



Self Discovery Toolkit

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*The Synergy Method™ Self-Discovery
Toolkit*

Welcome to your Synergy Method™ Self-Discovery Toolkit! This guide is designed to introduce you to a holistic approach to healing and transformation, combining energy healing, mindfulness, hypnotherapy, and behavioral therapy. By working through this toolkit, you'll gain insight into your current state of well-being and take the first steps toward aligning your mind, body, and spirit for a truly balanced life.



December
2024

Introduction to The Synergy Method™

The Synergy Method™ is a transformative healing approach that blends the power of energy healing, mindfulness, hypnotherapy, and behavioral therapy to create lasting change. This method focuses on aligning your mind, body, and spirit to help you achieve emotional, mental, and physical balance. Whether you're struggling with stress, anxiety, trauma, or personal growth, The Synergy Method™ offers personalized tools and techniques that can help you heal from the inside out.

Self-Assessment Worksheet: Discover Where You Need Healing

TAKE A FEW MOMENTS TO ANSWER THE FOLLOWING QUESTIONS HONESTLY. THIS SELF-ASSESSMENT WILL HELP YOU IDENTIFY AREAS OF YOUR LIFE THAT MIGHT BENEFIT FROM HEALING, GROWTH, OR BALANCE.

Emotional Health

- Do you often feel overwhelmed, anxious, or stressed?
- Are you struggling with past trauma or unresolved emotional pain?
- How would you rate your ability to manage your emotions (1 = difficult, 10 = easy)?

Mental Health

- Are you dealing with negative thoughts or self-doubt that hold you back?
- Do you find it challenging to focus or stay present in the moment?
- How would you rate your mental clarity (1 = foggy, 10 = clear)?

Physical Health

- Do you experience chronic physical pain, tension, or fatigue?
- Are you feeling disconnected from your body or physical sensations?
- How would you rate your energy levels (1 = exhausted, 10 = energized)?

Spiritual Health

- Do you feel disconnected from your higher purpose or sense of inner peace?
- Are you seeking a deeper sense of fulfillment or meaning in life?
- How would you rate your overall sense of spiritual connection (1 = lost, 10 = connected)?

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Quick Start Mindfulness Exercise: Grounding with Breath

Mindfulness is a powerful tool for reducing stress and improving emotional well-being. Here's a simple mindfulness exercise to help you feel grounded and present:

1. Sit in a comfortable position: Find a quiet place to sit. Close your eyes if you feel comfortable doing so.
2. Take a deep breath: Inhale slowly through your nose, allowing your belly to expand.
3. Hold the breath for a few seconds, then exhale gently through your mouth.
- 4. Focus on your breath: Pay attention to each inhale and exhale. If your mind starts to wander, gently bring it back to your breath.
- 5. Set an intention: As you continue breathing, silently repeat an intention for your well-being, such as "I am calm" or "I am open to healing."
6. Repeat for 5-10 minutes: Do this practice daily to center yourself and reduce stress.

Mini Hypnotherapy Script for Stress Relief

Hypnotherapy can help you relax deeply, reduce anxiety, and create positive change in your life. Try this simple script to experience a deep state of relaxation:

Find a quiet space where you can sit or lie comfortably without distractions.

Take several deep breaths to relax your body. With each breath, feel your body becoming more relaxed.

Focus on a point in front of you or gently close your eyes. Imagine a warm, soothing light above your head.

Visualize this light slowly moving down through your body, relaxing each part as it goes. Feel the light moving from your head, down your neck, shoulders, arms, chest, and all the way to your toes. With each breath, feel your body relax deeper and deeper.

Affirmations for Stress Relief: As you continue to relax, repeat the following affirmations:

"I am calm and at peace."

"Stress is leaving my body with each breath I take."

"I am in control of my emotions, and I am letting go of all tension."

Deepen the relaxation by imagining yourself in a peaceful place, such as a beach, forest, or meadow. Feel the serenity of this place wash over you.

Slowly bring yourself back by counting backward from 5 to 1. When you reach 1, you will feel calm, centered, and rejuvenated.

Your Energy Healing Tips: Balance Your Energy

Energy healing can help clear blockages in your body's energetic system, bringing balance and harmony. Here are a few simple techniques to try at home:

Breathwork

- Take a deep breath, imagining that you're breathing in positive, healing energy.
- As you exhale, visualize any negative energy leaving your body.
- Repeat this process several times, focusing on clearing any tension or stress from your body.

Visualization

- Imagine a ball of bright light above your head. Picture it slowly moving down through your body, clearing away any energy blockages as it passes through each chakra.
- Visualize this light filling your body with healing energy, bringing balance to your emotional and physical well-being.

Grounding

- Stand with your feet firmly on the ground. Close your eyes and take a deep breath.
- Imagine roots growing from the bottoms of your feet, connecting you to the earth. This energy connection will help you feel more stable, grounded, and at peace.

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Free Consultation Offer

Ready to take the next step in your healing journey? As a special gift, you are invited to book a free 30-minute consultation with me. During this session, we'll explore your goals, discuss your challenges, and create a personalized plan to guide you toward a balanced and fulfilled life using The Synergy Method™.

How to Book Your Free Consultation:

Simply go to the website to schedule your session and take the first step toward lasting transformation.

Thank you for downloading your Synergy Method™ Self-Discovery Toolkit. I'm excited to be part of your healing journey. Let's work together to create the life you deserve.