

I AM READY

EDITION 1 |
JANUARY–MARCH 2026

*Reconnect to Your
Authentic Self*

**FROM SURVIVAL
TO SELFHOOD**

*Celebrating Those Who
Inspire, Empower, and
Uplift Others*

**5 QUIET CHOICES
THAT
TRANSFORM
YOUR LIFE**

*Daily Habits That Lead to
Lasting Change*

SPOTLIGHT

MATTHEW D HUTCHESON

*From presidential advisor to a decade
in federal prison, Matthew D
Hutcheson reinvented his life—and
now dedicates himself to guiding
others to overcome adversity, release
the past, and embrace their true
potential.*

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I Am

Ready

Magazine



Still second-guessing yourself after all the work you've done?

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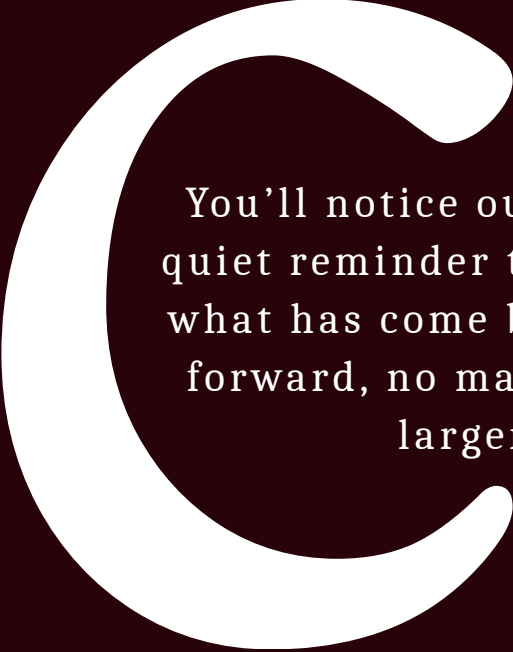
Self-Authority Guide & Qualified Counsellor

A special welcome gift to all our first edition readers
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Scan the code to stop second-guessing yourself and start building your foundation.



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You'll notice our pages begin at 100. It's a quiet reminder that every journey builds on what has come before — and that each step forward, no matter how small, is part of a larger story of growth.

First Edition

January – March 2026

I Am Ready Magazine

© 2026

I AM READY MAGAZINE

Mission OUR

I Am Ready is a personal development magazine exploring the inner shifts that shape real transformation. We spotlight thinkers, guides, and leaders in personal growth — not merely to celebrate achievement, but to illuminate the moments of awareness, discipline, and choice that precede it. This magazine is for those who understand that true change begins within, often long before it becomes visible.

We also celebrate those who have completed their transformation journey and are building meaningful lives and businesses. We honor the courage, resilience, and quiet dedication of real people who have worked for years, often unseen, overcoming fear, judgment, and rejection. These individuals create, uplift, and inspire through their authenticity and commitment to others.

Our mission is to share their stories — their challenges, achievements, and contributions — so the world can learn from, appreciate, and celebrate them. By presenting these real journeys, I Am Ready empowers readers to see that everything is possible, offering space for clarity, intentional growth, and courageous living.

I AM READY

Editorial Manifesto

*Readiness to
let go of old
identities.*

*Readiness to
choose
discipline
over comfort.*

*Readiness to
step into
responsibility,
purpose, and
self-
leadership.*

I Am Ready is a personal development magazine for those who know that change begins long before results appear.

It is for individuals standing at the threshold of transformation — not chasing motivation, but cultivating readiness. Readiness to let go of old identities. Readiness to choose discipline over comfort. Readiness to step into responsibility, purpose, and self-leadership.

Each edition brings together powerful perspectives from global speakers, coaches, mentors, and business owners — not to glorify success, but to explore the internal shifts that made it inevitable. Through reflective guidance, practical frameworks, and deeply human conversations, I Am Ready invites readers to slow down, look inward, and make the quiet decisions that reshape a life.

This is not a magazine about who you could become. It is about who you are ready to be.



Hello,

I'm Indre Ratkele, Editor-in-Chief & Founder of I Am Ready Magazine. Welcome to the very first edition — a space where we celebrate authenticity, courage, and transformation.

Editor's Letter

There's something captivating about the way a moment can hold possibility. A pause that hums with quiet tension. A doorway framed with the shadows of choices yet to be made. In this first issue of I Am Ready Magazine, we travel not just through paths of achievement, but through the inner landscapes of transformation, courage, and the decisions that leave their mark.

This issue begins in the quiet spaces of reflection, where the mind is asked to step beyond comfort and confront what it truly desires. Our feature on embracing readiness celebrates the subtle, often invisible moments that precede action — the spark that ignites change before the world even notices. Whether it's a pause in your morning routine that shifts perspective, or a conversation that reshapes identity, we explore how these moments ripple into transformation, leaving a lasting imprint on who we are becoming.

Then, we move into the stories of people who dared to take the step. From global speakers sharing the inner truths behind their success, to mentors guiding others through the labyrinth of growth, we retrace the choices, the discipline, and the courage that turn readiness into reality. But this isn't just about achievement. It's about clarity, purpose, and the rare experience of aligning who you are with the life you are ready to live.

Throughout this issue, you'll also find our signature blend of insight, reflection exercises, and curated conversations. We dive into frameworks that guide transformation, spotlight personal journeys that illuminate the path, and offer perspectives that combine inspiration with actionable steps toward change.

I Am Ready Magazine is about more than results. It's about the inner journey, the moments we pause to notice, and the decisions we choose that set everything else in motion. It's about standing at the threshold of possibility and saying yes — with intent, with courage, with readiness.

Here's to the choices that move us, and the lives we transform along the way.

I Love You,

Indre Ratkele

Editor-in-Chief



A stylized, handwritten signature in black ink, which appears to be 'Indre'.

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ABOUT



YOU
ARE BECOMING

THE THRESHOLD OF BECOMING

Standing at the threshold of change, transformation begins long before results appear.

Transformation can take a long time. Sometimes it feels as if you are suspended in time for years, moving step by step toward a different version of yourself without a clear destination. It can feel lonely and even frustrating, as if everyone and everything is against you.

But this is a very good sign. If you feel this discomfort as part of your journey, welcome it! You are becoming. You are arriving. And let me assure you — you are exactly where you are meant to be, not late, not behind, but perfectly aligned with your own divine timing.



Surrendering to the flow of life / © I Am Ready Magazine



Transformation is a story written in moments / © I Am Ready Magazine

The key is to **surrender, trust, and love yourself through it**. Move forward with ease. When you do, transformation becomes an **amazing journey**, full of signs, synchronicities, supportive people, reflective experiences, and magical moments.



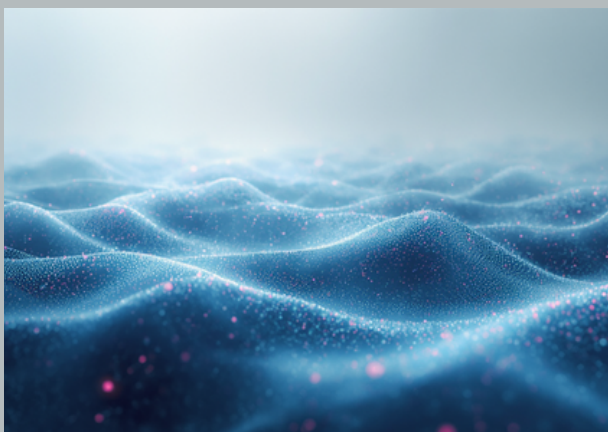
Open heart, open mind, open possibilities / © I Am Ready Magazine

Open your mind and heart. Instead of chasing change, become a **constant receiver** — from the place of love, gratitude, abundance, and surrender.

Are you ready for this journey?

THE QUANTUM FIELD IN ACTION

*The energy behind who you are
becoming*



Energy in motion, reflecting who you are / © I Am Ready Magazine

As we move from the threshold of transformation into the inner mechanics of change, it becomes clear that **energy is not abstract** — **it is responsive**. The quantum field reflects who we are at our core, not simply what we desire. Opportunities, people, and experiences emerge not because we chase them, but because we **align with our authentic selves**.

Transformation is not linear. Moments of doubt, emptiness, or uncertainty are signs that **energy is realigning**. The people who leave your life, the unexpected doors that open, the synchronicities that appear — these are all reflections of a **field responding to readiness**.

The challenge is to stay present, observe, and receive. Instead of forcing outcomes, allow energy to work through you. Cultivate awareness of the subtle signs — the mirror effects, the quiet guidance, and the moments that feel almost magical. These are the fingerprints of transformation in motion.

The next step is practical: notice one moment each day where you **pause, surrender, and trust**. This is where change begins, quietly, invisibly, and beautifully.



