

**HOW TO TAP  
INTO YOUR**

**SIMPLE DAILY PRACTICES  
TO ALIGN WITH YOUR TRUE  
SELF AND MANIFEST YOUR  
MOST AMAZING LIFE.**

**GUIDE &  
WORKBOOK**

**INTUITION**

# WELCOME!

THANK YOU FOR OPTING IN TO RECEIVE THIS GREAT RESOURCE! AS A REMINDER, YOU ARE ALSO ADDED TO MY WEEKLY NEWSLETTER. IT'S ALL ABOUT MANIFESTATIONS AND INTERNAL FAMILY SYSTEMS. SOME OF MY FAVORITE SUBJECTS!

AND WHO AM I? LET ME INTRODUCE MYSELF TO YOU. I'M ANGEL MINUTO, A LICENSED CLINICAL SOCIAL WORKER (LCSW) AND CERTIFIED CLINI COACH®

I HAVE YEARS OF EXPERIENCE IN ALL THINGS INTERNAL FAMILY SYSTEMS/PARTS WORK, MANIFESTATION, AND A WHOLE BUNCH OF STUFF IN BETWEEN! I HOPE YOU ENJOY THIS FREE RESOURCE. IF YOU HAVE ANY QUESTIONS, FEEL FREE TO EMAIL ME: [ANGEL@TRUESELFMANIFESTATION.COM](mailto:ANGEL@TRUESELFMANIFESTATION.COM).



# WHO

DAILY PRACTICES

TAP INTO YOUR  
INTUITION



# AM I?



# YOUR COACH

THIS GUIDE WILL HELP YOU LEARN  
DAILY PRACTICES TO TAP INTO YOUR  
INTUITION

HI! I'M ANGEL, I AM A LICENSED CLINICAL SOCIAL WORKER (LCSW) AND IFS-INFORMED TRANSFORMATION COACH WITH MANY YEARS OF EXPERIENCE IN ALL THINGS INTERNAL FAMILY SYSTEMS/PARTS WORK, THERAPY SKILLS, HYPNOTHERAPY, MANIFESTATION, AND A WHOLE BUNCH OF STUFF IN BETWEEN!

I SPENT YEARS GOING THROUGH THE MOTIONS, I FELT SO UNALIGNED AND DISCONNECTED FROM MYSELF. I FOCUSED ON EVERYONE BUT ME. I WAS A PERFECTIONIST. OVERLY CRITICAL OF MYSELF. NOTHING I DID EVER FELT GOOD ENOUGH TO ME. I KNEW THERE WAS SOMETHING MORE IN LIFE, SO I TRIED TRADITIONAL NEW AGE MANIFESTATION PRACTICES. BUT I KEPT FEELING DISCOURAGED AND FRUSTRATED WHEN MY MANIFESTATIONS WOULDN'T COME THROUGH.



THEN SOMETHING CLICKED WHEN I BEGAN LEARNING ABOUT INTERNAL FAMILY SYSTEMS (IFS). I LEARNED HOW TO USE IFS TO GET TO THE ROOT OF WHAT WAS BLOCKING MY MANIFESTATIONS.

I BEFRIENDED THOSE PARTS OF MYSELF AND LEARNED HOW TO ALIGN WITH MY TRUE SELF. I LEARNED I CAN LEAD THROUGH SELF AND NOT MY PARTS. FINALLY, FOR THE FIRST TIME IN A LONG TIME, I FELT GOOD ABOUT MYSELF. I FELT WORTHY. AND MY MANIFESTATIONS STARTED POURING IN!!

THIS IS WHY I DEVELOPED TRUE SELF MANIFESTATIONS. I WANT TO EMPOWER PURPOSE-DRIVEN WOMEN TO ALIGN WITH THEIR AUTHENTIC SELVES. LET ME ASSIST YOU IN OVERCOMING SUBCONSCIOUS BLOCKS STEMMING FROM PAST PROGRAMMING, CONDITIONING, AND LIMITING BELIEFS. BY NURTURING SELF-WORTH FROM WITHIN, MY MISSION IS TO HELP YOU RADIATE MAGNETISM AND MANIFEST AN ABUNDANT LIFE.



