

Rise Midlife Mindset



# Rebuilding Her

## A 30-Day Identity Reset

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Release. Remember. Reclaim. Rebuild.

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# Welcome

If you are holding this workbook, something inside you already  
knows:  
It's time.

Not to become someone new.  
Not to fix yourself.  
Not to hustle your way into a better identity.  
But to return.  
To realign.  
To rebuild — intentionally.

This is not a productivity challenge.  
This is not self-improvement for the sake of performance.  
This is reconstruction.  
There are seasons in a woman's life when the old structure  
quietly collapses.  
Roles that once fit begin to chafe.  
Expectations feel heavier.  
The version of you that carried everyone else suddenly feels  
tired.

If that's where you are — you are not behind.  
You are not broken.  
You are evolving.

Growth rarely feels glamorous.  
It can feel like confusion.  
Like restlessness.  
Like grief for a life that technically still works.  
But misalignment is information.  
Resentment is information.  
Exhaustion is information.  
This workbook is a space to listen.

Over the next 30 days, you will:

Identify what no longer fits  
Reconnect with who you are beneath the roles  
Reclaim your energy and voice  
Begin rebuilding from alignment instead of obligation

If something feels overwhelming, pause.  
Breathe.  
Use the grounding practices provided.  
Identity shifts activate the nervous system.  
Uncertainty can feel like danger — even when it's growth.  
Move at the pace of safety, not urgency.

There is no falling behind here.  
There is no perfect way to do this.  
Only honesty.

You may discover parts of yourself you've neglected.  
You may grieve versions of you that got you here.  
You may feel anger. Relief. Hope. Resistance.  
All of it belongs.

This is not about burning your life down.  
It's about rebuilding the foundation so it actually supports you.  
You are allowed to evolve.  
You are allowed to want more.  
You are allowed to stop carrying what was never yours.

By the end of these 30 days, you will not be a completely  
different person.

You will be a more aligned one.  
And that changes everything.  
Take a breath before you begin.  
Place your hand on your chest.  
Ask yourself quietly:

Who am I becoming?

Let this be the month you find out.



# HOW TO USE **This Workbook**

Your guide to the 30-day journey ahead

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## **1. Set Your Space**

Choose a quiet, comfortable place where you can reflect without interruption. Light a candle, make tea, or simply sit in stillness. This is your sacred space for the next 30 days.

## **2. One Day at a Time**

Each day includes a prompt, a reflection, and a somatic (body-based) practice. You don't need to do them perfectly. Just show up honestly. Some days will take 10 minutes; others may ask for more.

## **3. Write Freely**

There are no wrong answers here. Spell badly. Scratch things out. Let your pen move without editing. This is not a performance — it's a conversation with yourself.

## **4. Trust the Structure**

The workbook is divided into four weeks, each with a theme. Week 1 unravels. Week 2 remembers. Week 3 reclaims. Week 4 rebuilds. Trust the order — it's designed to hold you.

## **5. Use the Somatic Practices**

At the end of each week, you'll find body-based integration exercises. These help your nervous system catch up with the insights your mind has uncovered. Don't skip them — they matter.