The quantum field responds to readiness / © I Am Ready Magazine

Everything you've
ever wanted is
waiting. The
threshold is before
you—step through
and claim it, now.

We are on the precipice of
irreversible change—there is no
turning back.

Indre Ratkele
Editor-in-Chief

A Note of Thanks



I Am Ready Magazine proudly celebrates the release of its first edition—one built on courage, resilience, and the power of human stories.

This opening issue features remarkable individuals who have overcome significant challenges in their lives. Beyond their personal journeys, they have chosen to step forward, share their experiences, and support others through their work, insight, and authenticity. Their voices remind us all to remain steadfast—to find strength in adversity, to persevere when hope feels distant, and to continue believing in the possibility of transformation.

We extend our sincere gratitude to *Matthew D. Hutcheson*, *Noelle Rizzio*, *Lilijana Taylor*, and *Terraine LeBeau* for their openness, trust, and willingness to share their journeys. Their contributions form the foundation of this inaugural edition and create a meaningful impact that reaches far beyond these pages.

Your stories inspire. Your courage resonates. Your impact matters.

I AM READY
MAGAZINE

Noelle
RIZZIO

NOELLE RIZZIO

Written By Indre Ratkele – Editor-in-Chief



Noelle Rizzio

“SELF-WORTH IS CULTIVATED FROM WITHIN; IT IS NOT SOMETHING TO EARN, PROVE, OR DISPLAY.”

Reclaiming Self-Worth, One Step at a Time

Noelle Rizzio brings a rare clarity and depth to every conversation. In creating this magazine, few experiences have been as striking as discovering voices that challenge, inspire, and make you pause—and hers is undeniably one of them. Her journey as a counselor, author, and speaker reminds us that self-worth is not something to earn; it’s a superpower we all can reclaim. Through her counseling practice, podcast, and upcoming book, she inspires women—and anyone navigating self-doubt—to embrace themselves fully and unapologetically.

Even accomplished women often struggle with feeling “enough.” Noelle explains, “*It’s not external achievements that give you self-worth—it’s the inner work you do to feel complete from within.*”

Her insights reflect years of professional experience and personal exploration, offering guidance grounded in both empathy and practicality.

I invite you to explore Noelle’s world.



Noelle Rizzio — Interview Feature / © I Am Ready Magazine

Noelle's path toward understanding self-worth began early, shaped by family dynamics, societal expectations, and personal experiences. Her work as a middle school counselor further illuminated how challenging it can be for young people to develop a secure sense of self. She observed how often accomplishments, beauty, or outward success failed to translate into inner confidence.

Through her own journey, Noelle learned the importance of creating boundaries, letting go of others' opinions, and embracing authenticity. She emphasizes that self-worth is cultivated from within: it is not something to earn, prove, or display—it is a state of being.

Noelle also shares tangible strategies that have helped her and the women she works with: recognizing negative self-talk, challenging

limiting beliefs, and focusing on progress rather than perfection.

“These practices build emotional resilience. Strong self-worth acts like bubble wrap around us—protecting us from external judgments and helping us recover faster when we encounter challenges.”

— Noelle Rizzio

During our conversation, I reflected on my own experience with mirror work, a practice that has helped me reprogram negative self-talk and recognize my inherent worth. Noelle posed a question that resonated deeply: *“What if it doesn't matter? What if you already know you are enough?”* This perspective challenged me to consider how I might teach this mindset to my child: that they are enough as they are, without needing validation or achievement to prove it.

Her upcoming book, *The Princess Never Needed Saving: Reclaiming Self-Worth One Level at a Time*, explores seven areas where self-worth can be nurtured: emotional, mental, social, physical, spiritual, environmental, and occupational. Noelle provides actionable strategies for each area, creating a practical guide for women seeking sustainable inner growth. Alongside the book, she hosts the *Emotional Support Podcast*, delivering concise episodes filled with insights to help listeners strengthen their self-worth. “The podcast became a way to reach people directly, to support them step by step,” she explains.

Throughout our discussion, we explored how early experiences with parental expectations and societal norms can shape self-worth. Children naturally express themselves authentically, free from the pressures of judgment, but external expectations can gradually chip away at their confidence. Reflecting on this, I realized how important it is to allow children to grow into themselves, guided but not constrained, so they never question their inherent value.

Noelle shared how her own teenage years, influenced by parental expectations, shaped her early struggles with self-worth. Over time, she learned to honor herself, reclaim her voice, and establish boundaries that protect her sense of value. One lesson stood out as profoundly liberating: “If people judge you because of how you look, it’s more about them than it is about you.” Understanding that external opinions often reflect others’ insecurities can free us from unnecessary self-doubt and open the space for confidence and peace of mind.

Noelle’s work is a powerful reminder that self-worth is a personal journey, cultivated through patience, reflection, and self-compassion. Her story encourages all of us to embrace ourselves fully, unapologetically, and without compromise. The practices we discussed—mirror work, affirmations, and actionable exercises—hold value for anyone navigating self-doubt or societal pressure.

“Practice makes progress, not perfection. Every step you take to honor yourself, set boundaries, and recognize your value moves you forward,” she says. By focusing on internal validation rather than external approval, Noelle encourages us to live with clarity, confidence, and compassion—for ourselves and for others. Growth and learning are part of evolution, not prerequisites for being enough.

To explore more of Noelle’s insights and access resources like her Self-Worth Reset Guide, visit noellerizzio.com. Her upcoming book promises to be an essential companion for anyone on a journey to reclaim their confidence and embrace their true self.

NOELLE

“If people judge you because of how you look, it’s more about them than it is about you.”

RIZZIO



LILIJANA
TAYLOR



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MAGAZINE



Rising Through Transformation: Creativity, Healing, and Authenticity

Written by Indre Ratkele – Editor-in-Chief

As editor-in-chief of I Am Ready Magazine, I invest deeply in the people we choose to feature. Our publication is not about perfection. We celebrate transformation, learning, growth, and those who have endured struggle and emerged stronger. Lilijana Taylor embodies all of this—and more. I knew Lilijana for many years, though we

only truly connected last winter. Once we began our conversations online, mutual respect for each other's journeys grew. I invited her to share her story to inspire others worldwide. I firmly believe that sharing our challenges and growth can support people we may never meet—and sometimes, the impact is

far greater than we imagine. Meeting Lilijana in person, attending one of her workshops, and trying matcha while talking allowed me to witness her authenticity firsthand. What follows is not just what I was told—it's what I saw and felt.

Lilijana's early life in the beauty industry seemed enviable—she ran her own salon, a space of success on the outside. Yet behind the doors, she was stuck in negative patterns and behaviors that hurt her deeply. Alcohol and other toxic habits consumed her, leaving her screaming and crying inside, begging God for guidance.

“I was working really well, it was good... but after some disappointments, I closed the salon,” she recalls. She felt trapped in cycles that no longer served her, paralyzed between old patterns and the possibility of change. *“I just saw reality as it was. I didn't understand if it was reality or a dream. I was paralyzed, but I felt safe.”*

Her transformation began with a profound dream. *“From that day onward, everything changed. I felt like a horse released into a meadow,”* she remembers. Yet the path wasn't immediate or easy. Physical and emotional challenges followed, including a long detox and hospital stay that forced her to confront her body and limitations.

“I don't see it as bad; I accepted it. It became my teacher. Now I feel my body more—it's my indicator. For everything: people, food, energy,” Lilijana explains.

Lilijana shared a deeply personal story about a bird she once found injured. After attempting to find professional help without success, she decided to care for him herself. The bird, whom she lovingly named Willow, became much more than a rescued animal—he became her teacher, supporter, and friend. As she spoke about him, tears welled up in her eyes, reflecting the profound impact he had on her life.

“I truly believe that in certain periods in our lives, an animal can come into our home to protect or support us in ways we might not even understand,” she said. *“Willow taught me to be myself, no matter how I look or feel, to love myself, and to enjoy the moment as it is.”*

Through Willow, Lilijana learned to step out of her comfort zone and embrace her authenticity fully. Though the time came when Willow left her home, he has never left her heart—a reminder that guidance, love, and support often arrive in unexpected forms.





About the Macramé magic

with La Taylor Creations



As she shared:

“The first time I did macramé... it’s like creating, my favorite part is that clients let me express myself through their orders. Everything I make, I do with intention—to protect people, homes, inner peace.”

— Lilijana Taylor

There is something truly magical about creativity in any form. We are all creators, exploring different avenues until we find the way we can express ourselves most fully. For Lilijana, that path has led her to macramé, though she has also explored jewelry-making, singing, and floristics. She approaches her craft intentionally—every piece carries energy and purpose, often designed to protect, inspire, or bring peace to those who receive it.



