

THE REBORN

guide



Becoming more of who you
were always meant to be



The Reborn Guide

by Marianne Schütze

Welcome to your REBORN Journey



If you've ever felt that there must be more available to you than what you're currently experiencing, this guide is for you.

Perhaps you've found yourself beginning again more times than you can count. Setting new intentions. Creating new habits. Making promises to yourself that somehow faded away with time.

Or perhaps life looks good on paper, and yet something inside you keeps whispering that there is another season waiting for you.

Not because there is something wrong with who you are today. But because there is more of you waiting to be expressed.

You don't feel called to become someone else.
You feel called to become more yourself.

More aligned.
More free.
More nourished.

More of the woman you were always meant to be.

Somewhere along the way, we were taught that transformation begins with certainty. That we need a plan before we begin. That we must know where we're going before we take the first step.

Nature teaches us something different.

Before birth comes conception.

Before becoming comes expansion.

Before transformation comes a decision.

The first sign of your next rebirth isn't certainty.

It's an idea.

A whisper.

A longing for more.

An invitation to become more of who you were always meant to be.

Don't wait until you can see the whole path.

Nature never asks us to.

You don't need the whole plan.

You only need the courage to take your next aligned step.

And then the next.



There is another way to become more

I created the REBORN Journey because I needed a different and more natural way to transform.

The traditional approaches to personal development didn't work for me. Or perhaps they did – but only temporarily, and often at a huge cost: my mental health and a constantly stressed nervous system.

Like many women, I was taught that hustle and hard work were the only paths to success. That becoming more required pushing harder.

So that's exactly what I did. I chased goals, followed plans, and focused on getting results.

What I didn't realize was that I was slowly moving further away from myself in the process.

I became disconnected from my intuition and trapped in a cycle of constantly doing, producing, and proving. My value became tied to what I accomplished rather than who I was.

Even when I reached my goals, something still felt missing. That realization changed everything.

There is another way.

A gentler way.
A more natural way.

A way that honours both who you have been
and who you are becoming.

I call it the REBORN Journey.

Let's begin.





The Reborn Perspective

It's time to shift your perspective about personal transformation.

A shift that will help you realize that perhaps you were never failing at becoming more.

Perhaps you have simply been trying to force what was always meant to unfold naturally.

Because personal transformation is not self-improvement. It is self-remembrance.

You are not becoming someone else. You are becoming more of who you have always been.

More aligned.
More nourished.
More courageous.
More you.

The woman you are becoming is not somewhere in the future waiting for you to finally become worthy of her.

More of who you are is already within you.

You do not need to reject your past in order to begin again.

What you need instead is to build upon it.

You don't start from scratch.
You start from experience.

Every lesson, challenge, victory, and difficult season has prepared you for this moment.

Nothing has been wasted.

You embrace your journey so far and recognize that the woman you are becoming is only possible because of the woman you have been.

You become both the mother and the child of your own Rebirth.

Not through force.
Not through fixing yourself.

But through remembering who you have been all along.

Conception & Gestation

The Reborn Journey

Every transformation moves through seasons.
And different seasons requires different awareness.

1

The first sign of transformation is an idea popping up in your mind. I call it CONCEPTION.

You are impregnated with a new concept of yourself. An idea that may seem distant and unexplainable and first. Sometimes even ridiculous to you, because it suggests a change that is so far away from your current lifestyle that you can't connect the dots.

But transformation isn't logical. It doesn't ask permission. It just is. Your higher self is calling you, asking you to make a move to come closer to who you really are.

The best thing you can do is start moving right away, don't overthink. Don't try to make a plan. Act as if you were certain that this could really happen. Because it can.

2

The idea comes with a solution, that will unfold, as soon as you start moving. Not when you stay stagnant and try to figure everything out. So, start moving.

The next phase is your GESTATION.

The period of your transformation where you slowly expand by doing the things that your authentic self would do. You get used to the idea of change and slowly adapt into being this person. Not by rushing and forcing yourself to go full out with new habits and standards right away. If you do that, you will create too much resistance, stress your nervous system instead of stretching it, and you will end up with no results.

This phase is mostly overlooked, but nature shows us very clearly, that there is a time needed from conception to birth, called gestation, where we expand our concept of ourself, getting used to the thought of becoming a mother.

We start gathering the things we need as well as let go of what no longer serves the upcoming version of us. We grow into her by doing certain things in a certain way.



Rebirth & Identity

The Reborn Journey

3

Eventually your REBIRTH needs to take place. The expansion has prepared you enough to make the final move of giving birth to who you were always meant to be. You have a balanced nervous system. You feel aligned and ready – and still a bit scared. That's normal. And not a reason to delay your own rebirth.