## **6. Move at Your Own Pace**

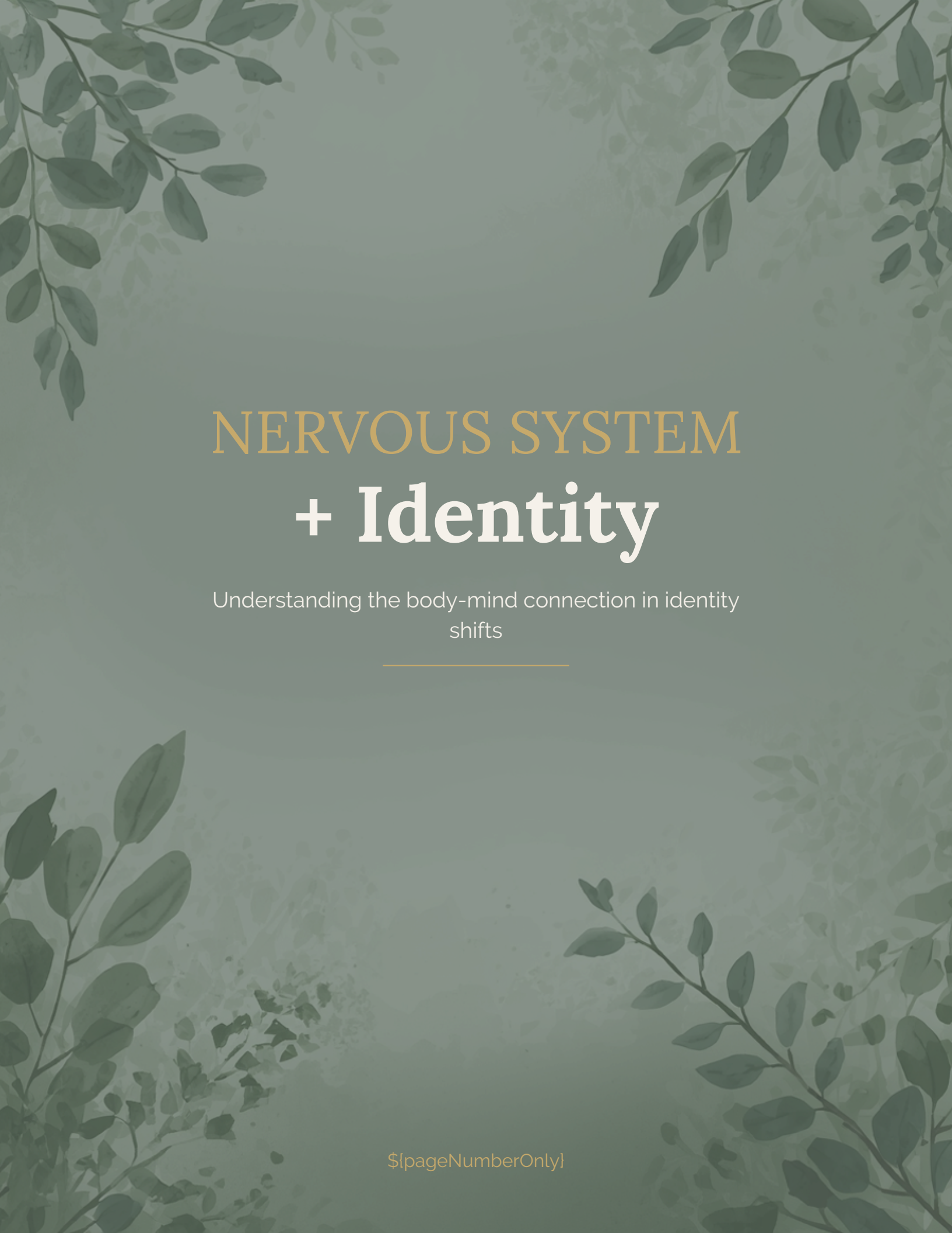
Some days may feel easy; some may feel intense. That's normal. Pause when needed, revisit previous exercises, and honor what your body and mind need. Safety and alignment always come before speed or completion.

### **Remember**

This workbook is your space to release, remember, reclaim, and rebuild. There's no perfect way to do it — only your way.

Take a breath. Place your hand on your chest. Ask quietly:  
Who am I becoming?

And let this workbook guide you there.

The page features decorative leaf patterns in the corners, rendered in a muted green color. The leaves are detailed and appear to be from a tree or shrub, with some showing veins. They are positioned in the top-left, top-right, bottom-left, and bottom-right corners, framing the central text.

# NERVOUS SYSTEM + Identity

Understanding the body-mind connection in identity shifts

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## **NERVOUS SYSTEM + IDENTITY**

### **This Isn't Just Mindset Work**

Before we go any further, there's something important to understand:

Identity change is not just psychological.  
It's biological.


When you begin questioning who you are — your roles, your relationships, your beliefs, your future — your nervous system pays attention.

Because to your body, identity = safety.

### **Your Nervous System's Job**

Your nervous system has one primary goal:

Keep you safe.  
Not fulfilled.  
Not expansive.  
Not aligned.  
Safe.



