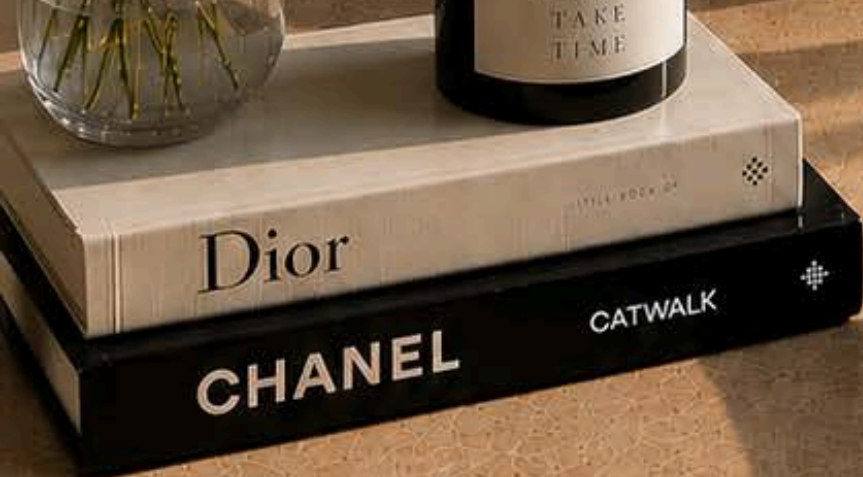


how to

become that woman

A RESET GUIDE FOR WOMEN
WHO FEEL STUCK, BURNT OUT,
AND READY FOR MORE.



01.

this is your new chapter

you get to choose you.

This isn't about becoming someone new. It's about remembering the woman you were before life got heavy.

You've outgrown old versions of yourself, habits, people, and patterns that no longer fit the life you're building.

This is your reset. Your comeback. Your soft life era.

WHAT THIS CHAPTER IS REALLY ABOUT

Reinvention starts the moment you decide you deserve more. It's not a big, dramatic moment—it's a quiet choice to stop living on autopilot and start becoming intentional.

You don't need to have it all figured out. You just need to be willing to choose yourself over and over again.



REMEMBER:

You are not behind.
You are becoming.
And becoming is enough.



NEW SEASON.
NEW STANDARDS.
new you.

02.

why reinvention is necessary

Life changes. Seasons shift. People change. And if we don't grow on purpose, we drift.

You can't keep showing up for a life that doesn't feel aligned and expect things to magically get better.

Reinvention isn't about escaping your life—it's about stepping into a version of it that finally feels like home.

WHAT REINVENTION ACTUALLY GIVES YOU

- ✓ A deeper connection with yourself
- ✓ More clarity about what you want
- ✓ Healthier habits that create momentum
- ✓ The confidence to make hard decisions
- ✓ A life that feels more peaceful and aligned
- ✓ The ability to build the future you actually want

REAL TALK:



Reinvention is uncomfortable at first. You'll question everything.

You'll feel selfish.

You'll have to let go of people, habits, and versions of yourself that no longer fit.

But on the other side of that discomfort is your whole new life.

REFLECTION

Where in your life do you know it's time for a change?



SIGNS IT'S TIME TO REINVENT

- You feel stuck or unmotivated most days
- You're living for everyone else, not yourself
- You've outgrown your current environment
- You keep repeating the same cycles
- You feel disconnected from who you used to be
- You know deep down you're meant for more

If you nodded your head to most of these, this chapter is for you.



"You are allowed to be both a masterpiece and a work in progress."

03.

the cost of staying the same

discover where your current path leads if nothing changes.

If nothing changed over the next 12 months, which outcome feels most likely for you?

MY FINANCES



- Much better than they are today
- Slightly better
- About the same
- Worse

MY HEALTH



- Much better than it is today
- Slightly better
- About the same
- Worse

MY CONFIDENCE



- Much higher
- Slightly higher
- About the same
- Lower

MY CAREER



- Significantly ahead
- Making progress
- About where I am now
- Further behind

MY HAPPINESS



- Much happier
- Slightly happier
- About the same
- Less happy



A gentle reminder

The goal isn't to judge yourself. It's to get honest about where your current habits, routines, and decisions are likely to take you.



