

A Simple Guide to

Your Personal Empowering Backpack

by Mercy Martinez



"You have an inner knowledge that is wiser and more amazing than you can ever imagine and it can be found in Your Personal Empowering Backpack"

- Mercy Martinez

Acknowledging Your Personal Empowering Backpack (YPEB)

It all starts by opening to your past memories as if opening a big photo album or discovering old pictures and journals from your life experiences.



As you look through your life's memories and experiences you can start seeing the power that is stored within each experience and yes, there may be pain, heartbreaks, sorrows but you also find joy, laughter, and love.

Give yourself the opportunity to review and evaluate each memory or experience.

Ask yourself what you were able to learn and acquire from the experience?

The treasures that await you are beyond words.. when you are able to liberate yourself from self-imposed limitations your world opens beyond your horizon.



Are you ready to explore the resources and tools you already have in your YPEB?

What Resources & Tools Did You Discover in YPEB?

If you would take a moment and looked back at your life experiences, what are the first emotions and memories that come up?

Are they joyful or painful?

From what time period in your life?



Life experiences are usually filed in our memories under different time periods

such as:

Childhood, Pre-Adolescence,
Adolescence, or Adulthood

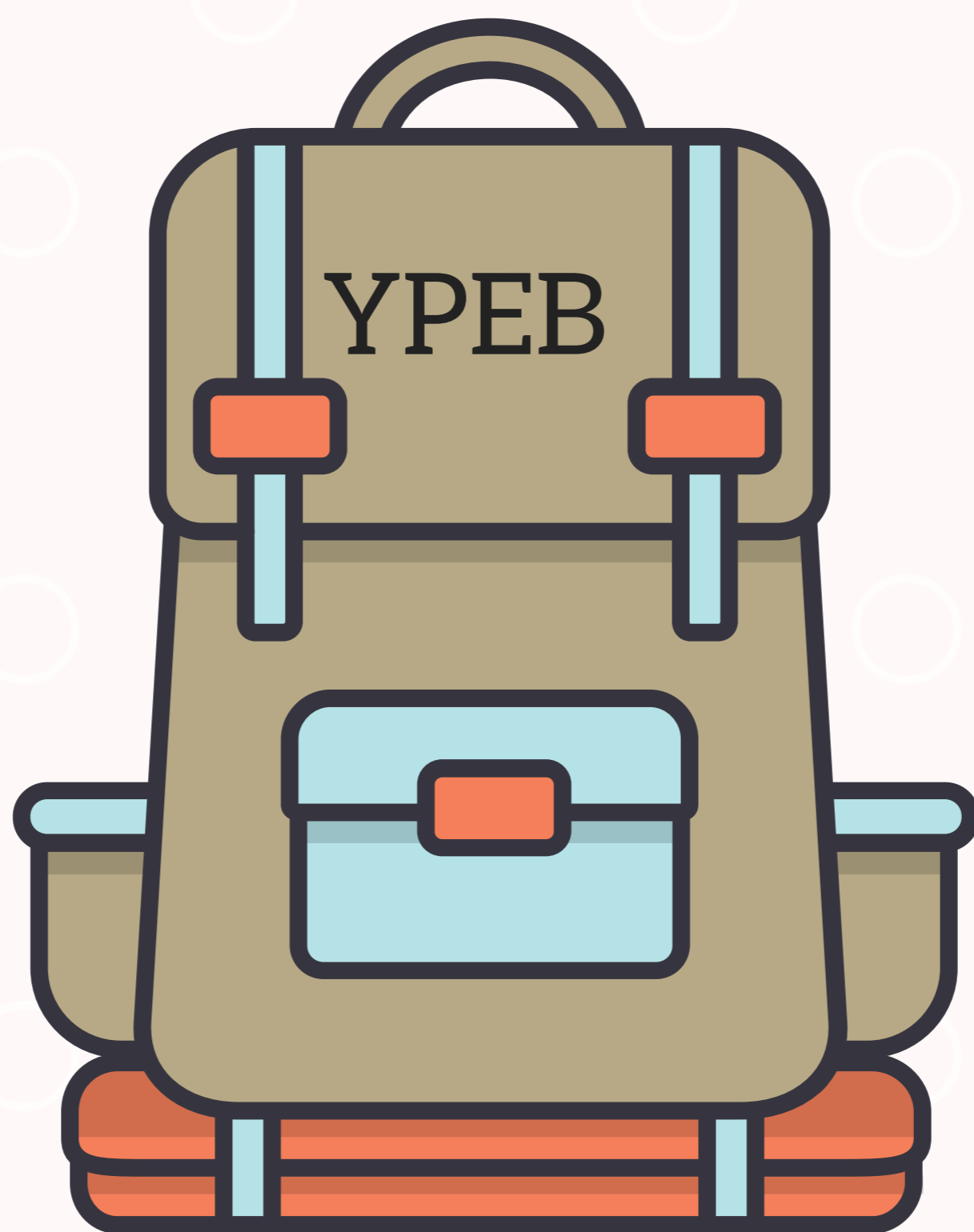
They are also filed under emotions
such as painful, joyful, innocence,
sorrow, heartbreak, love, etc.