Her workshops are more than just skill-building—they are immersive experiences where participants feel seen, supported, and energized. From my own experience attending one, I barely remember the exact knots or techniques, but I will never forget the energy in the room: the warmth, encouragement, and sense of belonging.

“I barely remember the knots or techniques, but I remember the feeling of belonging, positivity, support, and love. It freed me from worry and gave me a surge of creative energy.”

— Indre Ratkele, Editor-in-Chief

Being in Lilijana’s environment wasn’t just about learning a craft; it was a reminder of the transformative power of creativity and how it can open our minds, heal, and inspire.

Her relationship with her husband, Luke Taylor, is a cornerstone of her journey. Both deeply creative, they support and respect each other’s passions.

“He really supports me. We both went through the bad together. Our relationship is strong; we are each other’s people,” Lilijana says. Their partnership demonstrates the importance of support in personal growth and creative expression. Together, they are building *La Taylor Creations*, blending their talents, workshops, and creations—a testament to the power of aligned personal and professional collaboration.

Spirituality and energy awareness guide Lilijana’s work and life. She practices gratitude, meditation, and intention-setting daily.

“I wake up every morning grateful. Meditation helps me handle situations, stay calm, and keep aligned with my purpose,” she shares. This connection to energy and collective consciousness informs not just her creations but her teaching and interactions with others. *“Patience is key. Often we give up too soon. Everything now happens quickly—healing, growth—it’s essential,”* she says.

Lilijana’s story is a testament to resilience, authenticity, and transformation. From the pain of disappointment and personal struggle to the release of her inner fire through creative expression, she embodies the journey of rising above, healing, and uplifting others. She encourages women to step out of their comfort zones, explore their gifts, and embrace creativity as a tool for personal and collective healing.

“Once I help myself, only then can I help others,” she says. Her workshops, her macramé creations, and her presence create spaces where women can feel supported, inspired, and empowered. The energy she radiates—positivity, love, and encouragement—leaves a lasting impact on everyone who experiences it.

For anyone in the United Kingdom—and beyond, for those willing to travel—seeking inspiration, healing, or creative exploration, Lilijana Taylor’s workshops offer more than technique; they offer connection, freedom, and a chance to transform through creativity.

And above all, Lilijana believes in the uniqueness of every individual: that we are enough just as we are, and the most important thing is to understand and love ourselves fully, embracing our lives with authenticity and grace.

To learn more about Lilijana Taylor’s workshops and creative projects, visit her Instagram [@lataylor_creations_](#) and website <https://lataylorcreations.com/>





For me, success is not just about achievements. It's about living a life aligned with who you truly are, pursuing work that is meaningful, and inspiring others along the way.”

— Lilijana Taylor

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RESILIENCE
LEADERSHIP
PURPOSE

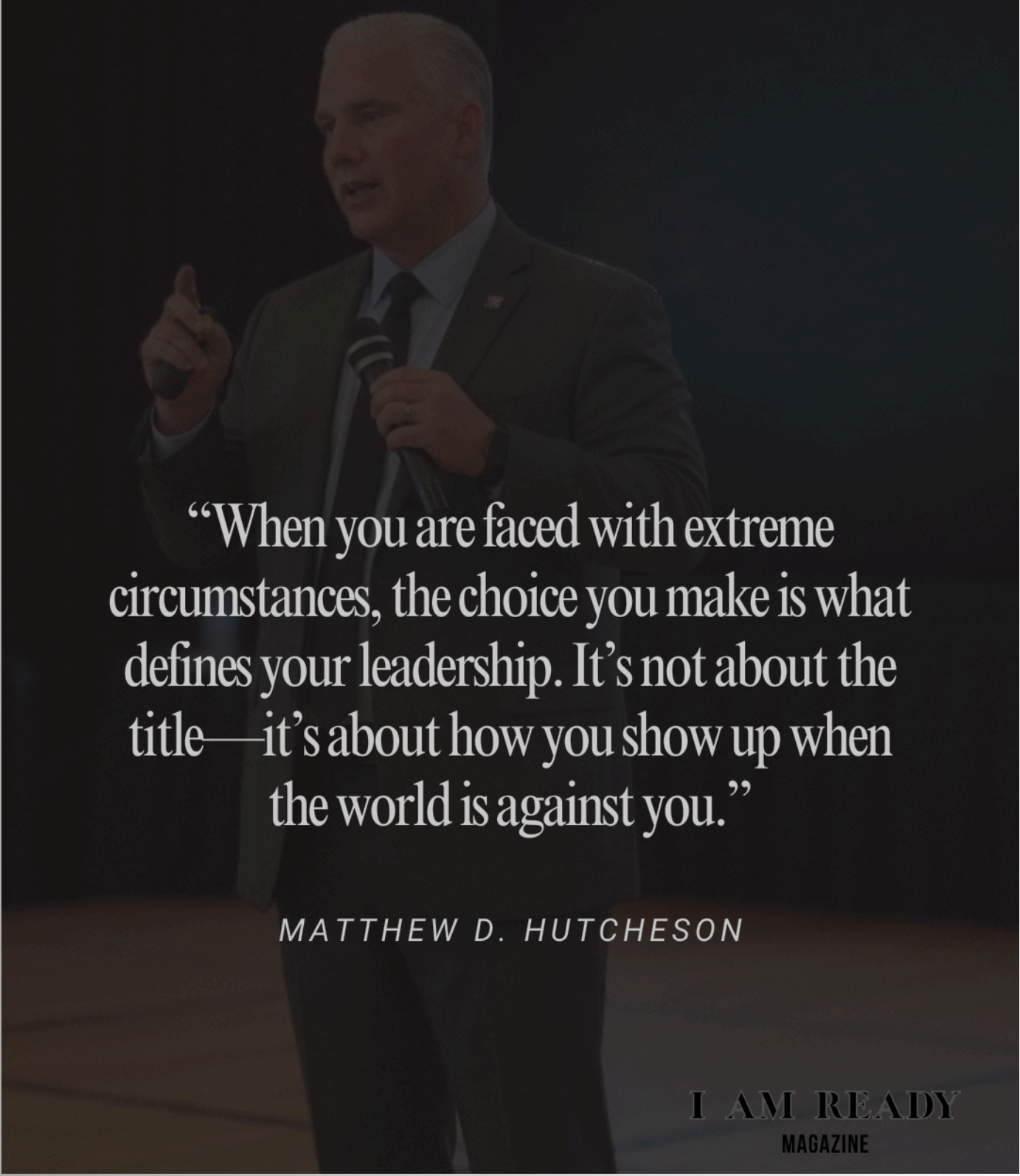
MATTHEW D. HUTCHESON

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Matthew D. Hutcheson

Written by Indre Ratkele, Editor-in-Chief

A Journey of Resilience, Leadership, and Purpose



“When you are faced with extreme circumstances, the choice you make is what defines your leadership. It’s not about the title—it’s about how you show up when the world is against you.”

MATTHEW D. HUTCHESON

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Matthew Hutcheson first caught my attention in the Brainz magazine community, where we were both contributing. His articles on leadership drew me in immediately—there was a clarity, a courage, and a lived experience behind every insight. As I followed his work, I began to appreciate the depth of thought and discipline that informed every word he wrote. Once we connected, I had the privilege of speaking with him on the I Am Ready podcast.


You can watch the full episode to hear more about the resilience, wisdom, and deliberate purpose that first drew me to his writing.



