

WELCOME, BEAUTIFUL SOUTHERN



Welcome, beautiful soul ✨

I'm so proud of you for downloading this guide. That simple choice — to pause, reflect, and reconnect — is powerful.

Inside this guide, I'll help you uncover:

- Why you often second-guess yourself
- How people-pleasing might be disconnecting you from your truth
- 5 subtle signs you're out of alignment
- Quick reflection tools to come back home to your intuition

This is just the beginning of your self-trust journey — and you're so worthy of it. 💛

With love,

Alina



5 Signs You're Disconnected From Your Truth

Do any of these feel familiar?

1. You say "yes" when you mean "no" – just to avoid disappointing someone
2. You constantly overthink your choices, even the small ones
3. You feel anxious after speaking up, replaying what you said
4. You often look for outside validation before making a decision
5. You feel disconnected from what you actually want

 *The good news? Self-trust is something you can rebuild – step by step.*

Let's reconnect — one question at a time.

1. ✍️ What is something I know in my gut — but keep ignoring?
2. ✍️ Where am I abandoning myself to be accepted?
3. ✍️ What would I do differently today if I fully trusted myself?

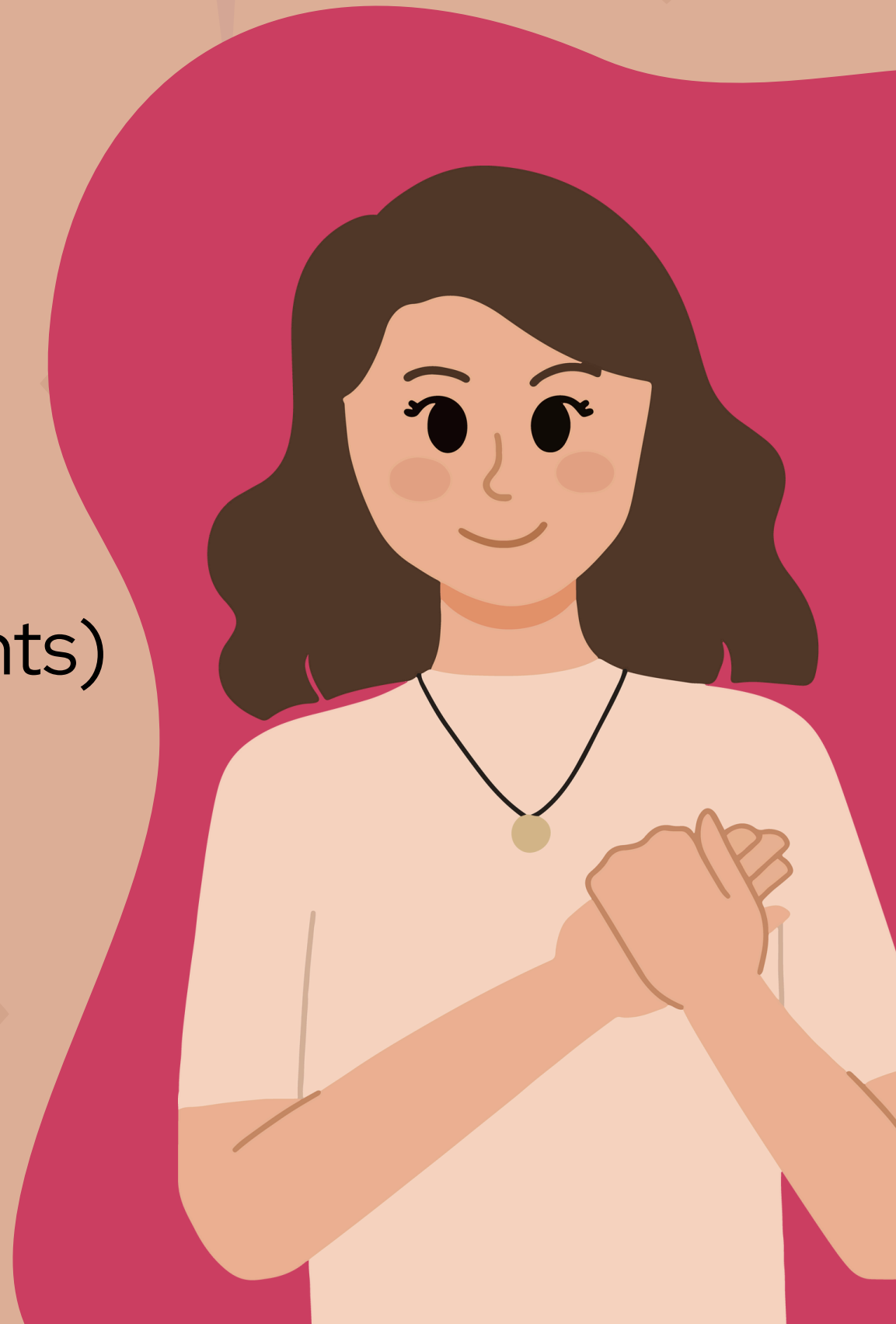
💡 *Write your answers in a journal, voice note, or whisper them out loud. You don't need to be perfect — **just honest.***



◆ A 60-second daily check-in for self-trust

1. Place your hand on your heart
2. Take 3 deep breaths
3. Ask: **What do I need right now?**
4. Listen – without judgment
5. Take one tiny action in that direction (even resting counts)

The more you listen, the louder your truth becomes.



Your unshakeable confidence is already within you — now let's unlock it.

If you're ready to stop second-guessing yourself, set boundaries without guilt, and live more in alignment...

🎓 Join my course, Unshakeable You — a 4-week self-paced journey into clarity, courage, and emotional sovereignty.

💛 Early Bird access is now open → **RESERVE YOUR SPOT**