But for each experience, you found a way to move forward. What resources did you use to move forward?

What truly liberates and empowers is
the acknowledge that you have had all
along all the resources within
Your Personal Empowering Backpack
(YPEB)

It is full of tools and resources which
you have used to help you move
forward in life.



Your Personal
Empowering Backpack

How Did You Use The Resources & Tools In YPEB?

What resources did you use to find peace within you when you felt your life was out of control?

What resources did you use to cope with stressful and painful experiences?

Take a moment and make a list.



Now review the list and see which one has been your go to when in crisis or stress. Take a moment and categorize them by ranking them on how often you use them such as:

- ~Frequently
- ~All the Time
- ~Sometimes

Create Your
Own Ranking
System



Now that you have ranked your list of Resources review each one and note when was the last time you used it and how effective was for you?

Did you have to apply the resource in combination with another resource? Review all the details of the experience when using the particular resource.

After reviewing in detail the effectiveness of each resource and making your notes, rank the list again.

Did the ranking change from the previous ranking?



Now that you have your list re-evaluated and with the new ranking, ask yourself the following questions on the 3 highest ranked resources:

* What made this resource the most effective and empowering resource in my list?



Make a note of all the thoughts that come to you as you asked the question. Notice as you write the thoughts, those thoughts also bring up emotions and insights. Make sure you make a note of all the insights.

What new insights did you learn from this Resource list and of Your Personal Empowering BackPack?



How full is Your Personal Empowering Backpack?



What Other Resources & Tools Would You Add To YPEB?



If you would experience a personal, spiritual or emotional crisis do you know what resource to use?

Have you mastered the resources in
Your Personal Empowering
Backpack?

Do you feel you need to add to your
backpack?

Do you feel you can use YPEB to
assist others?

What Makes Your Personal Empowering Backpack Liberating & Effective?

.When you master your resources in a manner that restores you to Oneness.

The best resource you could use is the one that restores you to Oneness consistently and helps you to not hook to outcomes.

The ability to Let Go and not hook to any outcome makes it liberating and effective

So the more you can Let Go...
the more you will be more effective
when using all the resources in YPEB