# CONCEPT

## **TAP INTO YOUR INTUITION & RECONNECT WITH YOUR INTERNAL WORLD**

BY TAPPING INTO YOUR INTUITION YOU'RE CONNECTING TO YOUR TRUE SELF AND THE UNIVERSE. THIS IS ONE OF THE KEYS TO MANIFESTING. YOU CAN'T CO-CREATE WITH THE UNIVERSE, NOR CAN YOU WORK WITH PARTS SABOTAGING YOU IF YOU ARE NOT CONNECTED TO YOURSELF. YOUR INTERNAL WORLD.

YOU'RE USUALLY ON AUTO-PILOT UNTIL SOMETHING BIG HAPPENS MAKING IT SO YOU CAN'T IGNORE WHAT'S GOING ON INSIDE OF YOU ANY LONGER. BUT THEN YOU DON'T EVEN UNDERSTAND WHY IT'S HAPPENING.

YOU HAVE BECOME DISCONNECTED FROM WHAT IS GOING ON INSIDE OF YOUR MIND AND BODY, DUE TO CONDITIONING, PROGRAMMING, EXPECTATIONS, AND LIFESTYLE.

### RESULTING IN:

- LACK OF TRUST WITHIN YOURSELF.
- INABILITY TO REGULATE EMOTIONS.
- REACTING WHEN YOU WANT TO RESPOND.

BECAUSE OF THIS, YOU ARE UNABLE TO TAP INTO YOUR INTUITION. YOU ARE MISSING OUT ON HINTS, CLUES, AND NUDGES, FROM WITHIN THAT OFFER YOU VALUABLE INFORMATION.

WHEN YOU ARE CONNECTED, YOU CAN NOTICE THE THOUGHTS, FEELINGS, OR BODY SENSATIONS AND LET THAT AWARENESS GUIDE YOU TO SLOW DOWN A MINUTE, PAUSE, TAKE A BREATH, AND GROUND YOURSELF.

AS YOU BECOME AWARE OF WHAT IS GOING ON INSIDE OF YOUR INTERNAL WORLD, YOU NO LONGER ARE FUNCTIONING FROM THE PAST. YOU ARE PRESENT AND ABLE TO TAKE CONTROL. YOU CAN TAP INTO OUR INTUITION, YOUR TRUE SELF, AND CO-CREATE WITH THE UNIVERSE!

THIS IS EMPOWERING!

# MINDFULNESS CHECK-IN

This is a quick exercise to reconnect to yourself. Do this a couple of times a day to get to know what is going on inside of your internal world.

**Begin by taking a breath and then ask yourself these three questions.**

**QUESTION**

**WHAT AM I THINKING  
RIGHT NOW?**

**ANSWER**

**EXAMPLE:**  
I'M RUNNING THROUGH  
MY TO-DO LIST IN MY  
HEAD AND I NOTICE  
THAT I KEEP  
ADDING TO IT.

**QUESTION**

**WHAT AM I FEELING  
EMOTIONALLY?**

**ANSWER**

**EXAMPLE:**  
I'M FEELING A LITTLE  
ANXIOUS AND  
OVERWHELMED

**QUESTION**

**WHAT AM I FEELING  
PHYSICALLY?**

**ANSWER**

**EXAMPLE:**  
I'M FEELING RESTLESS, I  
NOTICED I'M FIDGETING,  
AND MY HEART RATE  
WENT UP A BIT.

# MINDFULNESS CHECK-IN

This is a quick exercise to reconnect to yourself. Do this a couple of times a day to get to know what is going on inside of your internal world.

**Begin by taking a breath and then ask yourself these three questions.**

QUESTION

ANSWER

WHAT AM I THINKING  
RIGHT NOW?