So when you start:

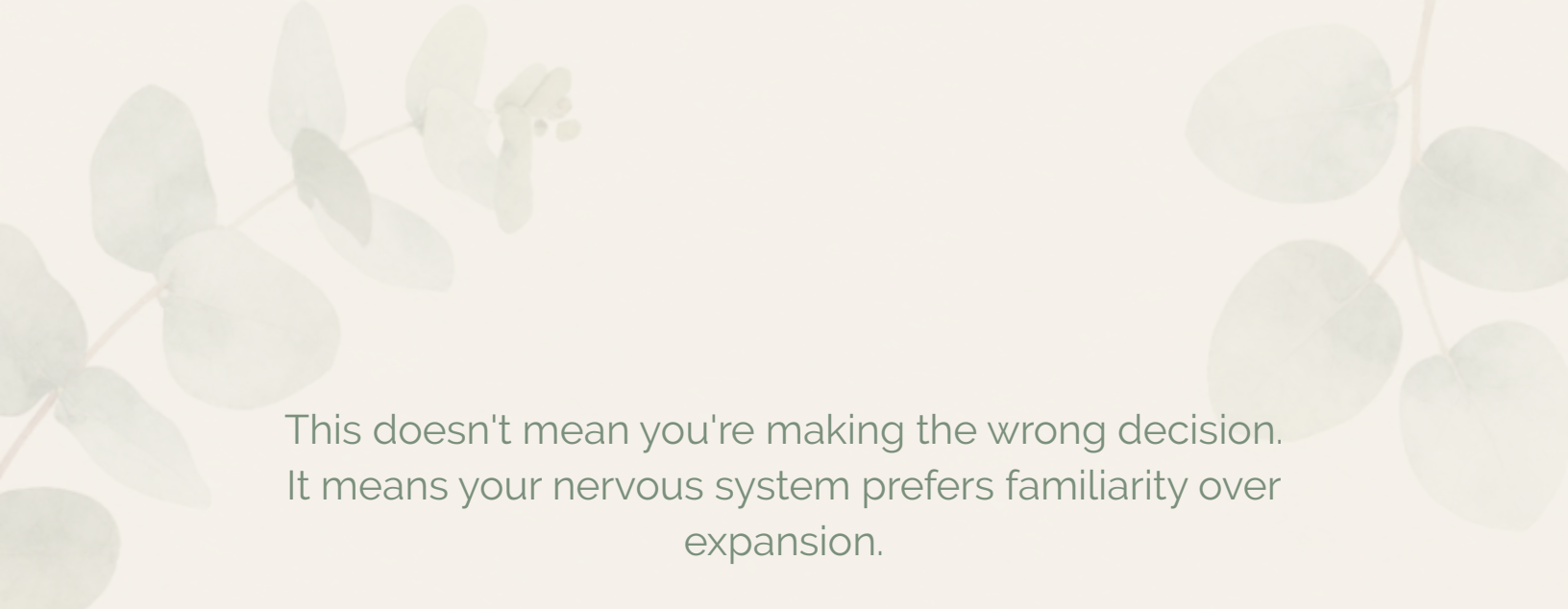
Setting boundaries  
Wanting more  
Outgrowing relationships  
Releasing roles  
Redefining yourself

Your body may interpret that as threat.  
Even if it's growth.

## **Why Growth Can Feel Like Anxiety**

You might notice:

Sudden self-doubt  
Tightness in your chest  
Urges to shrink back  
Overthinking  
Guilt  
Exhaustion  
Procrastination



This doesn't mean you're making the wrong decision.  
It means your nervous system prefers familiarity over  
expansion.

Familiar = predictable.  
Predictable = safe.

Even if it's misaligned.

## **The Four Common Nervous System Responses During Identity Shifts**

You may move between these states throughout this workbook:

### **1. Fight**

Irritability. Anger. Urgency.  
You want to burn it all down.

### **2. Flight**

Overworking. Overthinking. Over-planning.  
If I can just control this, I'll feel better.



### **3. Freeze**

Numbness. Confusion. Procrastination.  
I don't know what to do.

### **4. Fawn**

People-pleasing. Self-abandoning.  
Let me keep everyone else comfortable.

None of these are flaws.  
They are protective strategies.  
They helped you survive.

**Survival mode and aligned living are not the same.**

## **Why We Pair Reflection With Somatic Practice**

Journaling alone can activate the nervous system.

You may uncover:

Resentment  
Grief  
Anger  
Long-buried desires



If you only analyze without regulating, you may:

Shut down  
Abandon the process  
Decide you're "too much"

That's why this workbook includes grounding exercises.  
Regulation allows insight to integrate.

