

ZEN ZEST ZEAL



STEPS TO RELEASING WHAT
YOU DON'T WANT
&
MANIFESTING WHAT
YOU DO WANT



Enchaunti

THREE YEARS AGO I FELT SO LOST AND CONFUSED ABOUT WHO I WAS AS A PERSON.

I WAS IN A POLYAMOROUS RELATIONSHIP, EVEN THOUGH I HAD ALWAYS DREAMED OF MEETING "THE ONE". I WAS LYING TO MYSELF AND OTHERS BUT AT THE TIME BUT I DIDN'T EVEN REALIZE IT.

I WAS WORKING IN A JOB THAT BROUGHT OUT A NEW KIND OF ANXIETY AND DEPRESSION IN ME. I FELT LIKE THERE WAS SOMETHING MORE THAT I WAS MEANT TO BE DOING BUT HAD NO IDEA WHERE TO BEGIN.

I WASN'T USING MY CREATIVE SKILLS. MY FREE TIME AT HOME WAS MOSTLY SPENT ZONING OUT ON TV OR VIDEO GAMES AND I FELT GUILTY FOR NOT DOING ENOUGH.

I HAD FRIENDSHIPS THAT FELT DRAINING AND ONE SIDED. I STRUGGLED WITH SETTING BOUNDARIES FOR MYSELF. I FELT ALONE AND LIKE AN OUTSIDER.

I WOULD DRINK ALMOST EVERY DAY AND WOULD GET DRUNK EVERY WEEKEND.

TODAY, MY LIFE LOOKS TOTALLY DIFFERENT!

I MET AND NOW LIVE WITH THE LOVE OF MY LIFE AND I KNOW HE'S "THE ONE!" HE'S EVERYTHING I'VE BEEN SEARCHING FOR IN A RELATIONSHIP MY WHOLE LIFE!

I QUIT MY JOB AND AM NOW DOING WORK THAT I FEEL EXCITED AND PASSIONATE ABOUT!

I USE MY CREATIVE SKILLS ALL THE TIME AND AM DISCOVERING NEW INTERESTS!

I HAVE LOVING SUPPORTIVE FRIENDSHIPS AND I'VE MET SO MANY AMAZING MAGICAL PEOPLE THAT MAKE ME FEEL UNDERSTOOD, VALUED AND SUPPORTED!

I NOW NO LONGER FEEL THE NEED TO DRINK EVERY DAY OR RUN AWAY FROM MY PERSONAL PROBLEMS BY GETTING WASTED!

I'M ALSO ANTI-DEPRESSANT FREE!

SO HOW DID I MANAGE TO MAKE ALL THESE CHANGES?

I FACED MY DARKNESS AND I REACHED OUT FOR SUPPORT FROM A COUNSELLOR AND MY INNER GUIDES. I GATHERED ALL THE STRATEGIES THAT I HAVE DISCOVERED OVER THE YEARS AND USED THEM ON MYSELF!

THE FOLLOWING IS PART OF MY PROCESS FOR CREATING AN AUTHENTICALLY MAGICAL LIFE. ENJOY!

 Chauntell Dietrich



This cheat sheet has audio clips that accompany it.
To access the audio component please go to:
enchanti.com/zestzenzeal

HOW TO USE THIS CHEAT-SHEET:

- TAKE SOME TIME FOR YOURSELF WHERE YOU WON'T BE INTERRUPTED
- GET SOMETHING TO WRITE WITH
- TAKE SOME DEEP BREATHS AND ALLOW YOURSELF TO FEEL PRESENT
- YOU WILL BE PROMPTED TO EITHER FEEL, IMAGINE OR WRITE.

FEEL - CONNECT TO YOUR ENERGY BODY

IMAGINE - VISUALIZE

WRITE - JOT OUT WHAT COMES UP

WANT TO GET EVEN MORE OUT OF THIS EXPERIENCE AND REALLY MAKE SOME EPIC CHANGES?

CONNECT WITH THE CREATOR, CHAUNTELL (THAT'S ME!) FOR A PERSONALIZED WALKTHROUGH AND GUIDED SUPPORT.

