

7 DAYS TO BECOMING HER

**“YOU DON’T HAVE TO HUSTLE
TO HEAL. YOU JUST HAVE TO
CHOOSE YOU.”**

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“EMPOWER YOUR HEALTH AND MINDSET. TRANSFORM YOUR LIFE.”



To the woman holding this guide...

Let's get one thing straight:

You're not broken. You're buried.

Buried under expectations you never asked for.

Buried beneath years of being "strong" for everyone but yourself.

Buried by smiles that hid the tears... the exhaustion... the silent scream of

"What about me?"

You've carried the weight of it all.

And for that? **You deserve more than survival.**

You deserve a reset — one that brings you back to the most powerful truth of all:



You were always enough.

You don't need another list of things to "fix."

You need a path that feels like **coming home** — to your strength, your softness, your worth.

And that's exactly what this guide is:

- A gentle nudge back to the woman you forgot to love
- A roadmap for letting go of guilt and gripping onto grace
- A spark of self-respect that burns brighter every time you show up for YOU

Inside these pages, you'll find **more than words** — you'll find power.

The kind that whispers: *"I'm allowed to want more. I'm allowed to heal. I'm allowed to rise."*

So don't just read this.

Claim it. Commit to it. Show up like your future self is already watching.

Because the truth is... **she is.**

And she's so proud you finally chose you.

With love,

Sandee Jackson



About Me



Hi, I'm Sandee Jackson— and I know what it feels like to lose yourself.

To show up with a smile while feeling completely invisible inside.
To give until there's nothing left — and still question if you're enough.

For years, I wore strength like a badge, but underneath it?
I was exhausted. Disconnected. Living on autopilot.

I created this guide not because I have all the answers —
but because I finally started asking the right questions:



"What if self-love isn't selfish?"

"What if healing isn't about fixing — but remembering who I am?"

"What if I stop shrinking and start becoming?"

That's what this eBook is about:

A journey back to yourself — one affirmation, one reflection, one brave step at a time.

Because I believe healing shouldn't feel like a hustle.
It should feel like coming home.

You deserve peace. You deserve softness.
You deserve to rise — without apology.

Let's do it together. 🧡

Sandee Jackson

Day 1 – Remember Your Worth

Affirmation: I am not behind. I am blooming in my own time.

Prompt:

What lies have I believed about my worth?

What's one truth I want to hold onto today?

Mini Action:

Write that truth on a sticky note. Place it where you'll see it all day.

Day 2 – Choose Yourself Without Guilt

Affirmation: My needs matter. My rest matters.

Prompt:

Where am I betraying myself just to be liked or needed?

Mini Action:

Say “no” to one thing that drains you today – and “yes” to one thing that fuels you.

Day 3 – Let Go of What's Heavy

Affirmation: I am allowed to release what no longer serves me.

Prompt:

What am I tired of carrying emotionally, mentally, or physically?

Mini Action:

Take 5 minutes to write it all out. Burn it (safely), shred it, or delete it.

Day 4 – Rebuild Your Confidence

Affirmation: Confidence is built every time I show up for me.

Prompt:

When was a time I was proud of myself?
What did I do?

Mini Action:

Do one small brave thing today – send the message, say what you feel, apply, speak up.

Day 5 – Nourish Yourself With Love

Affirmation: I give myself permission to rest, laugh, and heal..

Prompt:

What makes me feel nourished — not numbed?

Mini Action:

Create a self-care moment (hot bath, walk, fav playlist, warm tea, phone on DND).

Day 6 – Speak Life Over Your Future

Affirmation: The best version of me is unfolding every single day.

Prompt:

What does my “future self” look like? How does she walk, speak, carry herself?

Mini Action:

Record a voice memo to her. Tell her what you're proud of.

Day 7 – You Are Her

Affirmation: I am not becoming her. I already am her.

Prompt:

What did I learn about myself this week?
What's one thing I'll carry forward?

Mini Action:

Write yourself a love note. Tuck it in your purse, mirror, or journal.

BONUS PAGE

Want to Go Deeper?

You've just spent 7 days stepping into her — now it's time to fully embrace your transformation.

Becoming Her – A Self-Love Journey

Your complete guided path back to your true self through reflection, healing, and radical self-worth.

📖 Inside, you'll discover:

- ✓ Powerful self-reflection prompts
- ✓ Step-by-step healing practices
- ✓ Tools to rebuild your confidence
- ✓ Daily actions to strengthen self-love



❤️ [\[YES! I Want the Full Becoming Her Journey.\]](#)

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