



Indigo Essence
Your Bravery, Beauty, & Brilliance



Reclaim Your

INDIGO ESSENCE

Bravery, Beauty, and Brilliance

INSPIRATION GUIDE

INSPIRATION GUIDE

MYINDIGOESSENCE.COM



Indigo Essence
Your Bravery, Beauty, & Brilliance



Welcome!

I'm so glad you're here.

This guide introduces your **Inspiration** 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 Insporation 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



Inspiration



Indigrow



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 Insporation 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.



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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.

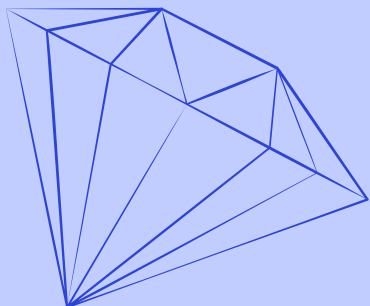
- What required courage here?
- What did I risk, face, or overcome?



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?

Congratulations!

You took the first step!

**Your Story is still
unfolding. Choose how
you would like to
continue your
Inspiration journey:**



OPTION1: SELF-GUIDED INSPLORATION

Perfect for the woman who wants to move at her own pace. Inside the **30+ page** guide you'll:

- Complete your Inspiration Map with included prompts
- Reveal your Bravery, Beauty, and Brilliance
- Recognize your *Indigo Essence*
- Reclaim your story and *Ignite your Next Chapter*

**SCAN TO DOWNLOAD
THE FULL GUIDE (\$29)**



Full Guide Download: \$29

Clarity Session (50-min, Guide included): \$175

OPTION 2: GUIDED INSPLORATION (1:1 COACHING)

Together, we'll move through each Spark, Reflecting, Revealing, and Recognizing, so you can:

- Complete your Inspiration Map with guided reflection
- Uncover the patterns woven through your journey
- Reconnect with your true *Indigo Essence*
- Create a clear, confidence-filled vision for *Your Next Chapter*

**SCAN TO SCHEDULE
A CLARITY CALL:**



4 Coaching sessions (50-mins ea, Guide included): \$ 650
(Save \$ 50)

8 Coaching sessions (50 mins ea, Guide included): \$1250
(Save \$150)



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