### **Safety Before Strategy**


Before you:

Make bold decisions  
Have hard conversations  
Redesign your life

You must build internal safety.

Internal safety sounds like:

I can disappoint someone and survive.  
I can change and still belong.  
I can want more without being selfish.  
I can take up space and remain safe.



This is not built through force.  
It's built through repetition.

Breath by breath.  
Boundary by boundary.  
Truth by truth.

### **A Simple Practice Before You Begin Each Day**

Place one hand on your chest.  
One hand on your stomach.

Inhale for 4.  
Exhale for 6.

Longer exhales signal safety to your body.

Then ask:

What feels true today?  
Let that be enough.



## A Gentle Reminder

If you feel overwhelmed at any point:

Pause.  
Stand up.  
Move.

Look around the room.  
Name three objects you see.

Regulate first. Reflect second.  
Growth is sustainable when your body feels safe.

This is not just a mindset reset.  
This is nervous system-supported identity reconstruction.

And when your body feels safe,  
your expansion becomes possible.



# Week One: The Unravelling

Awareness + Honest Inventory

## DAY ONE

# Misalignment Inventory

Where in your life do you feel tension, resentment, or quiet dissatisfaction?

- What areas feel heavy instead of expansive?
- Where are you performing instead of living?
- What conversations are you avoiding?
- What does your body do when you think about staying the same?

Circle the area that feels most urgent.  
Why have you tolerated this?

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# DAY ONE

A series of 18 horizontal, wavy lines for writing, spaced evenly down the page.

## DAY TWO

### Roles I Play

List every role you occupy (mother, partner, leader, fixer, peacekeeper, achiever...).

For each role:

- What is expected of me?
- What do I suppress to perform this well?
- What would happen if I stopped over-functioning here?

Where do you feel like a person... not a role?

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## DAY FOUR

### The Breaking Point

Describe the moment (or season) when you realized something had to change.

- What were you tolerating?
- What were you pretending was fine?
- What emotion did you finally allow yourself to feel?

What truth did that breaking point reveal?

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## Quiet Resentments

Resentment is unmet truth.

Who do you feel resentment toward?

What boundary wasn't honored?

What did you give that was never acknowledged?

What are you actually angry about?

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## DAY FIVE

A series of 18 horizontal wavy lines, evenly spaced, intended for writing. The lines are light gray and have a slightly irregular, hand-drawn appearance.

## What I've Outgrown

What habits, conversations, environments, or identities feel too small now?

- Where do you feel bored?
- Where do you feel unseen?
- What once fit... but no longer does?

Grieve what you're outgrowing.  
Then ask: What is this making space for?

A series of ten horizontal, wavy lines for writing, spaced evenly down the page.



## DAY SEVEN

# Release Letter

Write a letter to:

- An old version of you
- A role you carried
- A season that shaped you

Thank it.  
Acknowledge it.  
Release it.

Close with:

"I honor what you protected. I no longer need you to survive."

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## DAY SEVEN

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# SOMATIC INTEGRATION

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WEEK ONE

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# WEEK ONE: SOMATIC INTEGRATION

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*Rebuilding begins in the body. Before you change your life, notice how your nervous system is living inside it.*

## **Step 1:** Rate Your Current State (1–10)

(1 = very low / calm / minimal, 10 = very high / intense)

### **Tension:**     / 10

Where do you feel it? (jaw, chest, shoulders, stomach, hips, lower back)

### **Exhaustion:**     / 10

Is this physical fatigue, emotional depletion, or mental overload?

### **Emotional Activation:**     / 10

(How reactive, anxious, overwhelmed, irritable, or on-edge you've felt this week.)

### **Sense of Safety:**     / 10

(How grounded, supported, and internally steady you've felt.)

## Step 2: Regulate Before You Reflect

Place one hand on your chest and one on your stomach.

Take 3 slow breaths.

Lengthen the exhale.

We rebuild from regulation — not self-judgment.

## Step 3: Reflection

1. Where do I live most often right now?

Circle or expand:

- **Survival** (hypervigilant, bracing, over-functioning, controlling)
- **Numbness** (disconnected, detached, exhausted, going through the motions)
- **Presence** (grounded, responsive, aware, steady)

Describe what that feels like in your body:

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## 2. What pattern is repeating?