YOUR RESULTS



MOSTLY "MUCH BETTER"

Keep going! Your current habits are taking you somewhere you're proud to be.



MOSTLY "SLIGHTLY BETTER"

You're moving in the right direction, but not fast enough to create the kind of year you're hoping for.



MOSTLY "ABOUT THE SAME"

The cost of staying the same is exactly that: staying the same. A year from now may look a lot like today unless something changes.



MOSTLY "WORSE"

Deep down, you already know this path isn't leading where you want to go. The good news? You can still choose a different one.

Awareness is the first step. You're doing better than you think. 

your self audit

clarity starts with honesty. 

Before you can figure out where you're going, you need to get honest about where you are.

Rate each statement from 1-5.

1 = Strongly Disagree | 5 = Strongly Agree

LIFE SCORECARD

 **HEALTH**
I take care of my body consistently. 1 2 3 4 5

 **ENERGY**
I wake up feeling motivated and energized. 1 2 3 4 5

 **CONFIDENCE**
I trust myself to follow through. 1 2 3 4 5

 **CAREER**
I'm excited about where my life is headed. 1 2 3 4 5

 **FINANCES**
I'm happy with my financial direction. 1 2 3 4 5

 **RELATIONSHIPS**
The people around me support the woman I'm becoming. 1 2 3 4 5

 **ENVIRONMENT**
My home and surroundings support my goals. 1 2 3 4 5

 **HAPPINESS**
I genuinely enjoy my day-to-day life. 1 2 3 4 5




YOUR RESULTS



 **CIRCLE YOUR LOWEST SCORE.**
That score isn't your weakness. It's your starting point.

 **WHICH AREA SCORED THE LOWEST?**

<input type="radio"/> Health	<input type="radio"/> Finances
<input type="radio"/> Energy	<input type="radio"/> Relationships
<input type="radio"/> Confidence	<input type="radio"/> Environment
<input type="radio"/> Career	<input type="radio"/> Happiness

 **ONE LAST QUESTION**
If you could improve just one area over the next 90 days... Which one would have the biggest impact on everything else?

- | | |
|----------------------------------|-------------------------------------|
| <input type="radio"/> Health | <input type="radio"/> Finances |
| <input type="radio"/> Energy | <input type="radio"/> Relationships |
| <input type="radio"/> Confidence | <input type="radio"/> Environment |
| <input type="radio"/> Career | <input type="radio"/> Happiness |



REMEMBER
You don't have to fix everything. You just need to know where to start.

05.

clear the mental clutter

you can't hear yourself through the noise. 

Before you can create a new chapter, you need space to think clearly.

Mental clutter isn't just what's in your head. It's unfinished decisions, obligations you've outgrown, constant distractions, and things you've been tolerating for too long.

Circle every item currently taking up space in your mind.

MENTAL CLUTTER CHECKLIST

- Work stress
- Money worries
- Lack of direction
- Fear of failure
- Fear of judgment
- Comparing myself to others
- A relationship that's no longer working
- Friendship drama
- Family expectations
- Constant scrolling
- Negative self-talk
- An unhealthy habit
- Too many commitments
- An unfinished goal
- Regret about the past
- Anxiety about the future
- Lack of boundaries
- Decision fatigue
- Something else: _____



YOUR REFLECTION



Which item drains the most energy from you right now?



How much mental space does it take up?

- A little
- A lot
- Some
- Almost all of it



ONE LAST QUESTION

If this disappeared tomorrow...
What would become possible for you?



REMEMBER

Most people don't need more motivation. They need fewer things pulling them in different directions.

06.

yours or theirs?

not every dream belongs to you. 

Imagine spending years chasing something...
Only to realize you never wanted it in the first place.

Maybe it was your parents' dream.
Maybe it was society's.
Maybe it was what everyone around you seemed to value.
So you adopted it without ever questioning whether it fit.

The problem isn't that these desires are bad.
The problem is that borrowed dreams rarely feel fulfilling.

That's why some people get everything they thought they wanted...
and still feel empty.

Before you decide what comes next, you have to separate
your voice from everyone else's.

The next exercise will help you do exactly that.

