



Reclaim Your Energy

A 7-Day Workbook to Stop Giving Your Power Away

Your Power Has Been Leaking

You didn't lose your power overnight. It left in tiny, imperceptible ways—every time you said yes when you meant no, every time you overextended to avoid disappointing someone, every time you abandoned your needs to keep the peace.

You've been running on empty for so long, you don't even remember what "full" feels like. This workbook is your roadmap back to yourself.



What This Workbook Will Do

Over the next seven days, you'll learn the five foundational habits of people who naturally keep their power intact. This isn't about perfection—it's about awareness.



Power-Protecting Habits

Daily practices to safeguard your energy and build resilience



Reflection Prompts

Identify exactly where you're leaking energy and why



Boundary Scripts

Real phrases you can actually use in difficult conversations



Daily Micro-Actions

Small, achievable steps to reclaim your capacity immediately

Before you begin: Get honest with yourself. This workbook only works if you're willing to see the truth—even the uncomfortable parts. Grab a pen, find a quiet space, and commit to seven days of radical self-honesty.

Day 1: "I Can Handle This"

The Power Habit

When doubt strikes, anchor yourself with this truth: "**I can handle this.**" You don't have to do it perfectly. You don't have to do it all right now. But you can handle it.

Why This Protects Your Power

Anxiety isn't just stress—it's stress plus the story that you can't cope. When you tell yourself "I can't handle this," your nervous system believes you and shuts down. But when you claim capability first, the feeling follows.

01

Identify the Situation

What am I currently telling myself I can't handle?

02


Challenge the Story

What's my evidence that I CAN'T handle it? Be specific.

03

Recall Your Resilience

What hard things have I already survived? List at least 3.

 **Today's Micro-Action:** The next time you feel overwhelmed today, say out loud: "I can handle this. I don't have to do it perfectly. I don't have to do it all right now. But I can handle this." Repeat it as many times as you need.

Day 2: Protect Your Expectations

The Power Habit

Don't invest emotional energy in outcomes you can't control. Build your stability on what you **CAN** control: your effort, your integrity, your response. Everything else is a bonus, not a requirement.

Why This Protects Your Power

When you pin your happiness on things outside your control—other people's choices, external validation, perfect outcomes—you hand your power away. Your peace becomes contingent on circumstances aligning exactly as you need them to.

The Reframe Exercise

Complete this sentence:

| "Even if [that thing] doesn't happen, I will still be okay because..."

Fill in the blank with truths about YOUR strength, not reassurances about likelihood.



Identify

What am I "getting my heart set on" that depends on someone else's actions?



Redirect

"I hope for [thing], but my peace doesn't depend on it."



Reclaim

"I control my effort, my response, my boundaries. That's where my power lives."

Days 3 & 4: Honor Yourself

Day 3: Honor Your Disappointment

When disappointment hits, feel it fully—then move on. Don't spiral into shame or self-blame. Disappointment means you cared. That's not weakness—that's evidence you're alive.

The 24-Hour Permission Slip

Give yourself 24–48 hours to be genuinely not okay. No forcing positivity. No "everything happens for a reason." Just honest feeling.

📄 "I'm disappointed about [thing]. It hurt because I cared. I'm allowed to feel this without making it mean something's wrong with me."

Day 4: Audit Your Basics

Treat self-care like a non-negotiable, not a luxury. Rest before you're exhausted. Move before your body is screaming. Your capacity is your most valuable resource—protect it fiercely.

The Basics Audit

- Sleep (7-9 hours)
- Nutrition (energizing food)
- Movement (15+ min daily)
- Hydration (actual water)
- Rest (not just sleep)