QUESTION

ANSWER

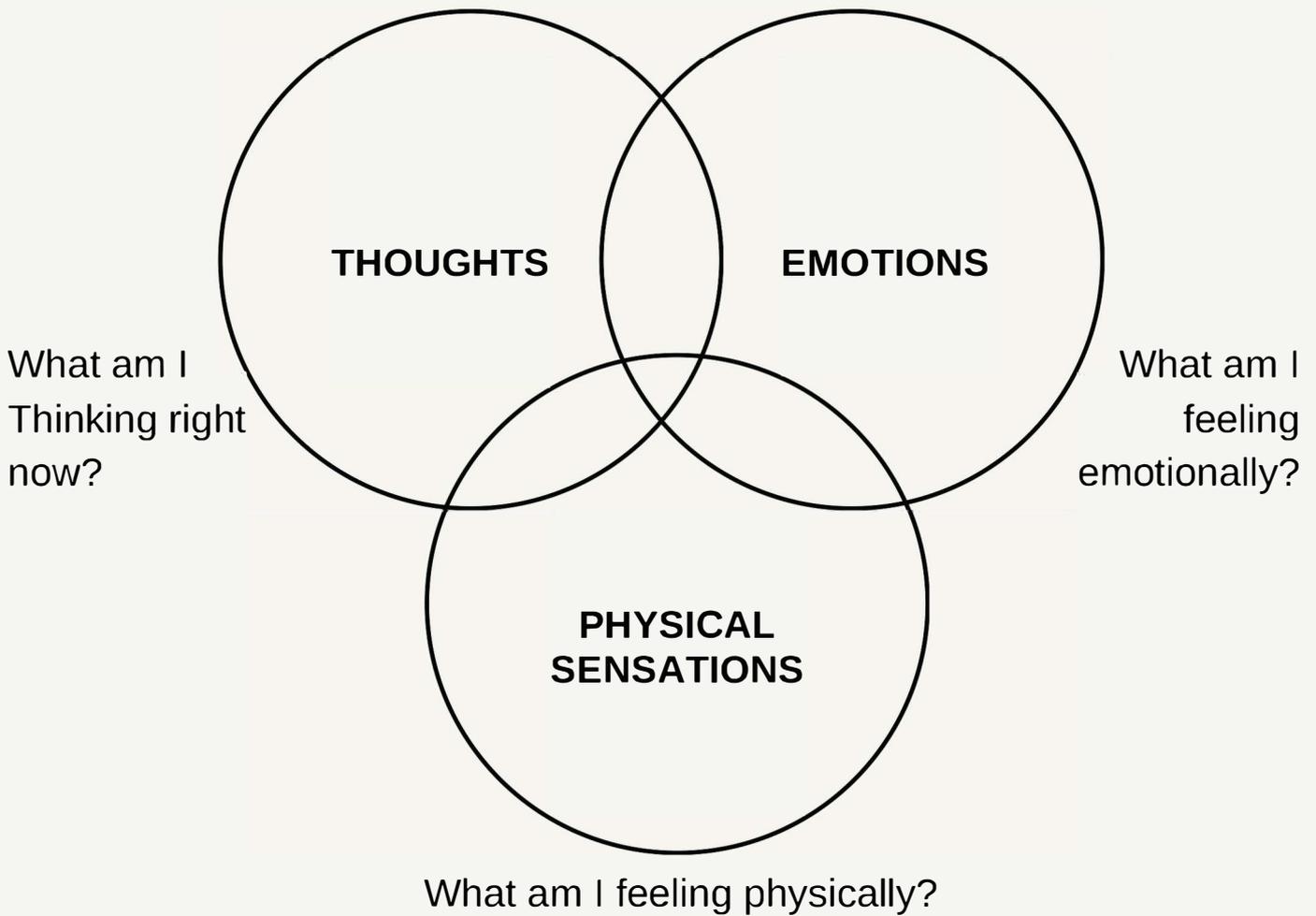
WHAT AM I FEELING  
EMOTIONALLY?

QUESTION

ANSWER

WHAT AM I FEELING  
PHYSICALLY?

# MINDFULNESS CHECK-IN



## NOTES-

---

---

---

---

**BY DOING THIS  
EXERCISE 2-3 TIMES A  
DAY, YOU ARE  
CONNECTING YOUR  
MIND, BODY, AND TRUE  
SELF.**



# HOW TO

## REGULATE YOUR SYSTEM

WHEN OUR NERVOUS SYSTEM IS FEELING OUT OF WHACK, IT'S DIFFICULT TO ACCESS TRUE SELF.