REAL TALK



Many women aren't stuck because they lack ambition.
They're stuck because they're pursuing goals
they never consciously chose.

REFLECTION

What is one thing you've always assumed you wanted?



07.

yours or theirs?



Before you decide what you want, pause and ask: where did this desire come from?

Some dreams are **yours**.
Some were **handed to you**.

CIRCLE THE SOURCE THAT INFLUENCED **THIS DESIRE** THE MOST.



RELATIONSHIPS

	Mine	Family	Society
Marriage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A Large Family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Living Near Family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Independence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



LIFESTYLE

	Mine	Family	Society
Living Abroad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Travel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adventure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A Quiet Life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Homeownership	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Sometimes the hardest part isn't figuring out what you want.

It's realizing what you don't.



CAREER & MONEY

	Mine	Family	Society
Entrepreneurship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A Corporate Career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Financial Freedom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wealth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Early Retirement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leadership	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



IDENTITY & FULFILLMENT

	Mine	Family	Society
Recognition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Influence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creative Freedom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical Attractiveness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spiritual Growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



CONNECTION & PURPOSE

	Mine	Family	Society
A Large Social Circle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Deep Friendships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helping Others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Belonging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making a Difference	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

what surprised you?



Did any desires feel inherited rather than chosen?



08.

know what you really want.

the desire beneath the desire.



Most people focus on what they want.
But what they want isn't always the whole story.
A dream is often just a vehicle.
What we're really chasing is the feeling we believe it will give us.

A bigger house might represent security.
More money might represent freedom.
A relationship might represent connection.
Travel might represent adventure.

The dream can change.
The feeling underneath it often stays the same.

That's why two people can want completely different things while searching for the exact same feeling.



WHAT CAN CLOUD YOUR CLARITY



FEAR OF DISAPPOINTING OTHERS
You shape your dreams to keep the peace instead of following your truth.



COMPARISON
Someone else's highlight reel can make you doubt what you really want.



SEEKING APPROVAL
You chase what will make others proud instead of what will make you fulfilled.



FEAR OF CHANGE
Staying safe can keep you from stepping into the life you truly want.



NOT TRUSTING YOURSELF
You second-guess your desires instead of honoring them.



a little truth from me to you:

The goal isn't to become someone else.
The goal is to build a life that gives you more of what matters most to you.



01 THE DESIRE BENEATH THE DESIRE

Look back at the desires you marked as *Mine*.
Choose the three that feel most important to you right now.

DESIRE WHAT DO I HOPE IT WILL GIVE ME?

1.	
2.	
3.	

02 LOOK FOR THE PATTERN

Review your answers above.
What feeling appears most often?

03 FINISH THIS SENTENCE

If I stopped worrying about what other people expected from me, I would...

09.

reset your mindset

before you change your life, change the story. 

By now, you've probably noticed something.

The biggest obstacle in your life isn't always a lack of time, money, confidence, or opportunity.

Sometimes it's the story you've been telling yourself.

The story that says you're behind.

The story that says you're not ready.

The story that says everyone else can have the life they want, but somehow you can't.

The problem with these stories is that after a while, they stop feeling like stories.

They start feeling like facts.

Let's change that.

1. IDENTIFY THE STORIES YOU'VE BEEN CARRYING

Write down the beliefs you've been carrying about yourself. The ones that quietly influence your decisions. The ones that keep showing up every time you try something new.

- I'm too old.
- I'm too behind.
- I never follow through.
- I always quit.
- I don't have enough money.
- People like me don't do things like that.
- I missed my chance.
- I don't have enough support.
- I'm not talented enough.
- I'm not confident enough.
- I don't deserve more.
- It's too late for me.
- Other: _____



NOW ASK YOURSELF:

Is this a fact? Or is this a story I've repeated so many times it feels like one?

2. THE REWRITE

Choose three beliefs above. For each one, write a replacement story.

OLD STORY <i>The story I've been telling myself.</i>	NEW STORY <i>The story I choose to believe now.</i>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____



YOUR REFLECTION



Which belief (if any) surprised you the most?



How did it feel to challenge the stories you've been telling yourself?

- Liberating
- Eye-opening
- Uncomfortable
- A little of both



ONE LAST QUESTION

What would be possible for you if you fully believed your new story?



