

A woman with blonde, wavy hair is smiling and looking towards the camera. She is wearing a sleeveless, light-colored dress with a large floral pattern in shades of pink, orange, and green. The dress has a V-neckline and a matching fabric belt with a large buckle. She is standing in front of a light gray paneled wall.

To change your life ...

*... you don't necessarily need to do more.
You need to become more of who you were
always meant to be – naturally*

THE REBORN CERTIFICATE

Instead of focusing on WHAT you want to achieve, I want you to focus on WHO you are becoming. Who is she - the version of you who has the life you dream of having?

Take a moment to see her clearly. Imagine how she thinks, feels, speaks, chooses, moves through the world and shows up in her everyday life.

Don't overthink your answers or try to create a perfect version of yourself. Let yourself describe the woman you are ready to grow into - one who feels true, aligned and exciting to you.

This is not about becoming someone else. It is about bringing more of who you are meant to be into the way you live.

By Marianne Schütze

The REBORN Certificate | www.marianneschutze.dk



The first steps ...

1. Her name

The name of the woman I consciously choose to fully embody.

She is not someone new. She has been here all along. This name gives language to what is ready to naturally unfold. It may be your own name, a title, a nick name, a feeling, or an expression of who you are choosing to embody.

Choose a name that feels true. A name that moves you.

My Reborn Name: _____

2. Her Rebirth date

The day I consciously chose her.

She is ready to step forward, be seen, be heard, and be met by the world. This is not the beginning of who you are. It is the day you consciously choose to create the conditions that allow more of who you are to naturally unfold.

Mark the date you consciously choose to step forward and begin this new chapter.

Her Rebirth Date: _____

3. What is ready to unfold?

Your calling, desire or deeper expression

There is something within you that is asking to be expressed, explored or brought to life. It may be a dream, a desire, a talent, a message, a business, a way of serving others - or simply a deeper expression of who you are becoming.

What feels ready to have more space in your life now?

4. Who is she?

Now, bring her to life.

See her in the ordinary moments of her life.

Not just when everything is going well, but in the choices, she makes, the standards she holds, the way she speaks to herself and the way she moves through the world.

Describe her as she is becoming,
not as a perfect version of herself.

Think beyond achievements and appearances.

- What does she believe?
- What does she value?
- What does she choose?
- What does she no longer negotiate with herself about?

The more clearly you can see her, the easier it becomes to recognize her in your own choices.

Describe her by answering the questions below

What are her predominant thoughts on a daily basis? How does she feel about herself? Which topic is she mostly talking about?

What is non-negotiable to her?
What is her most important/valuable habit?

What is she not tolerating, that you are still accepting? What does she have the courage/self-confidence to do, that you are not doing (yet!)?

How is she dressed?
How does she wear her hair and make-up?
How are her beauty routines?

What type of food does she eat?
What type of books does she read?

What type of people does she surround herself with?

What is her level of self-love and how is that expressed in her daily schedule?

What does she dream about?
What has she decided is possible for her?

What would it feel like to live as her, every day?



You
2.0

It's time for your REBORN Journey



The last steps ...

5. My Rebirth statement

Write a short statement of the woman you are becoming and the life you are stepping into.

Name the three shifts you are willing to make to move closer to her, and let them become visible in the way you think, feel, choose and live.

6. Signature & Date

This is your moment to commit to becoming her.

By signing this Certificate, you acknowledge the woman you are becoming, the life you are stepping into, and the choices you are ready to make to move closer to her.

Sign it as a conscious commitment to yourself.

Not to perfection, but to continuing to let more of who you are meant to be unfold.