If you are a mother, you know the feeling. In nature we can't delay the process. The child will eventually be born. In personal development you can choose an "abortion" of your idea. But it will always return. Stronger and more demanding than before. Because it is meant for you.

The REBIRTH is the point in your journey, where you decide to fully embrace the idea you got. It could be quitting your job, getting a divorce, writing a book or move to a new country. Once you have given birth you can't go back.

Don't try to reattach. Whatever it is, gestation prepared you and you are now ready to become her. Your authentic identity.



4

IDENTITY is the final phase of transformation. And equally overlooked as gestation, in traditional personal development methods. But this is the time where you practice being the new you. The time where you need to be gentle with yourself to avoid a fallback. Think of yourself as a baby that needs to grow into an adult.

You may need to do the same things over and over before they feel natural and effortless to you. And until they do, you need to do the daily work as your new you. Even when you don't feel like it. Even when you don't have all the answers.

You are not fully her yet. It takes time to update your habits, your thought and your emotions. As well as your look, your network and everything else about your life. It becomes a complete transformation when everything feels natural to you. It can take months or even years.

But you will know it right away, when you are there. The feeling of alignment. The moment where you finally feel at home. At peace. You did it. You gave birth to a truer you. And from here it's time for a new transformation to take place. It never ends.



WHICH PHASE OF REBIRTH ARE YOU IN?

Transformation doesn't happen all at once.
Just as every new life moves through stages before birth, every
personal transformation follows a natural process of becoming.

Read through the four phases on the following pages and notice
which one feels most familiar to you right now.

There is no right or wrong phase.

There is no timeline.

Each season serves a purpose.



Phase 1 - CONCEPTION

Something inside you is awakening.

You can no longer ignore the feeling that there is more available to you than what you're currently experiencing.

You find yourself dreaming about a different future, questioning old choices, and feeling called toward something you can't quite explain.

You may not know exactly what needs to change yet. But you know you can no longer stay where you are.

You may be in CONCEPTION if:

- ✓ You feel restless or unfulfilled
- ✓ You keep asking yourself, "Is this really it?"
- ✓ New dreams, ideas, or desires keep resurfacing
- ✓ You feel called toward something bigger, even if you can't define it

Phase 2 - GESTATION

The old version of you is beginning to loosen its grip.

You are doing the inner work. Reflecting. Healing. Learning.

From the outside, it may look like nothing is happening. But beneath the surface, everything is changing.

This phase can feel uncomfortable because you're standing between two identities.

You are no longer who you were. Yet you haven't fully stepped into who you're becoming.

You may be in GESTATION if:

- ✓ You're questioning old beliefs and patterns
- ✓ Personal growth feels both exciting and challenging
- ✓ You feel uncertain about who you are becoming
- ✓ You're learning to let go of what no longer aligns



Phase 3 - REBIRTH

Something has shifted.

You are no longer waiting for permission.

You are beginning to trust yourself in a deeper way and make choices that reflect the future you're creating.

This is the season of courageous action.

Not because fear has disappeared, but because your vision has become stronger than your fear.

You may be in REBIRTH if:

- ✓ You're making different decisions than you did in the past
- ✓ You're taking action despite uncertainty
- ✓ You feel a stronger connection to your intuition
- ✓ You're ready to stop hiding parts of yourself



Phase 4 - IDENTITY

Transformation is no longer something you're pursuing. It is something you're living.

The habits, standards, choices, and boundaries that once felt difficult are becoming natural.

You are embodying the woman you've become. This phase isn't about perfection. It's about alignment.

You trust yourself to create, sustain, and expand the life you're building.

You may be in IDENTITY if:

- ✓ Your actions consistently reflect your values
- ✓ You no longer feel pulled back by old versions of yourself
- ✓ You've created new standards for your life
- ✓ The woman you're becoming feels familiar rather than distant



Time to be
honest with
yourself

Which phase resonates
most with where
you are today?

What evidence do you see that you are
already moving through your own rebirth?

Remember:
Every transformation begins with a single
moment of awareness.

And awareness is often the first sign
that your Rebirth has already begun.



Reflection questions

Take a deep breath before you begin.

There is no right answer
to these questions.

Allow yourself to write honestly,
without filtering or judging what
comes up.

Sometimes the most powerful
insights emerge when we give
ourselves permission to tell the truth.

Take your time.

What part of myself is asking
to be expressed more fully?

What version of myself
am I being invited to release?

If I trusted myself
completely, what decision
would I make next?

What would the woman
I am becoming no longer
apologize for?

One year from now,
what would make me
feel proud of who
I have become?

