

5 Habits of Empowered Women

# Thriving IN THE In-Between

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# Life doesn't always look like we thought it should - and sometimes that's heartbreaking

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A few years ago, I realized I was living a life that didn't feel like mine.

I was achieving, checking boxes, performing for the world - but inside, I felt small, stuck, and disconnected from myself.

Nights were spent overthinking. Replaying decisions. Wondering if I was enough. Wondering why joy always felt just out of reach.

I was angry with myself for not feeling fully alive.  
For postponing happiness until "the right season."  
For letting fear dictate my choices.

When you stop trusting yourself, life starts to feel heavy.

- *It's staying in a job that drains you instead of pursuing what lights you up.*
- *It's saying yes when you want to say no.*
- *It's scrolling through social media, comparing your life to everyone else's highlight reel.*
- *It's waiting - for the relationship, the promotion, the sign to start living.*

# Finding joy is an act of rebellion.

When you don't empower yourself, the damage is subtle. You shrink. You settle. You stop trusting yourself. You postpone joy, waiting for "someday" to feel worthy or capable.

**Here's the truth: *you can take your power back.***

*Choose it again and again.*

You can stop waiting.

You can become the woman who doesn't just survive - she thrives.

This guide is about exactly that.

These five habits aren't about pretending to have it all together.

They're about remembering who you are beneath the fear, the the expectations, and the overwhelm.

They're about coming home to yourself

- grounded, confident,  
and fully alive.

***Because empowered women don't wait to be chosen.***

***They choose themselves.***

# HABIT 1

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## *Start your Day with Music*

This one's fun - and yes, a little ridiculous.

That's exactly the point.

Create a playlist that makes you feel good.

Songs that make your shoulders move, your hips sway, your heart remember what it's like to be free.

### *The Challenge*

*Dance to at least one song every day for the next 7 days.*

- Not to perform.
- Just move - however your body wants.
- In the shower.
- While brushing your teeth.
- Before you scroll.
- Before you grab your coffee.

Why this matters

- Music is medicine. We underestimate how quickly it can shift our energy, our chemistry, our state of being.
- Music releases dopamine and serotonin - literal joy chemicals.
- Movement gives them space to flow through your body.

## HABIT 2

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### *Cold Exposure*

I won't lie - I hated this at first and then I became addicted.

The first few seconds under cold water I could sense my thoughts screaming at me. My breath would shorten, my mind would panic, and I'd question why anyone would willingly do this to themselves.

But what I didn't realize then was that cold exposure isn't just about the cold - it's about your nervous system. When you step into that shock and choose to breathe through it instead of fight it, you're literally retraining your body's stress response.

The cold activates the sympathetic nervous system - that fight-or-flight reaction that spikes when you're anxious or overwhelmed.

But when you slow your breath and stay present, your parasympathetic system (the one that brings calm and balance kicks in. It's not comfortable - but that's where the transformation happens.

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## *The Challenge*

Every time I step into that icy water, I remind myself:  
*I can do hard things - and stay calm while doing them.*

It's not comfortable - but that's where the transformation happens.

You start noticing that the same calm you find in the cold begins to show up in real life too.

When someone triggers you, when anxiety hits, when life gets chaotic - your nervous system remembers the training.

Now, cold exposure has become one of my most powerful tools to reset my mind and reconnect with my body.

It's clarity in discomfort.

*Strength in stillness.*

# HABIT 3

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## Love Letters

Once a week, set aside thirty minutes to write a letter to someone you truly care about. Not a quick text or casual message - a real, heartfelt letter. Two full pages is ideal.

Use this time to focus on gratitude, highlighting the qualities, actions, and little details that make this person special to you.

At first, it can feel awkward or even difficult. You might stare at the blank page, unsure of what to write. This is completely normal. The trick is to keep going. The more you intentionally focus on the good in the person, the more you begin to notice and uncover.

Write about what you admire, and allow yourself to feel that gratitude fully.

As you write, thoughts of irritation or negativity may arise. When they do, acknowledge them, but set them aside.

This practice isn't about ignoring reality - it's about holding someone in genuine care, attention, and appreciation, without judgment.

The beauty of this habit extends beyond the recipient. By cultivating deep gratitude and care for another person, you also train your heart to view yourself with the same tenderness, patience, and appreciation.

Over time, you'll notice a shift in how you relate not only to others but to your own self.