Scan to Play the Full I Am Ready Podcast
with Matthew D. Hutcheson

Matthew D. Hutcheson

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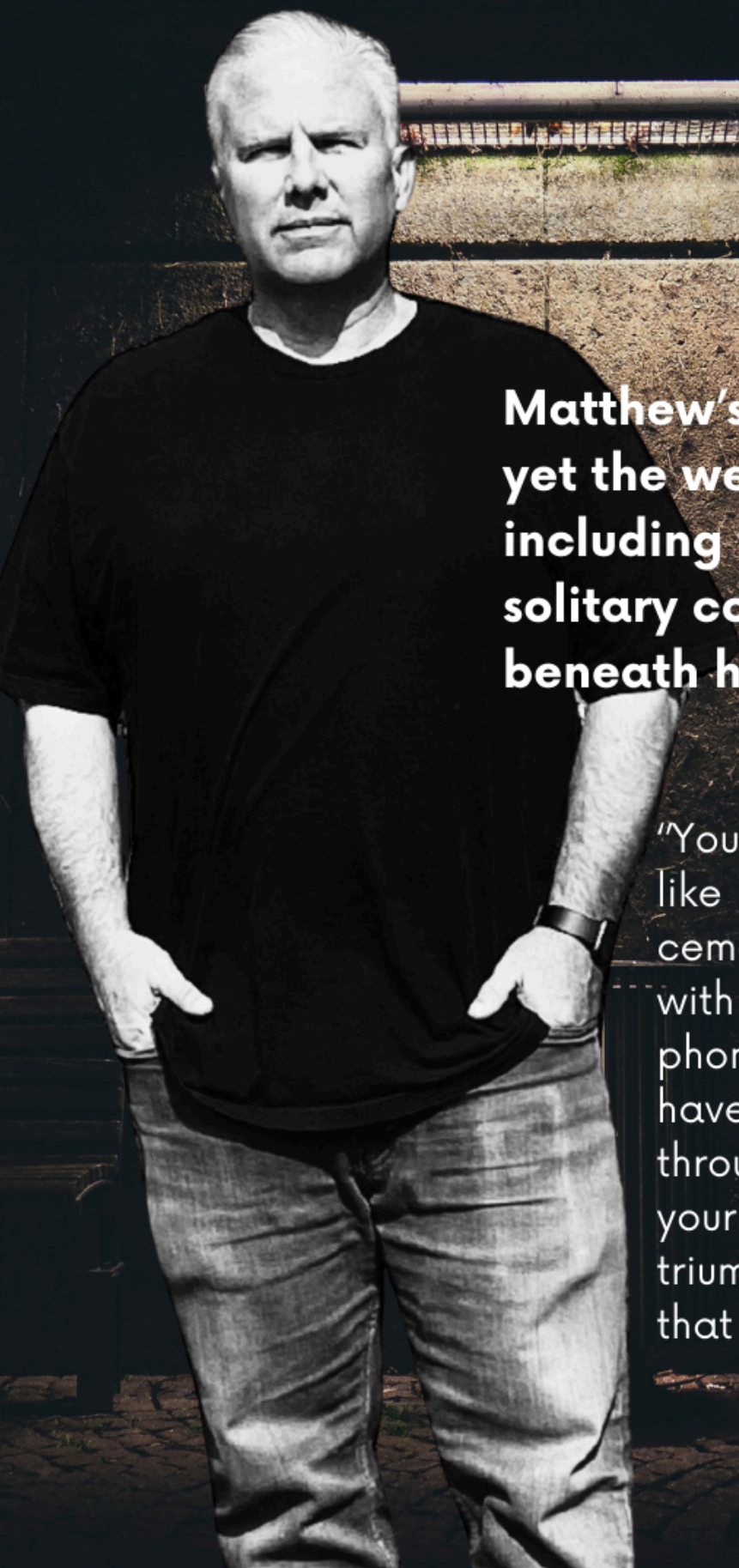
Meeting Matthew in person was a striking experience. The presence he carries is calm yet deliberate; there is a quiet intensity in the way he listens and speaks. He embodies the lessons I had read about for months, the practical application of resilience, focus, and leadership lived fully. There is something almost tangible about the way he moves through space and conversation—it signals someone who has faced extraordinary challenges and emerged not only intact, but transformed.

The defining turning point of his life is as compelling as it is difficult. *“I advised elected officials in Washington, D.C. I was also in the financial industry. I managed large pension funds, and I got into a dispute—a political dispute—with one of those presidents. And that political dispute turned into a political attack, and I found myself in federal prison. I was there for ten full years, and that was a devastating blow,”* he shared.



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Matthew's voice is composed, yet the weight of a decade, including thirty-six months in solitary confinement, lingers beneath his words.

"You can't imagine what it feels like to be in a 6x9 cell in cold cement in the middle of winter with no contact from anybody—no phone calls, no emails. And to have to find a way to work through that in your mind and in your heart, to stay above it and to triumph over it, that's a defeat that has to be defeated."

It is a pattern that defines his approach to life: find the challenge, embrace it fully, and leave it better than you found it. Within the walls of confinement, he developed a philosophy of bending the arc back to true north. *“You feel your trajectory kind of bending away from True North, and you start getting FUDD—fear, uncertainty, doubt, and dread... And I would literally take it with my hands in my mind and bend it back to true north... And I would do that every day.”*

The discipline he cultivated is staggering. In solitary confinement, he wrote for twelve hours a day, producing thirteen books. He describes one in particular with deep reverence: *“The book that I cherish the most is called Quinny. It is the story of a Native American father who went to prison for 45 years to protect his son... It’s a story about love, redemption, and courage.”* From isolation emerged 127 philosophical ideas—principles he now shares through his personal programs.

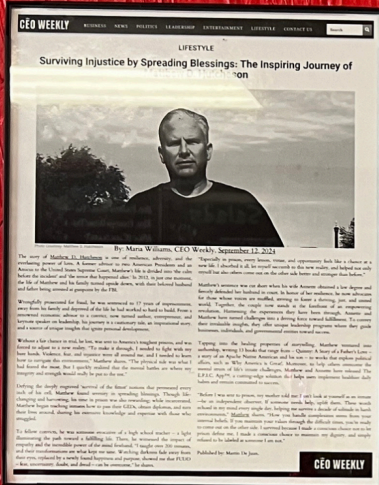
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MNP "HUTCH"
TO KNOW HIM IS TO HONOR
YOURSELF! TAKE TIME
TO LEARN MORE. BEST
PERSONAL INVESTMENT YOU
CAN MAKE IN YOURSELF
RESPECT ALWAYS
MCH



HUTCH

"EL PRESIDENTE"
Vinterville Terminal Island
MHA
(OUR NEXT President) Felon!!

"My first job was teaching students, inmates, everything they needed to know to get a high school diploma... And I helped 200 men pass that test. And that was a great honor."

In that place built for punishment, Matthew found opportunity. "My first job was teaching students, inmates, everything they needed to know to get a high school diploma... And I helped 200 men pass that test. And that was a great honor." He extended that ethos beyond prison walls as well. "I donated the proceeds from one of my books to a boys school in Kenya to keep its doors open and children learning during, through, and after the pandemic. But for that donation, the school would have shuttered."

"Nobody is 100% good. Nobody is 100% bad... It's a ratio of something in between... Clean your ledger every single day and say, 'I'm entitled to take the wins from my life every day.'"

What stands out is that Matthew's authority comes not from titles, accolades, or hardship alone. It comes from disciplined thought, deliberate action, and service in unexpected places. Even in extreme adversity, Matthew embodies the principles he teaches: Ethos, Perspective, Influence, Carry-On—what he calls “EPIC.” These are not mere ideas to him; they are the framework by which he navigates life, adversity, and leadership. In practice, they shape not only his decisions but also the impact he has on others, whether behind prison walls or through philanthropic efforts across the globe.

Leadership, for Matthew, is inseparable from service and character. “*When you are faced with extreme circumstances, the choice you make is what defines your leadership. It's not about the title you hold—it's about how you show up when the world is against you.*” His example is instructive: from guiding fellow inmates toward their high school diplomas to supporting a school in Kenya, he consistently demonstrates that influence is measured by contribution, not recognition.

His lived experience translates into tangible lessons for those willing to listen. The discipline, reflection, and intentionality he cultivated are as applicable in the boardroom as they are in the cell. “*I made a commitment to myself that if I was going to go through this experience, I was going to number one, do it well with the right attitude. Number two, I was going to help every single person I could who would let me help them.*” That commitment frames his work today, guiding the development of his programs, his writing, and the impact he makes across communities.

Beyond achievement: transformation, perspective.

The hardships he endured, the isolation he navigated, and the lessons he extracted from extreme circumstances all converge into a singular philosophy: readiness is forged when life tests every internal structure you have built—and you choose, consciously, to bend your arc back. In this sense, the story he shares in *I Am Ready* is emblematic of the magazine itself: resilience, reflection, and purposeful action in the face of adversity.

Through our conversation, it became clear that Matthew's rare combination of intellect, discipline, and service cannot be quantified. It manifests in every deliberate action, from teaching in prison to supporting education abroad, from producing 127 philosophical ideas to distilling a life's worth of wisdom into tangible guidance. His work reminds us that impact is measured not in recognition, but in transformation, and that leadership is defined not by circumstance, but by how one chooses to respond to it.

For readers of *I Am Ready*, Matthew Hutcheson's story is a masterclass in perseverance, discipline, and purposeful living—showing that true readiness is forged through adversity and leadership is demonstrated, not declared, principles that underpin his [E.P.I.C. 6-Week Transformation Program](#).

Opening our first edition with Matthew is symbolic, deliberate, and aspirational. It sets the tone for what *I Am Ready* represents: the courage to confront adversity, the discipline to endure it, and the resolve to transform it into meaningful action. His presence on the cover, and in these pages, reminds us that perseverance, service, and unwavering principles are the hallmarks of a life fully realized.



I AM READY
MAGAZINE



TERRAINE LEBEAU

I AM READY MAGAZINE

“

Grief is often framed as something to endure—a storm we wait to pass. But for many, grief becomes the moment life splits into a before and after, a crossroads where identity, priorities, and relationships are reshaped. Rather than a force that breaks us, grief can become the cocoon that transforms us.”