REMEMBER

You don't have to believe the new story yet. You just have to be willing to start telling it.

10.

your new identity

you already know her. 

If I asked you to describe the woman you want to become, you could probably do it right now.

You know how she spends her time.

You know what she prioritizes.

You know what she tolerates—and what she doesn't.

You know how she takes care of herself.

You know how she shows up when things get hard.

So the question isn't:

Who is she?

The question is:

What's keeping you from being her now?

Because the truth is, most people don't struggle with a lack of vision.

They struggle with the gap between what they know and what they do.

The woman you want to become isn't a mystery.

You already know her.



LET'S TAKE A CLOSER LOOK.

The next page will help you get clear on the gap—and build the version of you who creates the life you want.



YOUR REFLECTION



Which area of your life would benefit most from a new version of you?

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Health | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Home Environment |
| <input type="checkbox"/> Career | <input type="checkbox"/> Personal Growth |
| <input type="checkbox"/> Finances | <input type="checkbox"/> Other: _____ |




Why?



ONE LAST THOUGHT

What do you know you could create if you fully stepped into that new version of you?

11. the gap

what's getting in the way? 



*The gap isn't a forever thing.
It's a temporary space that can be crossed with intention.*

You already know who she is.

The question is:

What's standing between you and her?

Sometimes it's a habit.

Sometimes it's fear.

Sometimes it's an environment
that keeps pulling you back
into old patterns.

Before we move forward, let's
identify the obstacles that deserve
your attention.



REMEMBER

*Clarity without removal
creates frustration.
You can't become her
while carrying what's
holding you back.*



WHAT'S CREATING THE GAP?

What's making it difficult to become the woman you described?

- | | | |
|---|---|---|
| <input type="checkbox"/> My environment | <input type="checkbox"/> My health | <input type="checkbox"/> Fear of failure |
| <input type="checkbox"/> My finances | <input type="checkbox"/> My confidence | <input type="checkbox"/> Fear of judgment |
| <input type="checkbox"/> My habits | <input type="checkbox"/> My relationships | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> My schedule | <input type="checkbox"/> My mindset | |



LOOK CLOSER

Choose the three biggest obstacles.

1. _____

How is this affecting
your life?

2. _____

How is this affecting
your life?

3. _____

How is this affecting
your life?



THE TRUTH

*Which obstacle creates the biggest ripple effect in your life?
In other words: If you improved this one thing,
what else would become easier?*

12. the reinvention map

start here. ♥

Every area of your life is connected.

Sometimes the thing holding you back isn't the thing you think it is.

A stressful job affects your energy.

Low energy affects your habits.

Poor habits affect your confidence.

Low confidence affects your decisions.

And suddenly one problem becomes five.

The good news?

The opposite is true too.

One positive change can create a ripple effect throughout your life.

Let's find your starting point.



REMEMBER

*You don't need a perfect plan.
You need a starting point.*



1. MY BIGGEST OBSTACLE

The obstacle creating the biggest ripple effect in my life is:



2. HOW IT'S AFFECTING ME

Because of this obstacle, I currently struggle with:

- | | | | |
|-------------------------------------|---------------------------------------|---------------------------------|--|
| <input type="checkbox"/> Energy | <input type="checkbox"/> Confidence | <input type="checkbox"/> Health | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Finances | <input type="checkbox"/> Motivation | <input type="checkbox"/> Focus | <input type="checkbox"/> Happiness |
| <input type="checkbox"/> Self-Trust | <input type="checkbox"/> Other: _____ | | |



3. THE RIPPLE EFFECT

If I improved this one area, what would likely improve too?

- | | | | |
|-------------------------------------|---------------------------------------|---------------------------------|--|
| <input type="checkbox"/> Energy | <input type="checkbox"/> Confidence | <input type="checkbox"/> Health | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Finances | <input type="checkbox"/> Motivation | <input type="checkbox"/> Focus | <input type="checkbox"/> Happiness |
| <input type="checkbox"/> Self-Trust | <input type="checkbox"/> Other: _____ | | |



4. START HERE

What's the smallest action that would move this area forward?

