



7 HABITS TO RECLAIM YOUR PEACE

A WELLNESS WARRIOR'S GUIDE TO LEADING
WITH CALM AND CLARITY





HI, I'M YOLANDA MARIE

Are you a high-achieving professional, entrepreneur, or corporate leader feeling pulled between performance and peace?

At Elevate 2 Wellness, we help tech professionals, veterans, and high-performing teams reclaim their well-being without compromising their ambition.

Through powerful tools like the Wellness Warrior Habits Card & Journal Set, transformational coaching, and dynamic speaking engagements, we deliver a holistic and actionable path to resilience, clarity, and mindful leadership.

The Wellness Warrior Habits Card & Journal Set isn't just another wellness tool—it's your daily guide to building habits that reduce burnout, boost performance, and align your leadership with intention and impact.

Unleash Your Inner Warrior – One Habit at a Time

Yolanda Marie xoxo

“EVERY TIME YOU CHOOSE PEACE
OVER PRESSURE, REST OVER
HUSTLE, YOU ARE REWRITING WHAT
LEADERSHIP LOOKS LIKE—
FOR YOU, AND THOSE WHO
WILL FOLLOW.
THAT IS THE LEGACY OF A
WELLNESS WARRIOR.”





01

MORNING INTENTION SETTING

Start your day on purpose.

Write one professional and one personal goal to direct your energy with intention.

Why it works: Anchors your mind before the demands of the day sweep you away.

Reflection Prompt: How did setting a morning intention shift your day?



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02

MINDFUL BREATHING BREAK

Pause to power up.

Practice box breathing (4-count inhale, hold, exhale, hold).

Why it works: Calms your nervous system and sharpens focus—fast.

Try this: Use it before a tough meeting after back-to-back calls or before you make a tough-decision.



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TO DO

1.

2.

3.

4.

5.

6.

03

DELEGATE TO ELEVATE

Let Go to Grow.

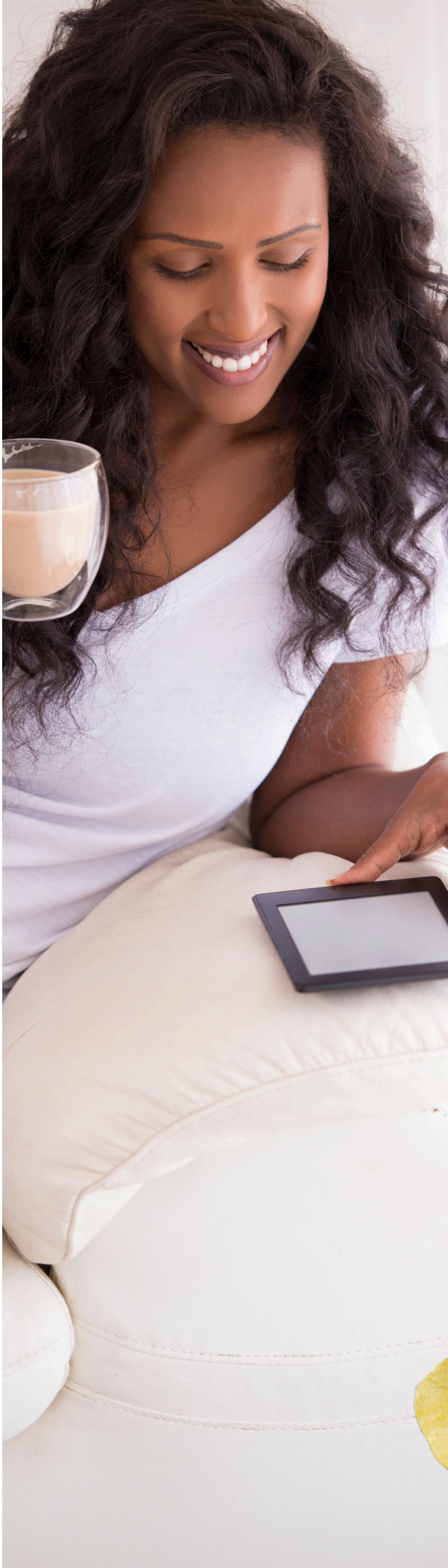
Identify one task to delegate today—energy management is not optional.

Why it works: You free up space for what truly matters and empower others in the process.

Ask yourself: What am I holding onto that someone else can own?



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04

CREATE A WORK-HOME TRANSITION RITUAL

**Shift gears, Honor your
peace.**

Close your workday with a signal:
tea, walk, music, journaling.

Why it works: Helps your brain and
body disconnect so you can be
fully present at home.

Peace Tip: Make it sacred—no
multitasking allowed.



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05

LUNCHTIME DIGITAL DETOX

Unplug to reconnect.

Step away from screens. Savor your meal or go for a walk.

Why it works: You return to your desk clearer, calmer, and more creative.

Challenge: Try it 3 days this week and track how your afternoons feel.



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06

EVENING TECH-FREE HOUR

Guard your rest.

No screens an hour before bed—replace with stretching, reading, or stillness.

Why it works: Deep rest = sharper decisions, better mood, stronger immunity.

Wind-Down Ritual: Think of it as a gift to tomorrow's you.



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07

NIGHTLY POSITIVITY REFLECTION

End with gratitude, **NOT**
worry.

Reflect on one positive moment or
lesson from your day.

Why it works: Shifts your mindset
from overwhelm to appreciation.

Journal Prompt: What made you
smile today—and how can you
invite more of that tomorrow?



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NEXT STEPS



PURCHASE YOUR SET

✨ These 7 habits are just the beginning. The Wellness Warrior Habits Card & Journal Set offers 60 science-backed, soul-nourishing strategies to help you build a life of clarity, calm, and impact.

👉 Grab yours today and become the leader your peace has been waiting for.

www.wellnesswarriorhabits.com



STAY CONNECTED & INSPIRED

📧 Follow me on LinkedIn and sign up for the Elevate 2 Wellness newsletter for mindset tips, wellness strategies, and resources designed to keep you aligned and empowered.



NEED MORE SUPPORT? LET'S TALK.

💬 If you're ready for deeper, personalized guidance, let's connect. Book your **complimentary 1:1 consultation** and explore how I can support your wellness journey—personally or professionally.

FINAL WORD OF POWER

The greatest power you possess is the power to choose.
You choose where your energy flows.
You choose who and what gets your best.
You choose whether to survive the day—or lead it with purpose.
May your choices lead you to a life of peace, bold purpose, and unwavering self-respect.
Because the world needs your light—and you deserve to shine.



THANK YOU FOR READING!



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