TERRAINE LEBEAU — INTERVIEW FEATURE / © I AM READY MAGAZINE

I AM READY

GROWING THROUGH GRIEF - HOW LOSS BECOMES A CATALYST FOR IDENTITY, LOVE, AND PERSONAL EVOLUTION

Interview with Terraine LeBeau

Written by Reah Hagues - Managing Editor

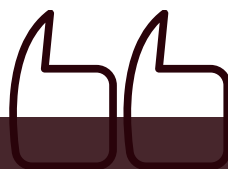
Meeting the Voice Behind the Message

I first met Terraine LeBeau as a guest on “Just The WHO Of Us” podcast back in 2021 when we were individually starting out in the podcasting world. I chose to interview Terraine because, long before our conversation began, I sensed a depth in him that isn’t common. The first time I encountered him, his presence was steady, grounded, and quietly commanding—someone who listens with intention and speaks when he has something meaningful to offer. As a relationship coach and mentor, he has a way of translating emotional complexity into clarity, accountability, and compassion. I knew immediately that if I wanted to explore grief not just as an experience but as a catalyst for identity, connection, and growth, he was the person I wanted to ask. His work centers on helping individuals and couples navigate identity, connection, and emotional responsibility—especially during life’s most destabilizing moments.

That depth is exactly what he brings to conversations about grief.



WWW.BEHINDTHESHADES.CA



Grief is not just a force that breaks us—it can become the cocoon that transforms us, reshaping identity, priorities, and relationships.”

Terraine LeBeau 131

“Grief asks us to choose between what is familiar and what is unknown. The smallest acts—getting out of bed, making a meal, showing yourself kindness—become acts of thriving.”

Terraine LeBeau

This shift becomes even more powerful when we move from asking “*Why is this happening to me?*” to “*Who am I becoming through this?*” That single reframing changes everything. Loss often pushes us into new versions of ourselves—versions shaped by the best qualities of the person we lost. Suddenly, we find ourselves doing things we never imagined: running marathons, writing books, starting charities, or simply living with more intention. Anything becomes possible because everything becomes more meaningful.



Grief as a Catalyst for Becoming

Most people see grief as survival mode, but grief is also an invitation. It asks us to choose between what is familiar and what is unknown. Familiarity keeps us stagnant; unfamiliarity opens the door to growth. Even the smallest actions—getting out of bed, making a meal, showing yourself kindness—become acts of thriving. When we shift our perspective, we begin to see grief not as an ending, but as the beginning of who we are becoming.

The Self-Awareness That Loss Awakens

What I have learned from Terraine is that grief accelerates self-awareness because it reminds us of two undeniable truths: life is fragile, and time is limited. These realizations force us to examine how we’ve been living. Have we prioritized work over relationships? Have we missed moments we can’t get back? Loss rearranges our internal value system, often permanently. This portion of our interview reminded me of my grandmothers’ passings. Their deaths created a shift in dynamic, the responsibility of the family head, and who that head now was. Grief can dismantle identity. When a marriage ends, a partner dies, or a role disappears, the ripple effects touch every part of life—your social circle, your home, your routines, even how others perceive you. Identity grief is rarely discussed, yet it is one of the most destabilizing forms of loss.

Old Patterns Surface—But So Does Growth

During grief, outdated beliefs often rise to the surface—especially the myth that grief has an expiration date. Everyone moves through grief differently, and some emotional “destinations” require more time than others. What matters is recognizing whether you’re stopping in places that help you grow or ones that keep you stuck.

This is where the difference between reactive and intentional grief becomes clear. Reactive grief is triggered by moments—a song, a scent, a memory. Intentional grief is when you choose to remember, to feel, to honor. One is involuntary; the other is empowering.

Avoidance vs. Expansion

Avoidance shows up as emotional numbing, guilt, or shame. But grief also expands emotional capacity. A movie that once made you laugh may now make you cry. A single memory may shift the direction of your day. These emotional waves stretch us, teaching us what we can hold—and what we need to strengthen. Emotional regulation becomes essential. Before we can regulate, we must understand our emotions and their origins. Boundaries then become the container that prevents emotional overflow. Without them, we leak—onto ourselves and onto others.

Relationships Under the Weight of Loss

Grief reveals the truth about relationships. Some people show up with actions, not just words. Other people often disappear as life moves on for them, even while you’re still trying to understand your new reality. The relationships that deepen are often the ones you least expect. Grief also exposes attachment styles. Avoidant individuals may bury themselves in work. Others may become dependent on their partner to stabilize them. But emotional growth requires self-responsibility in the form of honesty, accountability, and the willingness to see the internal patterns that block emotional success. We must learn to self-create emotionally before we co-create with a partner. This is such a profound observation, and what makes Terraine a great coach and mentor. It takes honesty, hard honesty; to guide others through times that are tough for us to experience and a great coach aims to approach that opportunity with authority.

“

Grief reveals the truth about relationships: some people show up with actions, others disappear. Growth requires self-responsibility and the courage to see internal patterns that block emotional success.”

Connection Without Self-Abandonment

Maintaining connection while grieving requires boundaries, self-love, and clarity. It begins with affirmations that anchor worthiness: *I am good enough. I am worthy. I do not carry guilt or shame.* These beliefs protect us from self-abandonment and self-sabotage. For couples grieving together, growth happens individually and collectively. Grief often redefines shared values and future vision. When you ask yourself, *“If I were to pass away today, would I be content with my life?”* the answer can reshape everything—from priorities to relationships to long-term goals.

The Power of Boundaries and Communication

Grief sharpens sensitivity. Behaviors you once tolerated—like a chronically late friend—may suddenly feel intolerable. Boundaries become necessary not just for protection, but for emotional clarity.

For couples, turning toward each other instead of inward requires the ABCs of grief:

- Acknowledge the pain
- Be there in the way your partner needs
- Communicate openly and consistently

Unresolved grief, however, can echo years later as trust issues, isolation, or self-sabotage. When someone has integrated their grief, you see it in their emotional steadiness, their boundaries, and their ability to make decisions aligned with their values. Healthy grief leads to post-traumatic growth. You begin to identify which behaviors and relationships support your evolution and which ones hinder it. Grief reframes time—not as something abundant, but as something precious. It pushes you to evaluate every relationship, every habit, every choice.

“

Loss doesn't just change you—it reveals you. It shows who stands with you, who falls away, and what in your life is truly aligned with your evolution.”

The Most Misunderstood Parts of Growing Through Grief

Grief has taught one powerful truth: expressed in healthy ways, it strengthens love and brings people together. Expressed in unhealthy ways, it can manipulate or control. The line between the two is thin, which is why communication and understanding are essential. Many assume the people who were there at the beginning of your grief journey will be there at the end. But grief reveals who truly stands with you. Some will fall away. Some will surprise you. Growth requires accepting both. Your emotions are yours to feel and express—but you don't have to navigate them alone. Grief is the moment you learn the most about yourself, your direction, and the people who will walk beside you. Loss doesn't just change you—it reveals you.


When You Are Ready

You don't have to carry grief alone. Relationship coaching provides a supportive space to process loss, strengthen communication, and reconnect with the people who matter most. Healing is possible—and it often begins with a conversation. Terraine LeBeau is a relationship coach who helps individuals and couples navigate grief and life transitions with compassion and clarity. To learn more about him or gain information on grief coaching visit <https://www.BehindTheShades.ca>.



I AM READY

MAGAZINE



Reconnect to Your
Authentic Self

By Nikki Hillhouse - Professional Writer

Finding Your Way Back to You: The Quiet Power of Authentic Living

In a world where the noise of social media, opinions, and expectations can feel deafening, it's easy to lose sight of the most important voice in your life: your own.

Beneath the constant scroll, the comparisons, and the pressure to be more, do more, and prove more, there is a quieter presence within you. A steady current. One that knows what you need, what you desire, and what is genuinely right for you.

But somewhere along the way, that inner knowing can become clouded...muddied by other people's expectations, by fear of judgement, and by the silent habit of comparing ourselves to lives that were never ours to live.

The Courage to Be Seen

Showing up as your authentic self is not something you ever need to apologise for.

You were never meant to shrink to make others comfortable. You were never meant to hide the parts of yourself that don't neatly fit into society's expectations. And you certainly were never meant to become someone else just to belong.

Yes, the desire for connection is human. We all want to feel seen, accepted, and understood. But true belonging never asks you to abandon yourself in the process.

Real belonging begins when you give yourself permission to be exactly who you are real, raw, and unapologetic.



The Masks We Wear

For a long time, I wore masks. More than I care to admit.

I didn't speak about the pain I was carrying. I didn't share how heavy expectations felt or how lost I sometimes became trying to meet everyone else's needs. I smiled. I coped. I played the role.