13.

the first step



*You don't have to see the whole path.
You just have to take the next step.*

You might be looking at your goal and thinking about everything that needs to happen before you get there.

The career change.

The weight loss.

The move.

The business.

The relationship.

The money.

The confidence.

But you're trying to solve a problem you haven't even reached yet.

You're worried about the interview before you've looked at a single job posting.

You're worried about losing twenty pounds before you've gone on your first walk.

You're worried about launching before you've written down a single idea.

No wonder it feels overwhelming.



What if you stopped looking at the entire staircase?
What if you only looked for the next step?



If you want to switch careers,
start with ten minutes of job searching.



If you want to get healthier,
start with a walk after dinner.



If you want to start a business,
start with your first idea.

The goal isn't to finish.
It's to start.



FIND YOUR LOWEST-HANGING FRUIT



The area I want to improve is:

The goal I'm working toward is:

What's the easiest action I could take in the next 24 hours?

When will I do it?

REMEMBER

You don't need to figure out the entire journey today.

You just need to find your way in.



14.

build routines that support you

If you've ever struggled to stay consistent with a new habit, it's easy to assume the problem is you.

Maybe you're lazy.

Maybe you lack discipline.

Maybe you just don't want it badly enough.

But what if that's not the problem?

What if the real problem is that you've made the habit harder than it needs to be?

- If your gym is 30 minutes away, you're less likely to go.
- If your water bottle is always empty, you're less likely to drink from it.
- If your notebook is buried in a drawer, you're less likely to journal.

**You don't need more motivation.
You need less friction.**

That's why one of the smartest things you can do isn't become more disciplined.

It's to make the habit easier. 



FRICITION AUDIT

The habit or routine I want to build is:

Where is the friction?

- | | |
|-----------------------------------|-------------------------------------|
| <input type="radio"/> Time | <input type="radio"/> Forgetfulness |
| <input type="radio"/> Energy | <input type="radio"/> Motivation |
| <input type="radio"/> Environment | <input type="radio"/> Other: _____ |

This habit would be easier if...

One change I'm making today:



REMEMBER

Success isn't just about creating good habits. It's about creating an environment that supports them.

15.

create an environment that inspires you

You spend more time in your environment than you do thinking about your goals.

The people.

The conversations.

The apps.

The shows.

The music.

The habits.

The spaces you spend your time in.

They're all shaping your decisions whether you realize it or not.

If you're trying to become a different person while staying in the exact same environment, you're making things harder than they need to be.

Because every day, your environment is either pulling you forward or pulling you back.

REMEMBER

The right environment makes the right choices easier.



ENVIRONMENT AUDIT



What's currently supporting the life I want to create?

- My routines
- My workspace
- My social circle
- My home environment
- My content consumption
- Other: _____

Does my current environment support the new version of me?

- Yes Somewhat Not yet

What's one thing I need to add?

What's one thing I need to remove?

What's one thing I need to change?

16.

your 90 day plan

you've done this before. ♡

Think about something you're good at today.
Something that feels normal now.

Maybe it's cooking.

Maybe it's driving.

Maybe it's putting on makeup.

Maybe it's something else entirely.

Whatever it is, there was a time
when you didn't know how to do it.

But you didn't wake up one day and
magically become good at it.

You got there the same way
everyone does.

One day at a time.

**Without realizing it, you've already
proven to yourself that you're
capable of change.**

The question isn't whether you can
change your life.

You've already done that.

The question is:

*What do you want
to change next?*



17.

your 90 day plan

the next chapter starts here. ♡

You've done the inner work.

You know what matters.

Now it's time to bring it all together
and create your plan.

This is your next chapter.

Make it count.



THE AREA OF MY LIFE THAT NEEDS THE MOST ATTENTION IS:



THE CHANGE I'M READY TO MAKE IS:



remember

You don't need to have everything figured out.