AS YOU DO THE MINDFULNESS CHECK-IN EXERCISE, YOU MIGHT NOTICE FEELING OVERWHELMED, STRESSED, ANXIOUS, ETC. THIS MEANS THAT YOUR NERVOUS SYSTEM IS NOT IN A PLACE THAT YOU CAN ACCESS YOUR TRUE SELF. WHEN THIS IS THE CASE, I LIKE TO DO A COUPLE OF EXERCISES TO REGULATE MY NERVOUS SYSTEM. AND I AM SHARING THEM WITH YOU ON THE FOLLOWING PAGES!

THE FIRST ONE IS AN EASY GROUNDING TECHNIQUE USING THE 5 SENSES. JUST ONE OF EACH. I'M A THERAPIST AND I CANNOT REMEMBER THE 5 THINGS YOU SEE...ETC. IF YOU CAN, MORE POWER TO YOU. YOU ARE A ROCKSTAR!

FOR THE REST OF US, IT IS JUST ONE OF EACH! GROUNDING IS AMAZING FOR BECOMING PRESENT IN THE MOMENT, BECOMING CLEAR MINDED AND INTUNE WITH YOU.

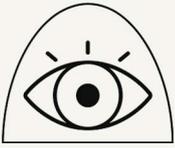
THE SECOND ONE IS A BREATHING EXERCISE THAT CAN BE DONE ANYWHERE AND IS REALLY POWERFUL IN BRINGING THE NERVOUS SYSTEM INTO A PLACE OF REST AND DIGEST.

THIS IS WHERE YOU WANT TO BE SO THAT YOU CAN TAP INTO YOUR INTUITION AND BE OPEN TO THE UNIVERSE. IF YOU ARE IN A CONSTANT STATE OF STRESS AND ANXIETY, YOU ARE IN SURVIVAL MODE. YOU CANNOT TAP INTO YOUR INTUITION OR CO-CREATE WITH THE UNIVERSE.

# 5 SENSES

# GROUNDING

ASK YOURSELF THESE 5 QUESTIONS,  
REALLY DESCRIBING AND EXPERIENCING EACH ONE



*What do I see?*

---

---



*What do I hear?*

---

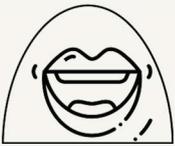
---



*What do I smell?*

---

---



*What do I taste?*

---

---



*What can I feel?*

---

---

# ADDITIONAL GROUNDING TECHNIQUES

Here are a few more of my favorite grounding techniques. Choose what calls to you and make it a part of your daily practice.

## 01. Run cool or warm water over your hands.

*—Or the inside of your wrists. The skin on the inside of your wrist is very delicate so the sensation of the water or an ice cube, will make a big impact.*

## 02. Carry a grounding object in your pocket

*—a small object a small rock, crystal, ring, or other piece of jewelry, talisman) that you can touch whenever you need to ground and recenter..*

## 03. Dig your heels into the floor

*— literally “grounding” them. Notice the tension centered in your heels as you do this. Remind yourself that you are connected to the ground. Take it a step further by visualizing a cord coming from your heels and going down into the earth, securing you into the molten core of the earth, anchoring you.*

