

MEET HER

Vision Work

JOURNAL PROMPT

Who is the version of you that feels strong, beautiful, and grounded?
What is she doing differently that you're not doing right now?

ACTIONS FOR TODAY:

- Journal for 5 minutes: "What does my best self look like, feel like, act like?"
- Write 3 words that describe her energy.
- Put them on a sticky note on your mirror, or any other place where you will see them daily.

REFLECTION: WHAT DID I NOTICE ABOUT MYSELF TODAY?

TALK BACK

Self Awareness

JOURNAL PROMPT

What is one negative thing I often think or say about myself? How can I reframe it into something kind or neutral?

ACTIONS FOR TODAY:

- Notice this thought today. When it comes up, practice your new, kinder version out loud or in your mind.

REFLECTION: WHAT DID I NOTICE ABOUT MYSELF TODAY?

MOVE WITH LOVE

JOURNAL PROMPT

What type of movement helps me feel energized and connected to my body?

ACTIONS FOR TODAY:

- Pick 15–30 minutes of movement today that feels GOOD
- Walk. Lift. Stretch. Dance. Doesn't matter what—just move for YOU.

REFLECTION: WHAT DID I NOTICE ABOUT MYSELF TODAY?

EAT TO FUEL YOUR FIRE

JOURNAL PROMPT

What is one way I can use food to nourish my energy today?

ACTIONS FOR TODAY:

- Pick one meal today that feels supportive (not restrictive)
- Eat it slowly and notice how it makes you feel: better, worse, or the same?

REFLECTION: WHAT DID I NOTICE ABOUT MYSELF TODAY?

CREATE A CONFIDENCE TRIGGER

JOURNAL PROMPT

Whats one thing I can wear, listen to, or do today that makes me feel like my best self?

ACTIONS FOR TODAY:

- Choose your confidence booster- an outfit, a playlist, lipstick, or ritual. Use it to step into your power today.

REFLECTION: WHAT DID I NOTICE ABOUT MYSELF TODAY?

BREAK THE CYCLE

JOURNAL PROMPT

What's a habit that hold me back? What could I choose instead when that urge comes up?

ACTIONS FOR TODAY:

- When you feel yourself slipping into that habit today, pause and ask "what do I really need right now?" Remember self sabotage is actually something we do to feel safe.

REFLECTION: WHAT DID I NOTICE ABOUT MYSELF TODAY?

SHOW UP AS HER

JOURNAL PROMPT

What is one small thing I can do today that my future self would be proud of?

ACTIONS FOR TODAY:

- Do that thing. Walk, speak, or act as if you already are that version of you.
- It could be:
 - - Going to the gym
 - - Turning down the glass of wine
 - - Saying no
 - - Speaking up
 - - Dressing up
 - - Journaling

REFLECTION: WHAT DID I NOTICE ABOUT MYSELF TODAY?

YOU'VE STARTED THE FIRE- NOW KEEP IT BURNING!

IMAGINE WHATS POSSIBLE BEYOND 7 DAYS

- More confidence
- Stronger habits
- A life that feels as good as it looks

INSIDE MY SIGNATURE COACHING PROGRAM

I help you go from “trying” to truly becoming the woman you see in your vision.

- Personalized mindset coaching to help you break through self-sabotage
- Accountability that feels like empowerment not pressure
- Nervous system and stress management practices to help you stay steady
- Tools for lasting confidence-from visualization work to daily habits
- A safe place to get honest about what's holding you back
- Support navigating midlife changes with strength and grace

READY TO TAKE THE NEXT STEP?

Follow me on [Instagram](#)

Join my private FB Community [Your Second Spring](#)

Visit <https://www.fireduphealth.com>

Book a free 30 min call with me to talk more about your goals (link below)

[Schedule your free 1:1 call](#)