What area of my life feels most
out of alignment right now?

What have I been pretending
not to know?

Who have I become in order to
feel safe, accepted, or loved?



FINAL REFLECTION

As you read back through your answers, notice any
patterns, themes, or truths that keep appearing.

Your next chapter may already be revealing itself.
The first step of Rebirth is not becoming someone new.
It is becoming aware of who you are ready to be.

What to do next?

Awareness creates clarity. But only action creates transformation.

Now that you've identified your current phase and reflected on where you are, the question is:

What is one small step you can take today?

You don't need a perfect plan or to have everything figured out. You only need the courage to take the next aligned step. One decision. One action. One new belief. Again and again. Trust your season. Trust your process. And trust that the woman you are becoming is already within you.

1

If you are in **CONCEPTION**

Your dreams need oxygen. Many women stay in this phase for years because they keep their desires hidden from themselves and others.

Your next step:

Write down the dream, desire, or vision that keeps returning to you.

Then share it with someone you trust or speak it out loud to yourself.

Giving a dream a voice is often the beginning of bringing it to life.

2

If you are in **GESTATION**

This phase requires trust. Just because you can't see the transformation yet doesn't mean it isn't happening.

Your next step:

Create 10 minutes of stillness each day.

Journal. Meditate. Take a walk without distractions. Give yourself space to hear your own inner wisdom beneath the noise of daily life.

3

If you are in **REBIRTH**

You already know what needs to happen next. The question is whether you're willing to trust yourself enough to do it.

Your next step:

Take one action you've been postponing. Send the message. Make the call.

Launch the idea. Have the conversation. Action creates evidence.

And evidence builds self-trust.

4

If you are in **IDENTITY**

You are no longer building a new life. You are becoming the person who naturally sustains it.

Your next step:

Choose one daily non-negotiable that reflects the woman you are becoming.

A boundary. A habit. A standard. A commitment to yourself.

Small actions repeated consistently become identity.



A personal note from me

*If you've made it this far, I want to thank you.
The fact that you're here tells me something important:*

A part of you is ready for more. Not because you aren't enough as you are. But because you can feel there is a truer version of you waiting to be expressed.

For much of my life, I believed transformation meant becoming someone different. Someone more confident. More successful. More worthy.

What I've discovered is something entirely different. The journey of Rebirth isn't about rejecting who you've been. It's about honoring every version of yourself while consciously choosing who you're becoming.

The woman who once doubted herself.
The woman who survived difficult seasons.
The woman who is reading these words right now.
They all belong. They are all part of your story.
And they have all led you here.

My hope is that this guide has helped you recognize that your next chapter isn't something you need to find. It's something you get to create.
One choice at a time. One courageous step at a time.

One rebirth at a time.

With love,

Marianne Schütze
Author of Reborn

P.S. If this guide resonated with you,
I'd love to continue The Reborn Journey together.
Follow along for more inspiration, insights,
and practical tools to support your own rebirth.



THIS IS JUST THE BEGINNING OF YOUR REBIRTH

Your next step:

- ✓ Follow me on Instagram
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- ✓ Discover my book REBORN:
How to Become the Woman You Were Always Meant to Be.



Marianne Schütze



Learn more about Marianne Schütze

Marianne Schütze is the creator of the Reborn Journey™. A transformational approach to personal transformation born from her own journey of self discovery.

For more than two decades, Marianne immersed herself in the world of personal development, studying the principles of growth, success, and transformation.

Yet despite the countless methods available, she found herself asking a deeper question:

Why do so many people create temporary change, only to find themselves returning to old patterns, old identities, and old versions of themselves?

That question became the foundation of her work. Through years of personal experience, mentorship, entrepreneurship, and profound life transitions, Marianne began to recognize a missing piece in traditional transformation methods.

Most approaches focus on changing thoughts, habits, behaviors, or results. Few address the identity of the person creating those results.

This realization led her to develop the Reborn Journey™, a feminine approach to transformation that views personal growth not as self-improvement, but as rebirth.

At the heart of Marianne's philosophy is the belief that every woman carries within her the potential to become who she was always meant to be. Not by rejecting who she has been, but by integrating her past and consciously giving birth to a truer version of herself.

As an entrepreneur, investor, mentor, mother of two, and global citizen who has lived in four countries, Marianne brings both lived experience and deep insight to her work.

Her teachings combine identity, embodiment, intuition, and aligned action to create transformation that is not only achieved, but fully integrated and sustained.

Today, Marianne's mission is to help women move beyond limitation, reconnect with their authentic selves, and create lives that reflect who they are becoming.

Because transformation is not about becoming someone else. It is about becoming more of who you were always meant to be. Naturally.

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