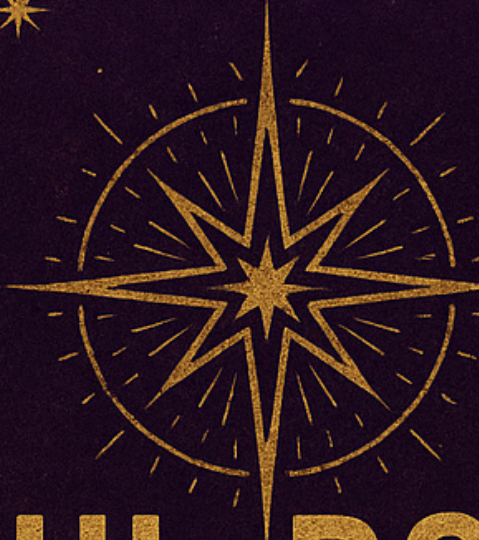




# STRATEGIC AF



## A SOUL-ROOTED MIDLIFE REBOOT

RECLAIM YOUR POWER | REWRITE YOUR STORY  
REINVENT YOUR LIFE

*by* **FATHA DIVA**

**STRATEGIC LIFE SOLUTIONS**



# WELCOME!!!



Hey Beautiful Soul,

If you're holding this guide, it's not an accident. Something inside you is done with the performative healing, the productivity shame spirals, and the dry rotted belief systems that told you midlife and/or neurodivergence means shrinking into invisibility.

I call BS!!! And I call you into the most powerful reboot of your life. This isn't about perfection. It's about permission. Permission to evolve. To rest. To roar. To be strategic AF and soul-rooted as hell. I created this guide for folx like us — brilliant, bruised, queer, magical, midlife mystics-in-motion.

Let's reclaim what's ours.

Power and peace,  
*Fatha Diva*  
Strategic Life Solutions











# THESE AREN'T STEPS. THEY'RE THE PILLARS OF YOUR BECOMING.

- ◆ **REVEAL** – Call out what's false. Get radically honest about what's no longer aligned.
- ◆ **RECLAIM** – Take back your voice, vision, and values. Say YES to what's calling you now.
- ◆ **REIMAGINE** – Dream a new structure. Start building a life rooted in liberation and joy.



📌 *Use this whenever you're stuck. It works in life, work, relationships, and even for your damn email inbox.*

# THE STRATEGIC AF PILLARS OF BECOMING



# VIBE INVENTORY

WHO'S F \_ \_ \_ ING UP YOUR MAGIC?

Get out some paper, draw two columns, and answer the ?s

## DRAINS ME

## FEEDS ME

Tasks that deplete me?

Rituals that ground me?

People I tolerate?

People I feel seen by?

Old versions of me?

Liberated versions of me?

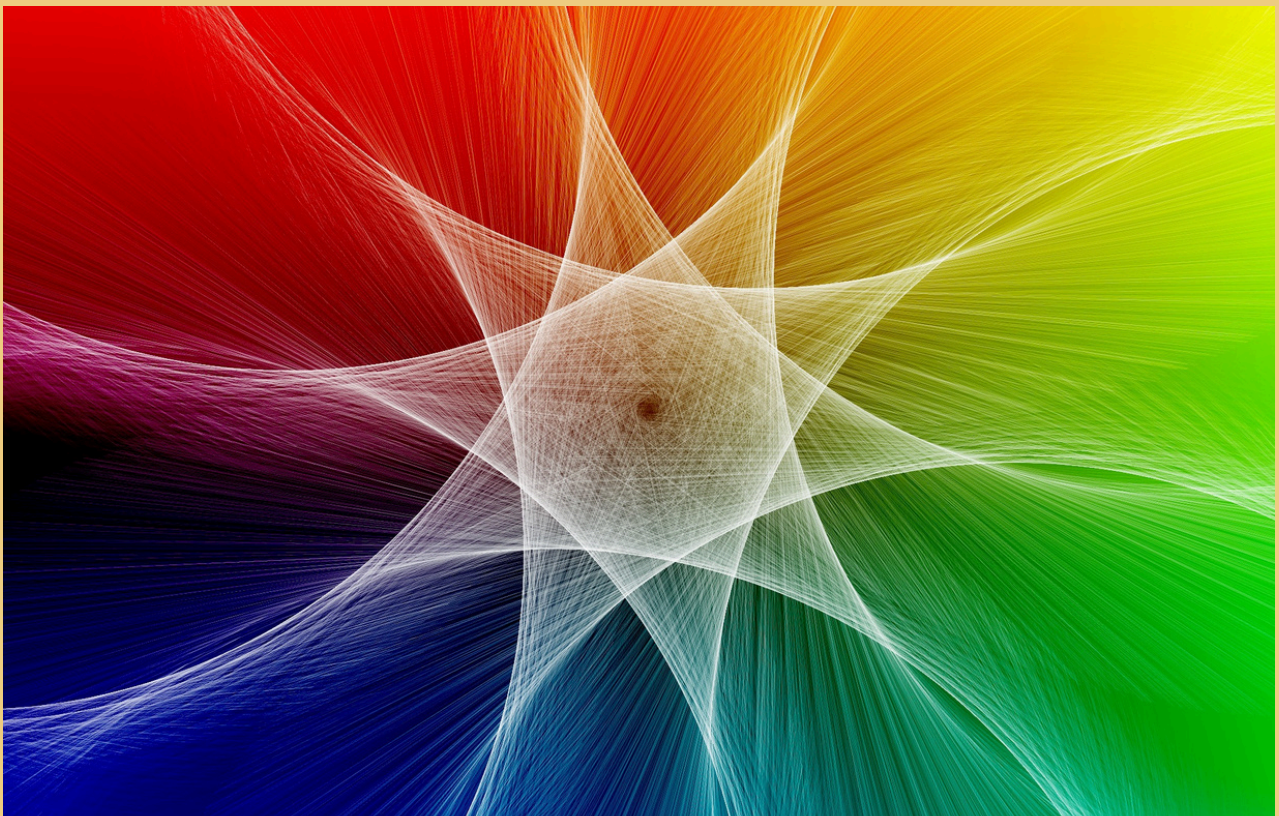
☀ NOTICE WHAT YOU'RE INVESTING IN THAT'S KILLING YOUR CLARITY. REDIRECT ACCORDINGLY.





## MINI RITUALS FOR THE REBIRTH ERA

- ✧ Moon Cord Cut Ritual – On a waning moon write what you're releasing. Burn it outside and bury the ashes.
- ✧ Create a Shake It Off Playlist – Then dance and watch the gridlock in your gut shake loose.
- ✧ Becoming Hack – Set up a corner with your photo, candle, and one item/drawing that symbolizes who you're becoming.



✦ CONTACT INFORMATION

# PLEASE REACH OUT FOR A SOUL LEVEL SHIFT



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