



The COMING OUT *Process*



The Confidence Tool Kit

focus

Finding our focus and directing ourselves in actions toward that is the foundation of my work and starts off the Confidence Tool Kit.

habits

Learning what makes you do things and how to set up your environment, time, and reminders to help you be consistent toward your focus is key in knowing yourself.

purpose

Our purpose drives us to continue even when it's hard and is crucial part in the Confidence Tool Kit that will help you pick yourself up when you are down and have to start again.

Manifesting Magic Manual

autonomy

Gaining agency over our lives is closely tied to how well we nurture ourselves. Without understanding how to self-soothe and regain inner peace, external distractions can drown out our voice, making it difficult to stay centered and focused.

authenticity

Authenticity, a crucial component of the Manifesting Magic Manual, entails knowing ourselves and acting accordingly. It involves taking what you've learned from the Confidence Tool Kit to be honest and vulnerable, thereby fostering genuine connections.

Magnetic Smile Guide to Connection

belonging

The Magnetic Smile Guide to Connection takes all that you've learned and adds specific actions that will help you move from alone and disconnected to many loving supportive relationships.