You just need a place to begin. ♡



my next chapter



THE VERSION OF ME I'M WORKING TOWARD LOOKS LIKE SOMEONE WHO:



ONE HABIT OR ROUTINE THAT WOULD SUPPORT THAT VERSION OF ME IS:



TO MAKE THIS EASIER, I'M GOING TO:

♡ Add: _____

♡ Remove: _____

♡ Change: _____



MY FIRST STEP IS:



NINETY DAYS FROM NOW, I HOPE TO FEEL:

my last 30 days

small steps. a different life. ♡

You've already spent 60 days showing up for yourself.
The routines you're building are becoming part of your life.
Some days were easier than others.
Some days probably didn't go as planned.
And yet, you're still here.

The goal of these next 30 days is to keep the promises you've been making to yourself.



THE ROUTINE I'M TRACKING:



I WILL KEEP SHOWING UP, EVEN WHEN:

DAYS OF THE MONTH

61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90

MY COMMITMENTS

	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
1																														
2																														
3																														
4																														
5																														

✦ *consistency today. freedom tomorrow.* ♡



MONTH THREE REMINDER

Look how far you've come.
The challenge may be ending,
but the habits don't have to.

Keep what worked.
Leave what didn't.

Continue building a life
that feels good to live.



QUICK WEEKLY CHECK-IN



What went well this week?

What challenged me?

What will I focus on next week?



YOU'RE BUILDING THE LIFE
YOU DREAM ABOUT.
one day at a time.

MONTHLY REFLECTION



What went well this month?

What challenged me?

What will I focus on next month?

My biggest win:

21.

when the excitement fades

nobody talks about this part.



The part where the excitement wears off.
The new routine doesn't feel new anymore.
The motivation disappears.
The results haven't shown up yet.
And you start wondering if any of it is working.

**This is the moment most people quit.
Not because they're incapable.
But because they mistake boredom for failure.**

They think something is wrong.
But nothing is wrong.
You're simply in the part where
consistency matters more than excitement.

THE REAL SECRET TO CONSISTENCY

Don't build a routine for your best days.
Build one for your worst days.
Ask yourself:

“What's the smallest version of this
I could still do on a hard day?”

Because consistency isn't doing the most.
It's finding a version you can repeat.
Even when life gets stressful.

WHEN YOU FALL OFF TRACK

And at some point, you probably will.
Because you're human.
Life will get chaotic.
You'll get sick.
You'll travel.
You'll have a week where you don't feel
like doing any of it.

When that happens, don't ask:

“How do I catch up?”

Ask:

“How do I start again?”

Because the women who change their lives
the fastest aren't the ones who never fall
off track.
They're the ones who get back on
track the fastest.



GET BACK ON TRACK PLAN



IF I MISS ONE DAY:

- Do the habit the next day, even if it's a smaller version.
- Avoid negative self-talk.
- Keep moving forward.



IF I MISS ONE WEEK:

- Start again with the smallest version possible.
- Focus on consistency, not perfection.
- Do it for three days before making any changes.



IF LIFE GETS OVERWHELMING:

- Reduce the habit.
- Shorten the habit.
- Simplify the habit.
- Keep the habit.

MY MINIMUM VERSION

On my hardest days, I will still:

- ① _____
- ② _____
- ③ _____



remember

A missed day doesn't ruin your progress.
A missed week doesn't ruin your progress.
A missed month doesn't ruin your progress.
The only thing that matters is returning.

22.

become that woman

she was never as far away as you thought.



There was a time when this version of your life felt impossible.

A different routine.

Different habits.

Different standards.

More confidence.

More self-trust.

More peace.

But change rarely happens all at once.

It happens quietly.

One decision.

One promise kept.

One ordinary day at a time.

And then one day, you look around and realize

you're no longer becoming her.

You're living like her.

SIX MONTHS FROM NOW...

The thing I'm most proud of is:

A decision that changed everything:

Something I no longer settle for:

A way my life feels different now:

Because I kept going, I finally:

remember



The woman you wanted to become was never waiting for you at the finish line.

She was built in the choices you made along the way.



if you *remember* anything



If you remember anything from this guide,
let it be this...

You stopped.
You got honest with yourself.
You asked what you really wanted.
You made a plan.
And you decided to start.

Will everything change overnight? No.
Will every day go perfectly? Of course not.
But that's never what this was about.
This was never about becoming perfect.

It was about becoming someone who
trusts herself. Someone who follows through.
Someone who stops waiting for the right time
and starts creating it.

You don't need another guide.
Another course.
Another perfect plan.

