



# LIGHT BEACONS PORTAL

with

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**A 5D Community for  
Light Age Activists**

## **Light Beacons November 2017 Topic Energetic Sovereignty**

Use this worksheet as you listen to this month's lesson on Energetic Sovereignty.

1. What are some of the energetic distractions in your life? Include people, emotions, and situations that drain your energy, take you off of your path, siphon off your energy,

Person, emotion or situation	Kind of distraction	Emotions present	How do you feel?	Regain your energetic sovereignty

## Light Beacons Portal Monthly Lesson

Are your energy drains active or passive? Are you aware that your energy is being siphoned (active) or are you giving energy away without realizing it (passive)? To get a clear picture of this, take your most challenging situations that create the most drama and trauma in your life and examine them as being active drains or passive drains.

Then write your resolution – how are you going to stop the drain and shift that energy so you feel energetically sovereign with every person and situation in your life:

Situation/person	Active Drain	Passive Drain	Resolution

3. What are some of your beliefs and filters that limit your life? This is where you feel unworthy, undeserving, incapable, doubtful, and afraid:

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4. How do you sabotage your life and your path? What comes up that you must take care of, need to stop your movement for, or feel guilty about ignoring, especially when that involves others? Think of areas where you feel you need to heal others, take care of them, to make sure they're in the same energy space you are:

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5. What are some new beliefs you can create to regain your energetic sovereignty and feel that you are truly in control of your energy flows and how you use them to manifest what you want with confidence?

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6. This next exercise may take some time, consideration, and honesty but it will reward you with peace, acceptance, and an opportunity to stop limiting your life because you do not believe others love you.

Here you will look at the kind of love you get from the significant people in your life and the kind of love you want from them or wish they would give you. Then you write an acceptance statement for that person, acknowledging that where they are in their 'love space' is the best that they have to offer, so you can stop wishing and hoping that they will be different.

Person/Situation	What they give to me (or don't give)	What I want or wish they gave	Acceptance Statement

If you do not have enough space to include all of your responses you can write them on a separate sheet, this is also a great journaling exercise.

Many blessings  
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Remember to send your questions to [support@enlighteninglife.com](mailto:support@enlighteninglife.com)