From the outside, everything looked fine.

But behind closed doors, there were moments of quiet unravelling.

And I know now - I wasn't alone in that.

I come from a lineage of strong women. Women who endured, who carried on, who held everything together no matter what life placed in front of them. My mum and my nana were pillars of resilience.

But their strength was often wrapped in silence.

Without ever saying it directly, they taught me something powerful: you keep going, you don't burden others, and you don't show vulnerability.

And while that strength carried me through many storms, it also taught me how to hide.



The Power of Self-Awareness

Reconnecting with your authentic self doesn't require becoming someone new. It begins with remembering who you've always been.

And that starts with self-awareness.

Self-awareness is the gentle practice of listening inward and tuning into your emotions, your body, your needs, and your truth without the distortion of external noise.

It asks you to slow down.

To step away from the busyness.

To create moments of stillness where your inner voice can finally be heard again.

But listening requires courage. Because when you truly listen, you may hear the parts of yourself you've been avoiding the feelings you tucked away, the truths that don't fit neatly into expectations, the desires you've been afraid to claim.

And yet, this is where your freedom begins.

Remembering Who You Are

Your authentic self is not something you need to go searching for.

It isn't lost.

It's still there beneath the layers of conditioning, beneath the "shoulds" and "have to's," beneath the roles you learned to play to be accepted.

Think back to who you were before you learned to people-please.

Before you feared rejection.

Before you edited yourself to fit in.

That version of you - the one who felt freely, spoke openly, and expressed fully - is still alive within you.

Reconnecting with your authentic self means gently shedding the layers that were never truly yours.

It means unlearning and letting go, allowing yourself to be seen again.

The Freedom in Letting Go

The Scottish mystic Sydney Banks once said:

“If you drop your ego your image of self-importance and simply be you, just you, whoever you are, you’ll find the secret to heaven here on earth... You’ll realise that you’re not who you think you are. You’re something nicer - far better - really nice.”

There is something deeply liberating in that.

Because when you stop trying to uphold an image, when you release the pressure of who you think you should be, what remains is something far more beautiful...your natural self.

Unfiltered...

Unforced...

Whole...

Coming Home to Yourself

Belonging isn't something you find "out there." It isn't something granted by others, it begins within you.

In the quiet moments when you choose honesty over performance, in the small decisions where you honour your needs instead of abandoning them.

In the courage to show up as you are not polished, not perfect, but real.

Because the voice you've been searching for has never left you.

It's simply been waiting... for you to listen.



I invite you to engage in some gentle reflections. These affirmations and prompts are designed to help you rediscover your inner voice and remember that your authenticity is enough.

What parts of myself have I been hiding or suppressing in order to fit in?

Write about any fears, insecurities, or past experiences that have led you to shrink or hide parts of your true self. What would it look like if you allowed yourself to show up fully, without apology?



How do I define success for myself?

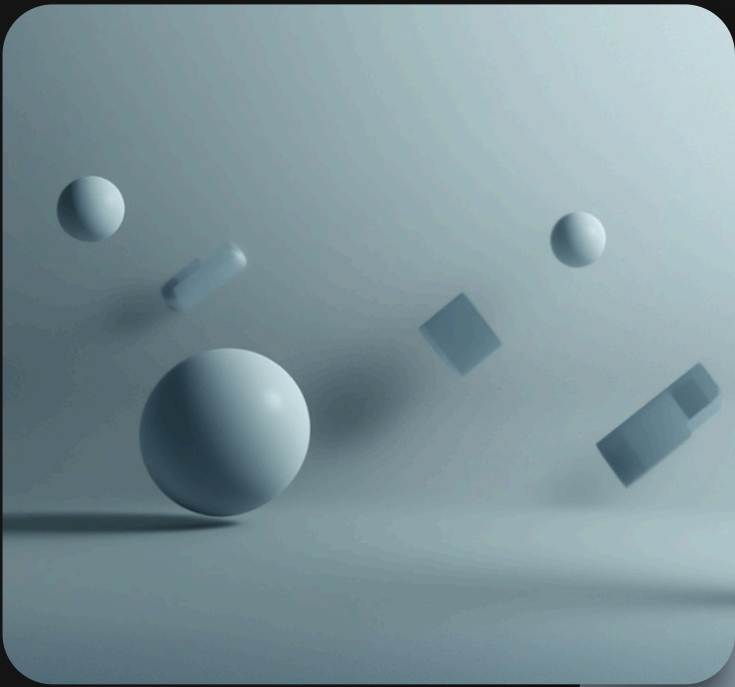
In a world that often defines success in terms of achievement, status, or wealth, how do you define it for yourself? What does success look like when you are living in alignment with your authentic self?

What is one small step I can take this week to reconnect with my true self?

Is there something you've been putting off that would allow you to express yourself more authentically? Maybe it's sharing a part of yourself with a friend, setting a boundary, or trying something new that scares you. Take that step, no matter how small. I honour my true self, without apology. I give myself permission to show up fully, unapologetically. I release the need to conform to others expectations.

Reconnect to
YOUR

AUTHENTIC SELF



The Quiet Choice That Changes Everything



Transformation is often imagined as something loud—dramatic breakthroughs, visible success, decisive moments.

But in reality, it unfolds much more quietly. In pauses that feel uncomfortable. In boundaries that feel heavy. In moments where nothing seems to be happening at all.

This is not a guide, nor a collection of lessons. These are five reflective moments—internal stops along a personal journey—where something subtle shifted. Read them slowly, in order or out of sequence. Not to analyse them, but to notice what they stir within you.



1. *When Everything Went Quiet*

There was a time when life felt prosperous and aligned. I could finally see how much I had built—my work, the lessons, the people, the opportunities—and I allowed myself to truly appreciate it. And then, unexpectedly, everything went quiet. Time seemed suspended. Motivation softened. Questions appeared without answers. Weeks turned into months until I received a message: the field works beneath the surface. It tests whether it can trust you in silence—whether you are ready to receive what you keep asking for. That was the moment I stopped forcing and began trusting. And then, slowly, I began to receive, to welcome, to savor the process—and, almost effortlessly, new doors opened before me, even before I could imagine them.

3. *Meeting the Future Self*

Here, I wrote down who my future self is—how she thinks, speaks, feels, and lives. Her values. Her principles. Her calm. Her gratitude. As I did, something subtle shifted. My nervous system began releasing patterns and emotions that no longer belonged to the person I was becoming. There was no force, no urgency. Just alignment. A quiet recognition that growth does not require struggle when readiness is present. And then I started to embody her—from the quantum field where all possibilities and identities exist. I saw her. I felt her. I became her.

4. *The Disappearance of the Old Self*

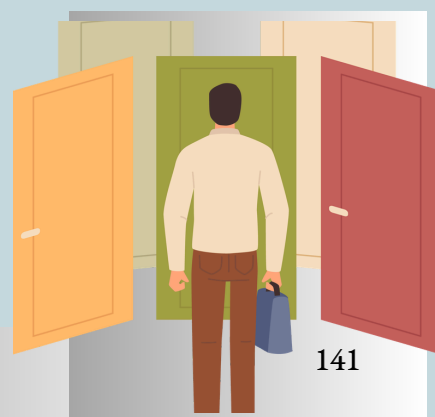
Slowly, I began to feel myself falling apart. My identity loosened. The worries that once occupied my mind no longer arrived. People who had mattered deeply—both those I loved and those who caused pain—quietly faded from my thoughts. At first, I was unsettled. Why was the pain gone? Why was there so much space? Then I understood: my nervous system was releasing an old identity—one built around memories, habits, and judgments that no longer belonged to the life ahead. What felt like loss was actually integration.

2. *The Weight of a Necessary No*

I could feel something draining me, yet I hesitated to speak. I questioned whether to stand my ground or stay silent. Saying no felt like it might hurt him. Staying, however, was hurting us both. When I finally chose to say no—calmly, without defense, aligned with my values—I felt an immediate lightness. It was a weighted no, but an honest one. And in that honesty, something released. Not everything changed at once, but from that moment, nothing remained the same inside me.

5. *The Gratitude I Almost Missed*

This morning, I asked myself whether I had paused to feel grateful. For my breath. For my health. For the simple act of being alive. Gratitude strengthens the heart's magnetic field, and in its presence, more arrives naturally. Yet it is easy to overlook what is already here while waiting for what comes next. The question isn't why gratitude brings more. It's why we forget to practice it when we already have so much.



“

We spend so much time
searching for the perfect moment,
the perfect answer, the perfect
feeling – **believing**
it must be rare, costly, or reserved for
the exceptional.

Yet the truth is simpler: **EVERYTHING**



**YOU SEEK
ALREADY
LIVES WITHIN
YOU.**

There is nothing to chase – only yourself to
understand, to develop, and to master.”