Now that you have become familiar
with Your Personal Empowering
Backpack

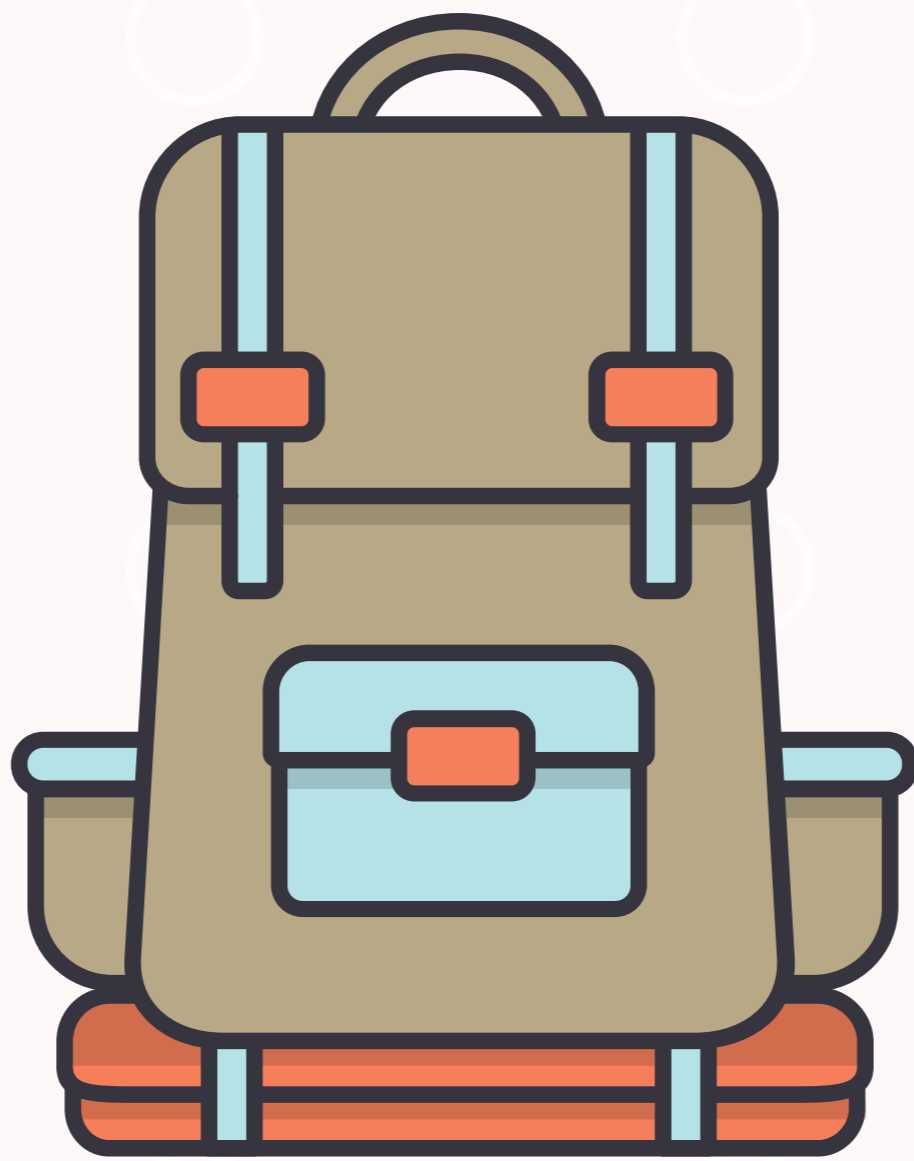
it is time to bring all these powerful
and effective resources into your
daily life.

Create the habit of using them as
often as possible and not just when
in crisis, this will make for a more
peaceful life as you will feel
empowered and you will think with
greater clarity.



opening to a New
Horizon...

Your Personal
Empowering Backpack
is now ready



for your
new adventures.....



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Would you want to explore
Your Personal
Empowering Backpack
with an expert guide?

Book a Personal
Mentoring Exploration session
with
Mercy Martinez
and be liberated to your full
potential and more!





Mercy Martinez is fiercely committed to guiding the truth seekers, explorers and adventurers to achieve a profound transformation liberating them to stand without fear and embrace the totality of their unique life story. This innate ability within her gives those individuals that come to her the power to successfully create, live and fulfill their own amazing life story.

If you are looking for a proven professional who can guide you to liberate your own self-imposed limitations and express without fear your own truth you've come to the right place.

With her 20 + years of experience working with amazing clients and guiding them to achieve remarkable success, she has proven to be at the top of her field.

Mercy's mission is to show the power behind each the individuals own amazing life story. This unique approach in exploring your own life story creates a dynamic that profoundly transforms, heals and restores the individual to oneness; oneness with its own inner truth which in turns liberates them into embracing and creating a purposeful life.

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