### **The Challenge:**

- *Choose one person each week.*
- *Write for 30 minutes straight, aiming for at least two pages.*
- *Focus on gratitude, set aside judgment, and immerse yourself in appreciation.*
- *Send the letter and observe the joy it creates, both in them and in you*

## HABIT 4

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### Inventory

Moving from surviving to thriving rarely happens overnight. It asks for humility, brutal honesty, and - sometimes - a difficult look at how you arrived where you are. Maybe you missed red flags.

Maybe you've avoided hard decisions. Maybe, unconsciously, you allowed life to happen to you instead of taking the wheel. There is no shame in any of that.

What matters is the **willingness** to see it, name it, and choose differently.

Often we cling to smallness or a victim mindset because it has somehow served us - protected us, given us identity, or kept us from risk.

Those gains aren't always obvious at first. That's why we're going to do an exercise that brings the hidden patterns into the light.

# *The 10-Event Inventory: A Week to See Yourself*

Clearly, this is a practical, grounded exercise. It will take time and honesty. Do it gently.

## **Step 1 - Make the list**

Set aside an uninterrupted hour. On a piece of paper or in a journal, write:

- *5 highlights of your life (big or small); milestones, accomplishments, joyful memories, times you felt proud, or moments you felt deeply loved.*
- *5 lowlights of your life: breakups, losses, regrets, times you felt small or hurt, or moments that shaped fear or withdrawal.*

Be specific. Use dates or approximate ages if you can. These don't need to be dramatic events - a realization that you were bullied, a move, a job loss, an act of kindness - any moment that mattered.

## **Step 2 - Put them in order**

Arrange these 10 events chronologically. Seeing them in sequence will help you spot cause, effect, and repeating patterns.

### Step 3 - Step away for a week

Now close the journal. Put the list somewhere safe, and step away for seven days. Use the week to reflect, talk with a trusted friend, or simply sit with the memories as they come. Let your subconscious process what you've written.

### Step 4 - Return with fresh eyes

After a week, come back to the list with curiosity (not self-judgment). Grab a highlighter and start to look for threads.

- *Where do the same feelings, decisions or outcomes repeat?*
- *Which events seem to influence later choices?*
- *What beliefs could be sitting beneath these patterns?*

*Write down any recurring themes or core beliefs you spot.*

### Step 5 - Zoom out and map the influence

Now expand from the list to your present life:

- *How do these themes show up in your daily decisions?*
- *In relationships, work, or how you treat yourself?*
- *Which small habits are keeping the belief alive?*

# HABIT 5

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## Letting Go

Let me begin with this:

I believe we live in a deeply spiritual world. Our reality is shaped not only by what happens to us, but by our energy, emotions, thoughts, and subconscious beliefs.

For years, I believed that happiness lived somewhere in the future - just beyond the next milestone. I told myself once I get there, I'll feel fulfilled. And so I stayed in a quiet rat race of hoping, striving, and waiting for something external to finally make me feel whole.

After a few long, difficult seasons, I learned a lesson I couldn't avoid anymore: *the lesson of letting go*.

Letting go isn't passive, and it doesn't mean you stop caring.

It also isn't something you do once and move on from.

Letting go begins with honesty - acknowledging the desires, expectations, and hopes we carry for our lives - and then choosing a posture of non-attachment.

Even though the circumstances don't look the way we hoped they would, there is still something meaningful here - something we can learn from, receive, or be shaped by.

Gratitude helps us loosen our grip. It invites us to stop making demands of life and instead meet what is with openness and presence.

Not bypassing pain - but fully inhabiting the moment were in.

*And yes, letting go is often a daily practice.*

Life has a way of handing us curveballs. This doesn't mean people get a pass for poor behavior, or that boundaries don't matter.

Letting go means doing your part - and then surrendering the outcome.

*It means offering what you can, releasing control, and trusting God (or your higher power) with the rest.*

## Conclusion

### The Beginning of Transformation

If something in these pages has stirred your heart...

If you feel ready to move beyond these transformations and to dig deep into true transformation...

#### This work invites you into a deeper kind of healing:

- Releasing core beliefs and emotional blocks
- Reconnecting with your body
- Learning how to regulate your nervous system and soften fear
- Trusting God more deeply and choosing joy

This journey is about more than awareness — it's about integration. You don't just learn what's been holding you back; you're given the tools, the support, and the space to actually change it.

So if you're ready to move from surviving to truly living...

From understanding your story to rewriting it...

From coping to cultivating joy...

**I would be honored to walk beside you.**

**Your healing is holy.**

**And joy is your birthright.**