FROM SURVIVAL TO SELF

By Reah Hagues - Managing Editor

How breaking free from survival mode opens the door to identity, purpose, and emotional freedom.

Have you ever spent so much time feeling strained, burnt out, and hyper focused that you forgot how to simply enjoy life? I mean, really enjoy life without second guessing the feeling of being momentarily happy. Survival mode is efficient. It keeps us moving, reacting, protecting. But it doesn't leave much room for asking who we are beneath the urgency. At some point, the question quietly emerges: Who am I when I'm no longer just surviving?

What is survival mode? Survival mode is when you just try to get by, you survive and force. But you do not enjoy, appreciate, live, or experience. We get stuck in survival mode for many reasons: we get stuck in a rut, we cannot seem to break the routine we hate, or we just do not see hope in trying to do things differently. We do not just become complacent; we honestly do not believe things can change. What is self? In this instance, self is self-sufficient, successful, and catering to ourselves. It is doing things differently to create the change we so desperately want and need! It is a necessary transition to carry ourselves out of the spinning wheel of unsuccessfulness.

While survival mode protects us during crisis, living there long-term can disconnect us from identity, creativity, and authentic choice. Personal growth begins not when the chaos ends—but when we begin to ask who we are beyond it.

Survival mode is efficient. It sharpens focus, prioritizes action, and keeps us moving forward when circumstances feel overwhelming. It is not a flaw or failure; it is a deeply human response to prolonged stress, trauma, or responsibility. But while survival mode can carry us through difficult seasons, it was never meant to define an entire life.

At some point, a quieter question emerges: Who am I when I'm no longer just surviving?

The Cost of Staying in Survival

Survival mode often begins out of necessity—during illness, loss, financial strain, caregiving, or emotional upheaval. The nervous system adapts, prioritizing safety and predictability. Decisions become reactive rather than reflective. The goal narrows to one thing:

make it through. Over time, these coping strategies can harden into identity. Being “the strong one.” The responsible one. The fixer. The person who doesn't fall apart. Many people living in survival mode are highly capable. They show up. They function. They are often admired for their resilience. Yet beneath that competence is often exhaustion, emotional numbness, or a growing disconnection from personal desires and inner life.

Survival mode asks, *What needs to be done right now?*

Selfhood asks, *Who am I becoming?*

Survival	Selfhood
Reacting	Responding
Urgency	Clarity
Fear-driven	Value-driven
Enduring	Becoming

Reclaiming Identity in FIVE ways

- Ask: Who am I when I am not in crisis?
- Identify one decision this week based on values, not fear.
- Reconnect with something once loved.
- Practice boundary-setting in low-risk situations.
- What do I want beyond stability?

Moving beyond survival doesn't erase resilience—it expands it.

The Shift Toward Selfhood

Moving from survival to selfhood does not require a dramatic life change. It begins with a subtle but profound shift: moving from reacting to choosing. Selfhood is not selfishness. It is not abandoning responsibility or disregarding others. Selfhood is the practice of knowing oneself—values, limits, needs—and allowing that knowledge to shape how life is lived. Where survival mode says, Just get through this, selfhood asks, What matters to me here? Where survival mode is driven by urgency, selfhood is guided by clarity.

This shift can feel uncomfortable. Survival mode is familiar. It has rules. Selfhood introduces uncertainty, because it requires listening inward rather than constantly scanning outward. It asks questions that don't always have immediate answers.

But it is within this space that growth occurs.

Reclaiming Identity in Small Ways

The journey toward selfhood doesn't begin with grand declarations. It begins with small, intentional moments of awareness.

It may look like noticing when decisions are made from fear rather than values. It may mean setting a boundary that feels unfamiliar but necessary. It could be reconnecting with something once loved—writing, movement, learning—without needing it to be productive.

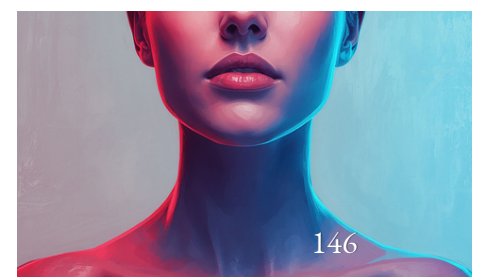
Helpful reflection questions include:

- Who am I when I am not in crisis?
- What do I want beyond stability?
- What parts of myself have been quiet for too long?

Selfhood is built through repetition. Each small choice made with intention strengthens the connection to identity.

Redefining Strength

One of the greatest misconceptions about growth is the belief that healing means weakness. Survival required strength. Endurance required strength. Holding everything together required strength. Selfhood does not erase that resilience—it refines it. Healing is not the opposite of strength; it is its evolution. It is the courage to move beyond endurance and toward intentional living. Survival may have been necessary. It may have been heroic. But it does not have to be the final chapter. At some point, stability becomes the foundation—not the goal. From that foundation, selfhood can emerge defined not by what was endured, but by what is consciously chosen. Making it through the day matters but discovering who you are within it—that is transformation.





When survival ends, identity begins / © I Am Ready Magazine

This week, pause and ask yourself one small question that goes beyond survival. Make one choice—however minor—that reflects who you are, not just what you need to manage. Selfhood is not built all at once, but moment by moment, through intentional living. Getting through the day matters. Choosing who you are becoming matters too.


Article written by Reah Hagues/ © I Am Ready Magazine

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A person in a dark suit stands with their back to the camera, looking out a large, bright window in a minimalist, modern interior. The room features dark walls, a polished floor reflecting the person, and a large white spherical object on the right. The lighting is soft and atmospheric.

By Reah Hagues - Managing Editor

Three men in light blue t-shirts are shown in a misty, ethereal environment. They are looking in different directions, with the man in the foreground looking towards the camera with a slight smile. The background is a soft, hazy blue.

Hedonic Adaptation

1 *Why “Enough” Never Seems to Last*

You finally reach the milestone, the promotion comes through, the long-saved-for purchase arrives. The goal you’ve worked toward for months—or years—is achieved. For a moment, there’s a lift. A sense of pride. Maybe even relief. Then, quietly, life returns to normal. The excitement softens. The achievement becomes routine. What once felt extraordinary now feels... expected. This experience has a name: hedonic adaptation. And it may explain why happiness so often feels temporary.

2 *Why Happiness Fades*

Hedonic adaptation refers to our brain’s tendency to return to a relatively stable level of happiness after positive or negative changes. Whether something wonderful happens or something difficult occurs, we gradually adjust. This isn’t a flaw in our design—it’s part of how we function. If we remained emotionally heightened from every positive experience, we’d struggle to focus or move forward. Adaptation allows us to stabilize and continue living our lives.

But there’s a hidden downside because our brains normalize improvement, we often assume the next achievement will finally create lasting satisfaction. When the glow fades (as it inevitably does) we may interpret that as a sign that we need more. A bigger goal, a better upgrade, a new direction, and the cycle continues.

3 *The Modern Happiness Trap*

In a culture that celebrates constant growth and visible success, hedonic adaptation can quietly fuel dissatisfaction. We are encouraged to optimize, upgrade, and improve at every turn. While ambition can be healthy, it becomes exhausting when happiness is tied exclusively to the next milestone.

4 *Over time, this mindset can create:*

- A sense of restlessness, even after success
- Difficulty savoring accomplishments
- Pressure to keep moving without pause
- The belief that contentment is laziness

When happiness is always positioned just beyond the present moment, the present begins to feel insufficient.

5 *What We Adapt To*

Interestingly, we don’t only adapt to major milestones. We also adapt to:

- Supportive relationships
- Physical safety
- Stability after chaos
- Health after recovery

What once felt like relief becomes background noise. Gratitude fades not because we are ungrateful, but because our brains are efficient. Our problem isn’t the constant or next desire because wanting growth is human. The problem arises when we forget to notice what has already changed.

Redefining Fulfillment

Research consistently suggests that long-term well-being is less about accumulating achievements and more about cultivating meaning, connection, and presence. Unlike material upgrades or status markers, meaningful relationships and value-aligned activities tend to create deeper forms of satisfaction. These experiences aren't immune to adaptation, but they are sustained through engagement rather than novelty. Fulfillment, it turns out, is less about acquiring more and more about noticing more. When we slow down long enough to savor experiences—rather than immediately moving on to the next pursuit—we interrupt the automatic normalization process. We allow the experience to register more fully. This doesn't eliminate ambition. It simply balances it.

Interrupting the Cycle

You don't have to reject goals to counter hedonic adaptation. Instead, consider small shifts:

- Pause after reaching a milestone before setting the next one.
- Revisit something that once brought pride or joy.
- Practice naming specific details you appreciate rather than broad statements of gratitude.
- Connect your goals to values, not just outcomes.

