

FREE
MINI BOOKLET

The Healing Journey Within

BEGINNERS TOOLBOX AND JOURNAL




By Ipiri Rose

Hello Beautiful Soul,

You may not always see yourself as a beautiful soul, but I believe that if you're here, you must have one—and in my eyes, every soul is inherently beautiful. Sadly, negative programming can cloud our light, making us feel toxic or broken. My hope is that the exercises in this journal will guide and support you on your path to healing.

I'm so proud and excited for you as you embark on this journey of self-discovery, healing, and rebuilding your self-confidence. Isn't it thrilling to take this step toward reclaiming yourself?

Abuse and heartbreak, in any form, can leave us feeling shattered, unworthy, or lost. These experiences may cloud our sense of identity and direction, leaving us wondering how to reconnect with who we are and where we want to be.

Through my own healing journey, I've explored countless tools and practices. This journal is my way of sharing what has helped me daily, offering you a guide for your own path within.

Healing is not a destination; it's a continuous journey. While it's not always comfortable, it gets better and more rewarding over time. Be patient and gentle with yourself as you move through this process. Use this journal as a tool to discover and embrace the strength and resilience that already resides within you. You deserve a life filled with happiness, love, and respect—a life that can outshine any pain from your past.

Now is the time to recreate yourself, free your mind, design the life you want, and believe in your infinite potential!

**"WHETHER YOU THINK YOU CAN, OR YOU
THINK YOU CAN'T -YOU'RE RIGHT."**

— HENRY FORD



REMINDERS TO REMEMBER

- Harness the power of **self-talk**—your mind is one of the most powerful tools you have. Become your own biggest cheerleader, and remember to wear your **gratitude attitude** crown before stepping out into the world. Adjust it every time you catch your reflection, and let it remind you to smile.
- Show yourself the love you deserve. Establish **healthy boundaries** to safeguard your mental health, because you are worthy of self-love so deep and nurturing that it not only heals past wounds but also keeps toxic situations at bay.
- Remember, you are not here to please everyone. You are here to honor and choose yourself. Always prioritize what brings you inner peace and happiness. **Live For you**—because you are, and **have always been, more than enough**.
- Life will have moments when you feel stuck; that's simply part of the human experience. When it happens, take a step back, **slow down**, and give yourself the space to reflect and **meditate** until clarity finds you.
- There's no such thing as **failure**—**only feedback**. When you start viewing setbacks as **lessons**, you invest in your own growth. Embrace the mindset that every challenge is an opportunity to learn and evolve.
- **Consistency** is the key to success. You will stumble, but you will also rise—again and again—until you achieve your **goals**. Yes, the process can be uncomfortable, hard, and even painful at times, but the sense of fulfillment you'll feel—mentally, physically, or spiritually—will set you free.
- You are the artist of your life, and **you are the masterpiece**.

BELIEVE
in
YOURSELF

SELF-COMPASSION LETTER

I like to think that compassion sounds like “Compass is on” and I believe that’s how it is. Compassion is our compass to love, understanding and forgiveness to ourselves and to others.



So, I would like to invite you to write a self compassion letter. This is an opportunity to turn inward and offer yourself the same warmth and support you would give to a friend in need.

HOW TO WRITE YOUR LETTER:



Identify a Situation:

Think of a situation in your life that’s causing you stress, sadness, or self-criticism.

Acknowledge Your Feelings:

Write down how you feel about the situation. Be honest and open, but try to avoid self-judgment.

Offer Compassion:

Respond to yourself as you would to a close friend going through the same thing. What words of comfort or encouragement would you offer? Write those to yourself.

Reflect on Common Humanity:

Remind yourself that everyone struggles; you’re not alone in this experience. We all face challenges, and it’s okay to be gentle with yourself.

Close with Kindness:

End your letter with a few kind words or affirmations. Think of it as a warm hug to yourself in written form.

You don’t need to share your letter with anyone; it’s just for you. The goal is to practice self-compassion and see how it feels to treat yourself with the same kindness you extend to others.

Dear _____



ELEVATING YOUR DAILY FREQUENCY

This exercise will help you identify and implement simple, daily practices that can raise your frequency and improve your emotional and physical well-being. We humans have the power to change how we think and feel, that's how we create our reality and are able to create a better life for ourselves.

IDENTIFY LOW-FREQUENCY TRIGGERS

Begin by reflecting on your daily life and identifying any habits, thoughts, or situations that tend to lower your frequency.

- What thoughts, habits, or situations in your daily life tend to lower your frequency?
- Identify any patterns that leave you feeling drained or negative.

CHOOSE HIGH-FREQUENCY ACTIVITIES

Select three high-frequency activities that resonate with you from the examples above or create your own. Commit to incorporating these into your daily routine. Write down the activities you choose and how you plan to integrate them into your day.

- What three activities will you commit to in order to raise your frequency daily?
- How will you integrate these into your routine?

ENCHANTING WATER EXERCISE

You may or may not be already wondering what the heck in the world is “Enchanting Water Experience”! Let do it together!

You will need a glass of water in temperature that it comfortable for you to drink. You also need a sprinkle of your intention, focus and a good dose of believe!

Hold the glass of water in your hands, close your eyes, take three deep breaths, turn your focus all the way up and add the dose of belief as you speak the following sentence to your glass of water;

**“I INFUSE THIS WATER WITH VIBRATIONS OF HEALING,
GRATITUDE AND ABUNDANCE”.**



You can infuse you water with any positive words, depending on what you may need in the moment, make it your own elixir and have fun with it !

Tip: Take the fun to the next level, using your power of intention, focus, believe and gratitude attitude you can infuse anything you want, your intention is the main ingredient for this delightful elixir, make sure to take few deep breaths to ground yourself first, turn on your focus and as you speak your “infusion spell” know/believe that it's works. Make your day feel magical!

“Positively Infused” Water Bottle Stickers! Visit
www.ipirosso.com to find out more!



GET TO KNOW IPIRI ROSE

My name is Roza Krackowska, also known as Ipiri Rose. I am a Holistic Life Coach and a passionate creator committed to promoting healing, empowerment, and creativity.

Born in Poland, I moved to the United Kingdom at the age of 12. Overcoming various forms of abuse, I transformed my pain into purpose, channelling my experiences into meaningful work. My spiritual journey has become a wellspring of creativity, and I am deeply grateful to share my creations with you. After spending over a decade trapped in self-doubt, self-destruction, and toxic mindsets, I've embraced growth and renewal and I wish the tools that I provide can guide you through your journey.

Enjoyed the poetry reading? I invite you to dive deeper into my poetic diary, complete with reflective prompts, available for purchase on my website. While you're there, feel free to explore my free healing tools and other creative projects.




SCAN ME!




www.ipirirose.com

hello@ipirirose.com



The Healing Journey Within by Ipiri Rose
is a guided journal that helps you
rediscover yourself, heal emotional
wounds, and foster self-love.

With reflective exercises, affirmations, and
mindfulness practices, it empowers you to
embrace your inner strength.



WWW.IPIRIROSE.COM
HELLO@IPIRIROSE.COM