Consider:

- Am I overcommitting again?
- Am I people-pleasing?
- Am I shutting down instead of speaking up?
- Am I pushing through exhaustion?
- Am I abandoning my own needs?

Write the pattern without shame — just observation.

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## 3. What triggered the pattern this week?

(circle one):

- Conflict
- Expectations
- Silence
- Change
- Uncertainty
- Success

4. What does my body actually need right now?

Circle or add your own:

- Rest
- Movement
- Stillness
- Boundaries
- Truth-telling
- Nourishment
- Support
- Space
- Structure

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**Step 4:** Micro Reset for the Week

Complete this sentence:

This week, rebuilding looks like

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(Examples: leaving one thing unfinished, saying no once, going to bed earlier, taking a solo walk, asking for help.)

## **Integration Reminder:**

Your nervous system tells the truth before your mind does.

You are not broken.

You are patterned.

And patterns can be rebuilt.

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# Week Two: Remembering Her

Identity Beneath Expectations



## DAY EIGHT

A series of 18 horizontal, wavy lines spanning the width of the page, intended for writing. The lines are evenly spaced and have a slight undulating pattern.

## DAY NINE

# If Labels Disappeared

If you were not defined by:  
Age. Relationship status. Career. Titles.

- Who would you be?
- What would you wear?
- How would you speak?
- How would you move?

What feels scary about that freedom?

A series of ten horizontal, wavy lines for writing, spaced evenly down the page.

# DAY NINE

A series of 18 horizontal wavy lines, evenly spaced, intended for writing. The lines are light gray and have a slightly irregular, hand-drawn appearance.



# DAY TEN

Handwriting practice lines consisting of 15 horizontal wavy lines.

## The Parts I Hid

What traits were labeled “too much” or “not enough”?

- Loud
- Sensitive
- Ambitious
- Sexual
- Emotional
- Independent

Which parts did you exile to stay loved?  
What would reclaiming them look like?

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## DAY ELEVEN

A series of 15 horizontal, wavy lines spanning the width of the page, intended for handwritten notes or a journal entry.

## Natural Power

When do you feel most powerful?

1. Teaching
2. Creating
3. Speaking
4. Leading
5. Nurturing

Describe a memory where you felt fully expressed.  
What qualities were present?

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## DAY TWELVE

A series of 18 horizontal wavy lines, evenly spaced, intended for writing. The lines are light gray and have a slightly irregular, hand-drawn appearance.





## Reintroduction Statement

Write a reintroduction to yourself:

“My name is...  
I am no longer shrinking to be digestible.  
I value...  
I desire...  
I am learning to..  
You can expect me to..”

Make it **bold**. Make it **true**.

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DAY FOURTEEN

Handwritten notes on lined paper, including the words "LIFE" and "MIND" written vertically in the left margin.



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# SOMATIC INTEGRATION

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WEEK TWO

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# WEEK TWO: SOMATIC INTEGRATION

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*Rebuilding begins in the body. Before you change your life, notice how your nervous system is living inside it.*

## **Step 1:** Rate Your Current State (1–10)

(1 = very low / calm / minimal, 10 = very high / intense)

### **Tension:**     / 10

Where do you feel it? (jaw, chest, shoulders, stomach, hips, lower back)

### **Exhaustion:**     / 10

Is this physical fatigue, emotional depletion, or mental overload?

### **Emotional Activation:**     / 10

(How reactive, anxious, overwhelmed, irritable, or on-edge you've felt this week.)

### **Sense of Safety:**     / 10

(How grounded, supported, and internally steady you've felt.)

## Step 2: Regulate Before You Reflect

Place one hand on your chest and one on your stomach.

Take 3 slow breaths.

Lengthen the exhale.

We rebuild from regulation — not self-judgment.

## Step 3: Reflection

1. Where do I live most often right now?

Circle or expand:

- **Survival** (hypervigilant, bracing, over-functioning, controlling)
- **Numbness** (disconnected, detached, exhausted, going through the motions)
- **Presence** (grounded, responsive, aware, steady)

Describe what that feels like in your body:

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## 2. What pattern is repeating?

Consider:

- Am I overcommitting again?
- Am I people-pleasing?
- Am I shutting down instead of speaking up?
- Am I pushing through exhaustion?
- Am I abandoning my own needs?

Write the pattern without shame — just observation.

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## 3. What triggered the pattern this week?