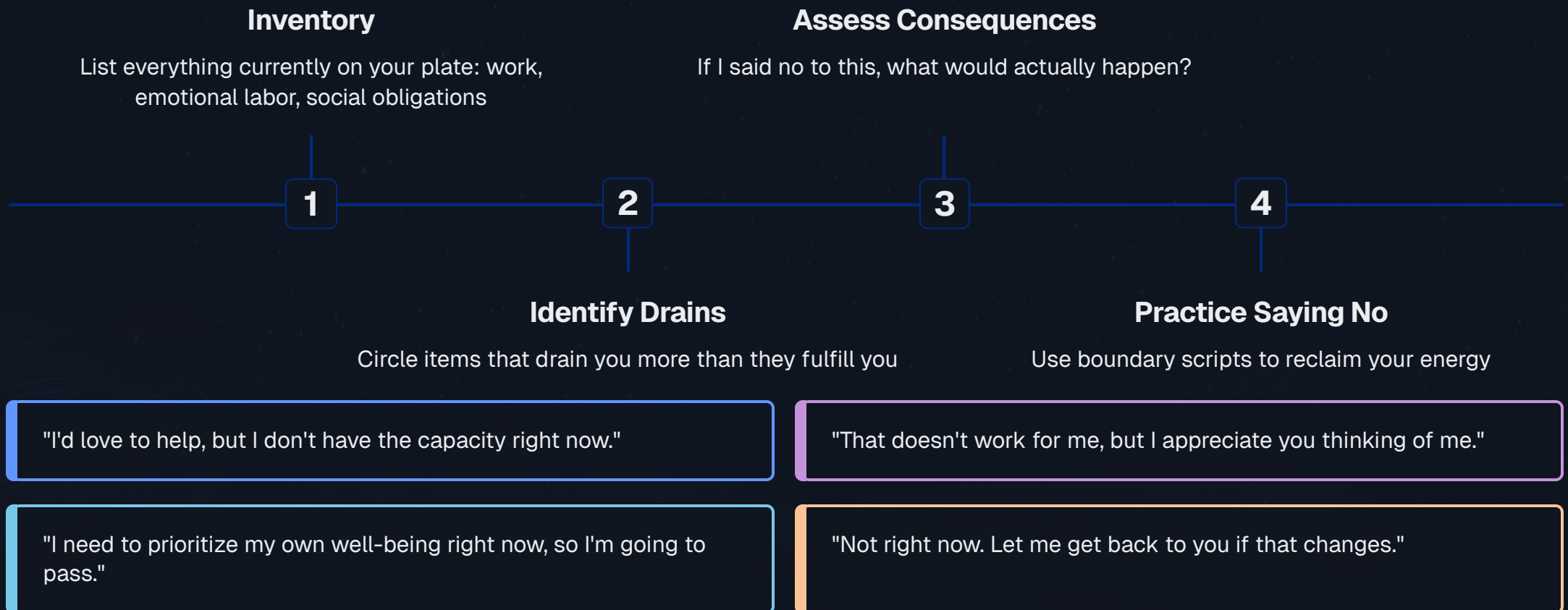
Pick ONE to improve and make one small change this week.

Days 5 & 6: Stop Overextending

Every yes to someone else is a no to yourself

The Power Habit

Notice when you're stretching beyond your capacity, and pull back before resentment sets in. Choose carefully where you invest your energy.



Remember: "No" is a complete sentence. You don't owe anyone an explanation beyond this.

Day 7: Track Your Power Leaks

Integration Day

Today, you're putting it all together. You're tracking where your power has been leaking—and consciously redirecting it back to yourself.



Your 5 Power-Protecting Habits

01

Remind myself "I can handle this" when doubt strikes

02

Protect my expectations—don't pin peace on external outcomes

03

Honor disappointment without making it mean something's wrong with me

04

Treat self-care like a non-negotiable foundation

05

Notice overextension and pull back before resentment sets in

You Just Reclaimed Your Power

If you've made it through all seven days, you've done something most people never do: you've looked honestly at where you've been abandoning yourself—and you've made the choice to stop.

Here's What You Now Know:

- You ARE capable of handling hard things—you've already survived 100% of your worst days
- Your peace can't depend on external outcomes you can't control
- Disappointment means you cared—not that you failed
- Self-care isn't selfish—it's the foundation of your capacity
- Every yes to someone else is a no to yourself—choose consciously

Your Ongoing Practice

Monthly Power Audit

On the first of each month, revisit the Basics Audit and the Overextension Inventory. Track your patterns over time.

Daily Micro-Practice

Each night, complete one sentence in your journal: "One place I gave my power away today was... and tomorrow I will reclaim it by..."

When You Need More Support

Reclaiming your power is ongoing work. Some days will be easier than others. Some patterns will be harder to break. That's normal. That's human.

If you find yourself stuck, overwhelmed, or falling back into old habits, you don't have to do this alone.

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For the emotionally curious—we're here to guide you.