## 04. Say a coping statement or mantra

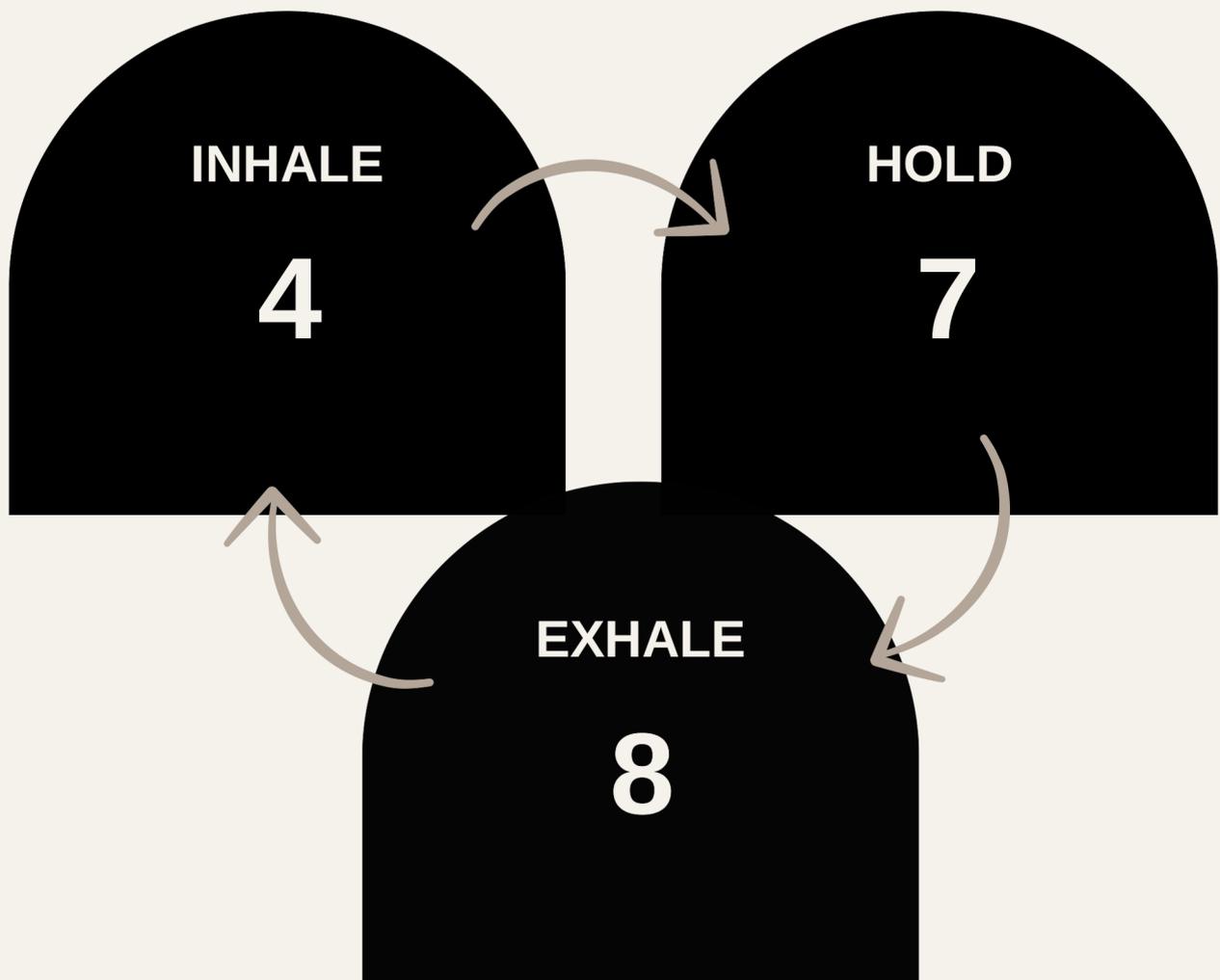
*Choose something that fits your needs. Here are some examples- “I can handle this”, “This feeling will pass”, “I am safe”. “I’m a badass that can handle anything thrown at me”.*

# BREATHING EXERCISE

# 4-7-8 BREATHING

**To do this, begin by:**  
Inhaling for 4 seconds  
Hold for 7 seconds  
Exhale fully for 8 seconds

Do this 3-4 times. Add more as needed.



*This breathing exercise developed by Dr. Andrew Weil, engages the parasympathetic nervous system also known as rest and digest. It's excellent to use to manage anxiety as well as help you sleep. The trick is the out breath. Exhale completely. This breathing exercise has shown to decrease anxiety, improve sleep, decrease muscle tension, and improve focus. It is like a tranquilizer for the nervous system. Who doesn't love that??*