(circle one):

- Conflict
- Expectations
- Silence
- Change
- Uncertainty
- Success

4. What does my body actually need right now?

Circle or add your own:

- Rest
- Movement
- Stillness
- Boundaries
- Truth-telling
- Nourishment
- Support
- Space
- Structure

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**Step 4:** Micro Reset for the Week

Complete this sentence:

This week, rebuilding looks like

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(Examples: leaving one thing unfinished, saying no once, going to bed earlier, taking a solo walk, asking for help.)

## Integration Reminder:

Your nervous system tells the truth before your mind does.

You are not broken.

You are patterned.

And patterns can be rebuilt.

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# Week Three: Reclaiming Power

Boundaries + Energies



# DAY FIFTEEN

Handwriting practice lines consisting of 15 horizontal, slightly wavy lines spaced evenly down the page.

## The Boundary Script

Choose one real-life situation.  
Write the boundary you wish you'd say:

"When you... I feel ... Moving forward, I need ..."

What fear surfaces when you imagine saying it?

A series of ten horizontal, wavy lines for writing, spaced evenly down the page.

## DAY SIXTEEN

A series of 18 horizontal wavy lines, evenly spaced, intended for writing. The lines are light gray and have a slightly irregular, hand-drawn appearance.

## Energy Leaks

Where does your energy drain?

- Certain people?
- Social media?
- Rumination?
- Perfectionism?

What is one leak you're ready to close?

A series of ten horizontal, wavy lines for writing, spaced evenly down the page.

# DAY SEVENTEEN

Handwriting practice lines consisting of 18 horizontal, slightly wavy lines spaced evenly down the page.



## DAY EIGHTEEN

A series of 18 horizontal, wavy lines spanning the width of the page, intended for writing. The lines are evenly spaced and have a slight undulating pattern.

## Suppressed Fire

What angers you about your current reality?

Where have you swallowed your voice?

If anger is information — what is it telling you?

A series of ten horizontal, wavy lines for writing, spaced evenly down the page.

## DAY NINETEEN

A series of 18 horizontal wavy lines, evenly spaced, intended for writing. The lines are light gray and have a slightly irregular, hand-drawn appearance.



## DAY TWENTY

A series of 18 horizontal wavy lines, evenly spaced, intended for writing. The lines are light gray and have a slightly irregular, hand-drawn appearance.



## DAY TWENTY-ONE

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# SOMATIC INTEGRATION

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WEEK THREE

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# WEEK THREE: SOMATIC INTEGRATION

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*Rebuilding begins in the body. Before you change your life, notice how your nervous system is living inside it.*

## **Step 1:** Rate Your Current State (1–10)

(1 = very low / calm / minimal, 10 = very high / intense)

### **Tension:**     / 10

Where do you feel it? (jaw, chest, shoulders, stomach, hips, lower back)

### **Exhaustion:**     / 10

Is this physical fatigue, emotional depletion, or mental overload?

### **Emotional Activation:**     / 10

(How reactive, anxious, overwhelmed, irritable, or on-edge you've felt this week.)

### **Sense of Safety:**     / 10

(How grounded, supported, and internally steady you've felt.)

## Step 2: Regulate Before You Reflect

Place one hand on your chest and one on your stomach.

Take 3 slow breaths.

Lengthen the exhale.

We rebuild from regulation — not self-judgment.

## Step 3: Reflection

1. Where do I live most often right now?

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Describe what that feels like in your body:

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## 2. What pattern is repeating?

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Write the pattern without shame — just observation.

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## 3. What triggered the pattern this week?

(circle one):

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**Step 4:** Micro Reset for the Week

Complete this sentence:

This week, rebuilding looks like

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# Week Four:

# Rebuilding on Purpose

Intentional Construction



## DAY TWENTY-TWO

A series of 18 horizontal wavy lines, evenly spaced, intended for writing. The lines are light gray and have a slightly irregular, hand-drawn appearance.

## The Woman I'm Becoming

List 10 qualities of the next version of you.  
How does she:

- Handle conflict?
- Rest?
- Love?
- Spend?
- Create?

What small action today aligns with her?

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DAY TWENTY-THREE

[Blank lined writing area]

## Future-Self Letter

Write from her perspective.

“Dear me,  
I'm proud of you for...  
You were brave when...  
Keep going with...”

Let her reassure you.