You already have what you came here for.
You have a direction.
You have a starting point.
You have a next step.
And that's enough.
More than enough, actually.

Because a year from now,
the things that change your life probably
won't be the big dramatic moments.
They'll be the small decisions nobody saw.
The walks you took. The boundaries you kept.
The promises you honored.
The days you chose to begin again.

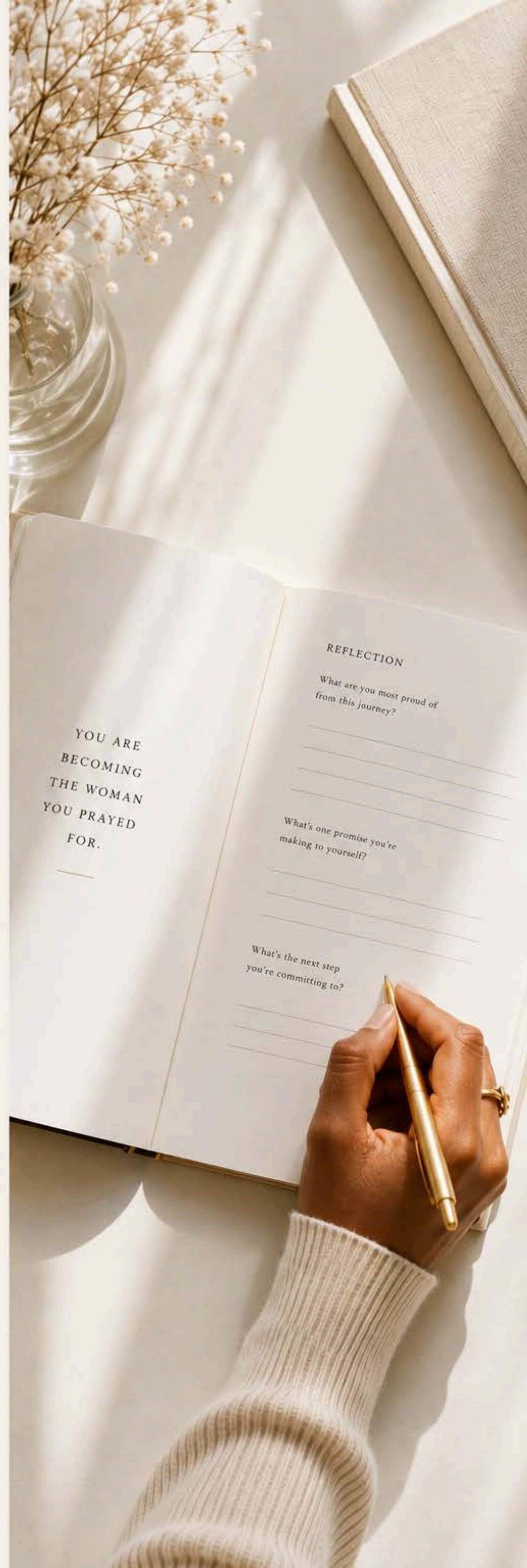
Trust yourself.
Keep going.
And give the version of your life
you're dreaming about
a chance to catch up to you.

*I'll be rooting for you.
Always.*



BY SÁDORA PARIS

*The future version of you
is closer than she appears.*



meet the AUTHOR

Hey, I'm Sadora.

A few years ago, I found myself asking the same questions you may be asking now.

What do I actually want?

Why do I feel stuck?

And how do I create a life that feels like mine?

For a long time, I thought I needed more motivation. A better plan. More confidence.

What I really needed was clarity.

That's why I created this guide.

I created it because I know what it's like to feel disconnected from yourself and ready for something more.

My hope is that this guide helped you take the first step toward a life that feels more aligned, intentional, and fulfilling.

And if it did, I'm so glad you're here.



what's next?

One of the things I've learned is that once you know what you want, it's hard to ignore it.

You start looking at your life differently. Your time differently. Your priorities differently.

And eventually, you start asking bigger questions.

Questions about freedom.

About choice.

About what it would take to create a life that feels fully yours.

That's the conversation I'm exploring next.

And if you've enjoyed this guide, I think you'll be excited for what's coming.