# TAP

**WHEN YOU DO THESE EXERCISES**

**YOU ARE CONNECTING TO YOURSELF, AND YOU ARE  
TAKING CARE OF YOURSELF.**

# INTO YOUR

**YOU ARE ALSO SLOWING DOWN  
AND MAKING SPACE.**

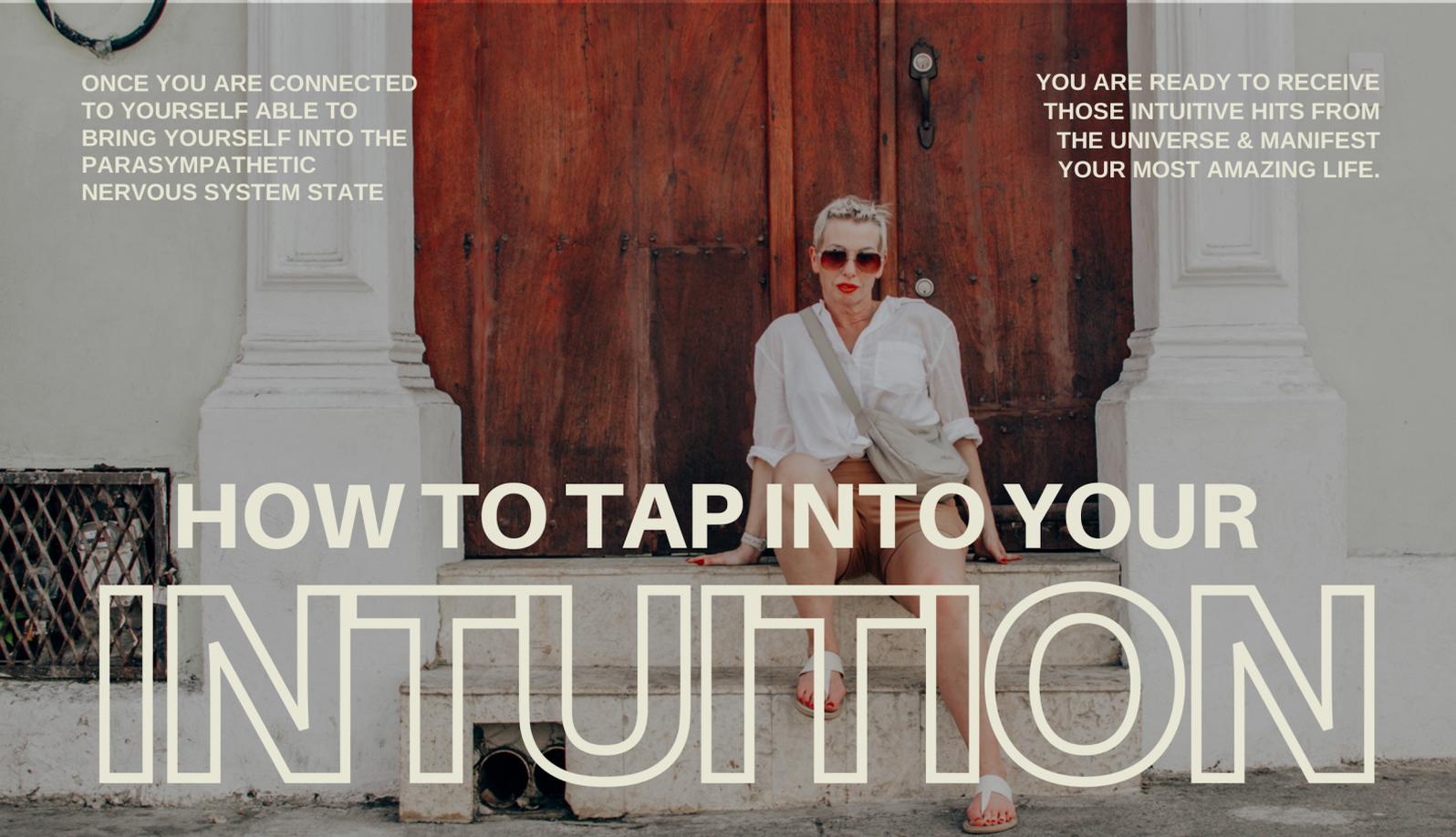
**THIS PRACTICE IS FOUNDATIONAL TO TAPPING INTO YOUR INTUITION  
AND ALIGNING WITH YOUR TRUE SELF.**

**WHEN YOU ARE CAUGHT UP IN THE DAY-TO-DAY, YOUR TO-DO LISTS,  
AND THE COUNTLESS OTHER THINGS, YOU ARE NOT MAKING SPACE TO  
BE. YOU AREN'T GIVING YOURSELF TIME TO LISTEN, TO NOTICE, TO  
RECEIVE.**

# INTUITION

ONCE YOU ARE CONNECTED  
TO YOURSELF ABLE TO  
BRING YOURSELF INTO THE  
PARASYMPATHETIC  
NERVOUS SYSTEM STATE

YOU ARE READY TO RECEIVE  
THOSE INTUITIVE HITS FROM  
THE UNIVERSE & MANIFEST  
YOUR MOST AMAZING LIFE.