A series of ten horizontal, wavy lines for writing, spaced evenly down the page.

DAY TWENTY-FOUR

A series of 18 horizontal wavy lines, evenly spaced, spanning the width of the page. These lines are intended for handwritten notes or a journal entry.

## Daily Ritual Design

What rituals regulate you?

Morning:

Evening:

Weekly:

What supports your nervous system instead of depleting it?

A series of ten horizontal, wavy lines for writing, spaced evenly down the page.

DAY TWENTY-FIVE

A series of 18 horizontal wavy lines, evenly spaced, intended for writing. The lines are light gray and have a slightly irregular, hand-drawn appearance.

## Courage Practice

Where can you practice micro-courage this week?

- Say no.
- Raise your price.
- Speak first.
- Rest publicly.

Define one measurable act.

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## DAY TWENTY-SIX

A series of 18 horizontal wavy lines, evenly spaced, intended for writing. The lines are light gray and have a slightly irregular, hand-drawn appearance.



## DAY TWENTY-SEVEN

A series of approximately 18 horizontal wavy lines, resembling a notebook page, intended for writing.



DAY TWENTY-EIGHT

Handwritten notes on lined paper, consisting of approximately 20 horizontal lines. The lines are mostly blank, with some faint, illegible markings.



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# SOMATIC INTEGRATION

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WEEK FOUR

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# WEEK FOUR: SOMATIC INTEGRATION

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*Rebuilding begins in the body. Before you change your life, notice how your nervous system is living inside it.*

## **Step 1:** Rate Your Current State (1–10)

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## Step 2: Regulate Before You Reflect

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Describe what that feels like in your body:

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## 2. What pattern is repeating?

Consider:

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- Am I abandoning my own needs?

Write the pattern without shame — just observation.

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(circle one):

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- Success

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Circle or add your own:

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- Movement
- Stillness
- Boundaries
- Truth-telling
- Nourishment
- Support
- Space
- Structure

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**Step 4:** Micro Reset for the Week

Complete this sentence:

This week, rebuilding looks like

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## **Integration Reminder:**

Your nervous system tells the truth before your mind does.

You are not broken.

You are patterned.

And patterns can be rebuilt.

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# Final Section: Release and Rebuild

Becoming You

# THE WOMAN YOU ARE BECOMING

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Close your eyes for a moment.

Imagine a version of you who trusts herself.

She doesn't rush to explain her choices.

She doesn't abandon herself to keep the  
peace.

She listens inward before looking outward.

She moves through life with a quiet  
steadiness.

Not perfect.

Not fearless.

But **grounded.**



## Release Ritual

Write three full pages if needed:

What I release:

What I reclaim:

What I choose:

Notice what emotions arise as you write.

A series of approximately 15 horizontal wavy lines, light gray in color, spanning the width of the page. These lines are intended for the user to write their responses to the prompts above.

DAY TWENTY-NINE

[Blank lined writing area]

DAY TWENTY-NINE

[The page contains 18 horizontal lines for writing, which are currently blank.]

## Rebuild Declaration

Write slowly.

"I am no longer rebuilding from survival.

I am building from alignment.

I trust my body.

I trust my voice.

I trust my timing.

I choose ..."

Sign it.

Date it.

This is the beginning — not the end.

A series of seven horizontal, wavy lines, light gray in color, intended for writing the declaration. The lines are evenly spaced and span most of the width of the page.



## DAY THIRTY

A series of 18 horizontal wavy lines, evenly spaced, spanning the width of the page. These lines are intended for handwritten notes or a journal entry.

# Closing Reflection

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If you've made it to this page, pause for a moment.

Thirty days ago, you began this process with questions, reflections, and quiet honesty. You took time to notice patterns, explore the roles you've carried, and listen more closely to your own inner voice.

That alone is meaningful.

Rebuilding yourself doesn't happen all at once.

It happens in small moments of awareness.

Moments when you pause instead of reacting.

Moments when you notice what feels aligned.

Moments when you choose yourself with a little more clarity than before.

You didn't lose yourself along the way.

You adapted to survive.

Now you are remembering who you are beneath the roles, expectations, and responsibilities you've carried for so long.

This workbook is not the end of that process.

It is simply the place where you began to notice, reflect, and trust yourself again.

And that is where **rebuilding** truly starts.

