

DISCONNECTED? IT'S TIME TO RECLAIM YOUR RADIANCE



FREE Self-Love Reset Guide
for Women 50+

Download your FREE guide now and
start your next chapter with clarity,
confidence, and self-love.



INTRODUCTION

**You've spent years showing up for
everyone else
it's time to come home to you.**

**This guide is your sacred
permission slip to pause, reflect,
and reset. Inside are 5 simple yet
powerful steps to help you
reconnect with your truth, your
body, and your purpose from the
inside**

STEP 1

Reconnect to Your Inner Voice

**Start each day with 3 deep
breaths and ask:**

What do I need today?

**Listen without judgment. Your
body holds wisdom.**

**Affirmation: I am safe to hear and
honor myself.**

STEP 2

Make Space to Feel

Don't numbfeel. Let your emotions come through without needing to fix them.

Start with: Right now, I feel

Affirmation: I give myself full permission to feel and heal.

STEP 3

BREAK THE OVER GIVING PATTERN

**Ask: Am I doing this out of love or
out of fear that I wont be enough?**

**You are allowed to pause. You are
allowed to say no. You are allowed
to choose you.**

**Affirmation: I release the need to
earn love.**

STEP 4

CHOOSE ONE SACRED YES

Each week, choose ONE thing that's just for you.

A walk. A dance. A moment of stillness. A nourishing book.

Affirmation: My joy is sacred and healing

STEP 5

ENVISION YOUR NEXT CHAPTER

**Close your eyes and ask:
If I lived fully as me what would I be
doing?**

**Write it down. Visualize it. Let her
lead.**

**Affirmation: I am becoming the
woman I was always meant to b**

Want to Go Deeper?

**If this guide spoke to you imagine
what we could do together.**

**I offer transformational 1:1
coaching for women 50+ who are
ready to step into their most
radiant,
sovereign chapter yet.**

**Click the link in my bio to book your
free 20-minute Glow-Up Discovery
Call**

Its time to choose YOU