I OFFER ONE TO ONE SESSIONS TO HELP YOU CREATE A MORE MAGICALLY AUTHENTIC LIFE! PLEASE FEEL FREE TO ASK ME ANY QUESTIONS THAT ARISE.

CONTACT ME AT : CHAUNTELL@ENCHAUNTI.COM

OR CLICK HERE TO VISIT ENCHANTI.COM TO FIND OUT MORE.



SHADOWS

- FEEL INTO WHAT YOU ARE UNHAPPY WITH IN LIFE RIGHT NOW
- WRITE DOWN WHAT CONSTANTLY MAKES YOU FEEL ANGRY
- WRITE THE WAYS IN WHICH YOU FEEL DISAPPOINTED IN YOURSELF
- FEEL ALL THE NEGATIVE FEELINGS THAT YOU HAVE RELATED TO THIS
- WRITE OUT YOUR FEELINGS

COMPASSION

- IMAGINE YOURSELF AS A SMALL CHILD AND OFFER UNDERSTANDING AND COMPASSION
- WRITE OUT ALL THE REASONS WHY IT MAKES SENSE THAT YOU WOULD BE FEELING AND ACTING THE WAY YOU HAVE BEEN
- WRITE TO YOURSELF AS THOUGH YOU ARE YOUR OWN BEST FRIEND

GRATITUDE

- WRITE OUT ALL THAT YOU FEEL GRATEFUL FOR IN YOUR LIFE
- WRITE A LIST OF ALL THE THINGS YOU HAVE OVERCOME AND ACCOMPLISHED
- FEEL THANKFUL FOR YOURSELF AND YOUR BODY IN EVERY WAY YOU CAN THINK OF AND WRITE WHAT COMES UP

IMAGINE

- IMAGINE THE LIFE YOU WANT TO HAVE
- IMAGINE HOW YOU WILL FEEL WHEN YOU MAKE THESE CHANGES
- WRITE DOWN YOUR DREAMS AND THE FEELINGS THAT COME UP

ASK

- IMAGINE ASKING THE UNIVERSE, GOD, YOUR GUIDES, ANGELS, YOURSELF (WHATEVER SUITS YOU) FOR WHAT YOU WANT TO CHANGE
- WRITE OUT YOUR REQUEST- BE CLEAR AND DETAILED ABOUT WHAT SHIFTS YOU WANT TO CREATE

FAITH (BONUS STEP)

- WRITE AFFIRMATIONS ABOUT YOUR DESIRE AS THOUGH IT IS ALREADY TRUE AND OFFER GRATITUDE TO YOURSELF AND YOUR GUIDES
- FEEL INTO THE BELIEF THAT YOU WILL RECEIVE WHAT YOU HAVE ASKED FOR
- IMAGINE BEING OPEN TO SIGNS THAT YOUR REQUEST HAS BEEN GRANTED



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A MAGICAL AND SPIRITUAL APPROACH TO
THERAPEUTIC WELLNESS

CHAUNTELL DIETRICH

INTEGRATED HEALER . SOCIAL WORKER
SPIRITUAL GUIDE, ALLY & AIDE . ENERGY/REIKI HEALER
ARTIST . WRITER . WHITE MAGE



COMPASSIONATE SUPPORT
FANTASY NARRATIVE THERAPY
INNER CHILD RECONNECTION
SHAMANIC/ANIMIST METHODS
SOUL RETRIEVAL
ENERGY HEALING
REAL LIFE MAGIC

GET ENERGIZED ABOUT LIFE

LEARN ABOUT YOUR UNIQUE SPIRITUAL PATH

GAIN AUTHENTIC CONFIDENCE

DISCOVER YOUR MAGICAL POTENTIAL

GROW YOUR RESILIENCE

SHIFT YOUR PERSPECTIVE AND CIRCUMSTANCES

DISCOVER HOW TO FLOW WITH LIFE'S CHALLENGES

CREATE THE LIFE OF YOUR DREAMS!



FREE CONSULTATIONS
ONLINE AND IN PERSON
HAMILTON, ONTARIO, CANADA



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