# HOW TO TAP INTO YOUR INTUITION

## **A STATE OF BEING AND NOTICING-**

A state of Being instead of Doing naturally brings you into your True Self, your intuition. Then you can begin to see what the Universe is trying to tell you.

What messages is the Universe trying to send you?  
Are you noticing any patterns or themes?

## **ONE WAY TO GET IN A STATE OF BEING IS-**

Schedule yourself time to do things you want to do. Not the things you have to do, are supposed to do, or need to do. What are things that light you up? Could it be listening to your favorite playlist? Reading a book? A bath? Walk in nature, without headphones? A hobby? Activity? Craft? Or another creative outlet?

## **ANOTHER WAY TO TAP INTO YOUR INTUITION IS TO...**

### **ASK THE UNIVERSE-**

Grab a journal and a pen. Get comfortable somewhere, taking a few cleansing breaths. Tune into your body feeling grounded where you sit or lay. Then ask the Universe a question, it can be anything. Then listen. What comes to your mind? Just notice it without judgment. Write down what comes up. It doesn't have to make sense right now. And if it doesn't, trust that the Universe will guide you to understanding what it means when the time is right. Do this exercise often to build trust with your intuition.

### **KEEP NOTE OF WHAT YOU ASK AND THE ANSWERS-**

So that you can go back and see if you were given the correct answer. If you weren't, was there something blocking you from tapping into your intuition?  
Could there have been a part of you that was afraid to get the answer?  
Maybe a part of you that tried to figure out the answer logically and rationally instead of letting your intuition speak?

**IF THIS IS THE CASE, I CAN SHOW YOU HOW TO WORK WITH THESE PARTS WITH MY ONE-ON-ONE COACHING PACKAGE. CHECK IT OUT BELOW!**

IFS-INFORMED  
MANIFESTATION  
COACHING PACKAGE

TO SUCCESSFULLY  
MANIFEST, WE MUST BE IN  
OUR WORTH AND IN  
ALIGNMENT WITH OUR TRUE  
SELF AND THE UNIVERSE.



# COACHING

## 1:1 PERSONALIZED IFS-INFORMED MANIFESTATION COACHING FOR WOMEN-6 SESSION PACKAGE

### DISCOVER THE TRANSFORMATIVE POWER OF IFS COACHING

Do you find that despite your best efforts, your goals and dreams remain just out of reach? Could there be a gap between what you long for and your belief in your own value? Often, the most significant barriers we face are the hidden beliefs we hold about our own worth.

Embarking on a journey with IFS coaching could help you bridge that gap, inviting you to connect with your True Self and fully embrace the worthiness that is your birthright.

[LEARN MORE HERE AND BOOK A FREE 15 MINUTE DISCOVERY CALL!](#)

**AS A SPECIAL THANK YOU**



**MANIFEST**

I'VE INCLUDED A SPECIAL DISCOUNT CODE FOR \$100 OFF OF MY COACHING PACKAGE. THIS CODE CAN BE USED ON BOTH THE ONE TIME PRICE & SPLIT PAY OPTIONS. **USE CODE "MANIFEST" AT CHECKOUT!**

**CHECK OUT MY 1:1 COACHING PACKAGE HERE!**

LARIA.

# THANK

## YOU'RE AWESOME!

I APPRECIATE YOU CHOOSING THIS WORKBOOK AND HOPE IT HAS BEEN A VALUABLE RESOURCE FOR YOU. CONTINUE TO TAP INTO YOUR INTUITION, AND MANIFEST YOUR MOST AMAZING LIFE. FAREWELL FOR NOW.

# YOU!



[@angelmin](#)



[@trueselfmanifestation](#)



[@trueselfmanifestation](#)



[@trueselfmanifestation](#)