The aim isn't to eliminate desire. It's to prevent desire from eclipsing awareness.

Reflection: Where Have You Adapted?

Take a few quiet minutes and consider:

- What is something in my life that once felt exciting or relieving but now feels ordinary?
- When did I last intentionally appreciate it?
- What am I currently chasing that I believe will make me happier?
- Is there something already present that meets that need in a quieter way?

There are no right answers—only awareness.

Choosing Awareness Over Accumulation

Hedonic adaptation reminds us that happiness is dynamic. It rises and settles. It expands and recalibrates. The key isn't to stop wanting more. It's to notice when "more" becomes the only place happiness is allowed to exist. This week, before reaching for the next upgrade, pause. Revisit something you've normalized. Experience it as if it were new. Sometimes the shift we're searching for isn't ahead of us—it's already here, waiting to be noticed.



Daily Habits for Lasting Change

Lasting change rarely begins with a dramatic moment of transformation. More often, it begins quietly—through the small decisions we repeat every day. Habits form the rhythm of our lives. They influence how we think, how we respond to challenges, and ultimately who we become.

While major goals often capture our attention, it is the subtle, daily choices that determine whether those goals remain aspirations or become reality. When practiced consistently, even the simplest habits accumulate into meaningful and lasting change.

Begin the Day with Intentional Quiet

The beginning of the day sets the emotional and mental tone for everything that follows. Before the noise of responsibilities, messages, and deadlines takes over, a brief moment of quiet can create clarity. This might involve reflection, journaling, meditation, or simply sitting with a cup of coffee in silence.

These few minutes of stillness allow the mind to settle and help establish a sense of direction rather than reaction. Starting the day intentionally encourages a mindset that is calm, focused, and deliberate.

Honour Small Progress

We often measure success through major milestones, yet most meaningful progress happens in small increments. Daily effort—no matter how modest—gradually builds momentum.

Acknowledging small victories is important. Finishing a task, learning something new, or making a thoughtful decision may appear insignificant in isolation, but these moments accumulate over time. Recognising progress, even when it seems small, reinforces motivation and strengthens commitment.

Protect Your Attention

In a world filled with constant information and distraction, attention has become one of our most valuable resources. How we direct our attention shapes our productivity, creativity, and emotional well-being.

Developing the habit of protecting attention means creating space for focused thought. It may involve limiting unnecessary digital distractions, setting boundaries with time, or dedicating uninterrupted periods to meaningful work. When attention is directed intentionally, the quality of both thinking and action improves.

Move Your Body with Intention

Physical movement is essential not only for physical health but also for mental clarity. A walk, a workout, or even a brief period of stretching can refresh the mind and restore energy.

Movement reconnects us with our physical presence and often provides space for reflection. Many people discover that their clearest ideas emerge not while sitting at a desk but while walking, exercising, or simply stepping away from routine tasks.

Practice Honest Self-Reflection

Growth begins with awareness. Taking time each day to reflect on our actions, choices, and responses allows us to understand ourselves more clearly.

A simple question can be powerful: Did I act today in alignment with the person I want to become? Honest reflection encourages responsibility without harsh judgment. It allows us to recognise both progress and areas where improvement is possible.

Invest in Learning

Learning should not be confined to formal education. The habit of continuous learning keeps the mind adaptable and curious.

Reading, listening to insightful conversations, or exploring new ideas each day expands perspective. Over time, these small moments of learning accumulate into deeper knowledge and broader understanding.

Consistent learning builds lasting intellectual growth.

Express Gratitude Deliberately

Gratitude shifts perspective. It reminds us to recognise the positive elements that exist within daily life, even during challenging periods.

Developing a habit of acknowledging what we appreciate—whether people, opportunities, or experiences—creates a stronger sense of contentment and resilience. Gratitude encourages us to see value in moments that might otherwise pass unnoticed. Gratitude strengthens long-term mental resilience.

End the Day with Perspective

Just as the beginning of the day benefits from intention, the end of the day benefits from reflection. Taking a moment to review the day allows us to recognise what went well and what could be improved.

This habit transforms each day into a small opportunity for learning. Instead of viewing mistakes as setbacks, they become insights that inform the next step forward.

Reflection transforms experience into growth.

The Quiet Power of Consistency

Lasting change rarely happens overnight. It develops gradually through the habits we practice repeatedly. Each day offers an opportunity to move slightly closer to the person we hope to become.

When small actions are guided by intention and repeated with consistency, they begin to shape character, direction, and purpose. Over time, these habits quietly build the foundation for a life of meaningful and lasting change.

*When was the last time you were truly present?
Not yesterday. Not tomorrow. Not even an hour from now.
Now. Here. This very moment.*

*Consider what you are thinking right now. That thought reflects
your capacity as a creator. You have the ability to act, to shift
your thinking, and to consciously influence how you feel—both in
the present and over time.*

*You are awareness.
If you dedicate even a few minutes
each day to experiencing this state of
presence, you will gradually develop
a deeper understanding of your
abilities, your awareness, your
talents, and your potential.*

*In doing so, you begin to recognise your true power.
You are not separate from possibility—you are
intrinsically connected to it. Everything you believe
the universe can offer already exists within your
capacity to perceive, create, and receive.*

*You are all of this, and more.
You simply need to remember.*

ABOUT

*"While the world waits for change,
we choose transformation - together."
Indre Ratkele*



**PROFESSIONAL WRITER |
NIKKI HILLHOUSE**



**FOUNDER, EDITOR-IN-CHIEF,
AND CONTENT DIRECTOR —
INDRE RATKELE**



**MANAGING EDITOR | REAH
HAGUES**

Passionate storytellers and creators, the people shaping each page of I Am Ready Magazine — together, we create, guide, and illuminate the journey of becoming.

Founder, Editor-in-Chief, and Content Director: Indre Ratkele

Managing Editor: Reah Hagues

Contributing Writer: Nikki Hillhouse

I Am Ready is a space for those who understand that transformation begins long before it becomes visible. It is a magazine that honors the quiet, decisive moments where courage meets reflection, and intention meets action.

Through feature interviews, essays, and insights, we explore the journeys of individuals who embrace authenticity, resilience, and self-leadership.

We celebrate not just achievement, but the inner discipline, awareness, and choices that precede it.

Led by Editor-in-Chief Indre Ratkele, our team curates stories of real people and global thought leaders — those who inspire through integrity, commitment, and the courage to become. Every edition invites readers to pause, reflect, and step into

readiness, cultivating a life aligned with purpose and authenticity.

I Am Ready is more than a magazine. It is an invitation to stand at the threshold of possibility, to embrace the inner journey, and to recognize that everything meaningful begins within.



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If you are passionate about writing articles in the personal development field, we have open spaces for contributors—reach out to Indre to share your voice.

Have an inspiring transformative journey to share? Inspire readers worldwide by reaching out to Indre—your story could change lives.





Hi, I'm Jackie.

I help and support women who feel overwhelmed by work, family and the constant demands of running a home to stay grounded and rediscover clarity, confidence, and joy without relying on alcohol.

I've been there myself, and I know how exhausting it can be to keep it all together while hiding behind a glass of wine.

I also know what it's like to look like you're coping on the outside... but feel quietly disappointed in yourself, always thinking I'm not going to have a drink tonight.

If any of this resonates with you, or is someone you know a middle lane drinker? I'm always happy to have a quiet chat whenever the moment feels right for you. My approach is gentle, practical, and supportive - no judgment, no pressure!

This year I'm 12 years sober living my best life in a world where drinking alcohol is normalised and sobriety is abnormal. Being present in every moment and situation is the ultimate upgrade.



This is what a client can expect from me:

- The first thing I would do is arrange a time to meet up or schedule a call so I can get an understanding of what is going on.
- If we are happy to work together we would talk about goals, this would be either cutting down on alcohol intake or stopping completely and deciding if this is short term or long term.
- We would look at Triggers and Cravings and develop strategies to manage them. This will include coping with stress, anxiety and other emotional challenges. Basically we look at all parts of lifestyle.
- We would build and maintain a support system, this may involve family, friends, or could just be me. I will guide them through attending social events sober and how to deal with other people's reaction to you not drinking, sounds bizarre but alcohol seems to be the only drug you have to justify not taking without people questioning why you're not drinking.
- We also get to the nitty gritty of what alcohol is. Why would anyone want to put ethanol in their body? This is where I get into their head! I never want a client to think they're alone, I know exactly how they feel, I have been there. Most importantly there will never be any judgement, just empathy and help.

**IF YOU WOULD LIKE TO CONNECT, PLEASE REACH OUT TO JACKIE AT
JACKIE@SOBERLIFESTYLE.CO.UK**



YOU ARE NOT WAITING FOR THE
MOMENT. YOU ARE THE MOMENT. I
AM READY.

I AM READY

MAGAZINE

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