse TO*  
**BE**  
**ORDINARY**

MYINDIGOESSENCE.COM

# SPARK



## THREE

REVEAL YOUR INDIGO ESSENCE

*Your Bravery, Beauty, & Brilliance*

Reveal where Bravery sent you, where Beauty sustained you, and where Brilliance shined through. Begin to see your story through the Indigo Essence lens - what once felt ordinary or overlooked now glows with meaning and significance.

Reveal

# YOUR INDIGO ESSENCE

*Where do you notice the quiet Bravery, the hidden Beauty, and the sparks of Brilliance in your story?*



## MY BRAVERY

Moments when you walked through fire and still chose to rise, to love, to keep moving forward.

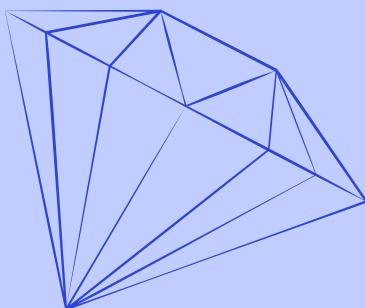
- What required courage here?
- What did I risk, face, or overcome?



## MY BEAUTY

Moments that revealed your scars, laugh lines, and how you showed up on hard days.

- Where did I see or create beauty in this moment - either in myself, others, or life's unfolding?



## MY BRILLIANCE

Moments where your natural gifts, intuition, and earned wisdom shined.

- What talents, knowledge, or spark of insight emerged that I still carry today?



EACH REFLECTION IS  
A SPARK TO *IGNITE*  
*YOUR NEXT CHAPTER.*  
FOLLOW THE ONE  
THAT FEELS MOST  
ALIVE. LET IT LEAD  
YOU TOWARD WHAT'S  
WAITING TO UNFOLD.

WITH GRATITUDE,

*Janessa xo*  
Founder, Indigo Essence

