

The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large red speech bubble shape is centered on the page, containing the main text.

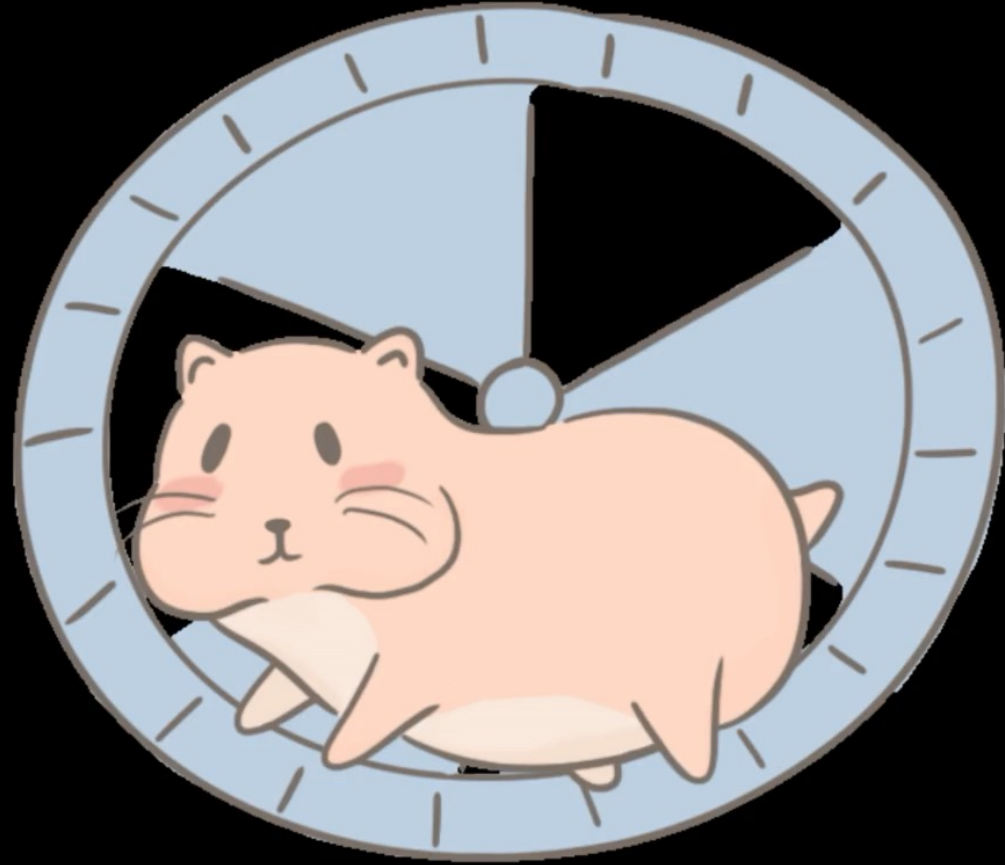
Igniting Your SHE™

Courage Cycle

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MENTAL VICTORY VIBE
CONVERSATION TODAY

Courage Cycle

IGNITING YOUR SHE STRATEGY™

Setting an intention

I set
an intention to
CELEBRATE MYSELF
BE PRESENT IN MOMENT
SAVOR THE MOMENT

MIND ESCAPE VIBE

What do you need?

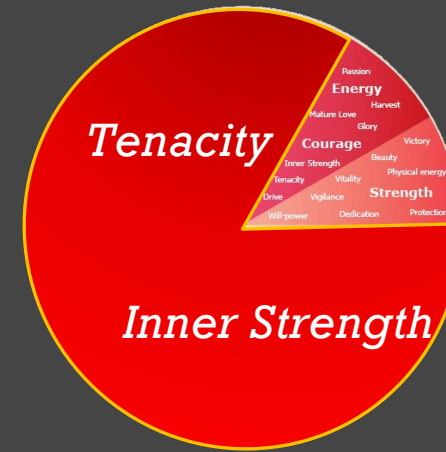
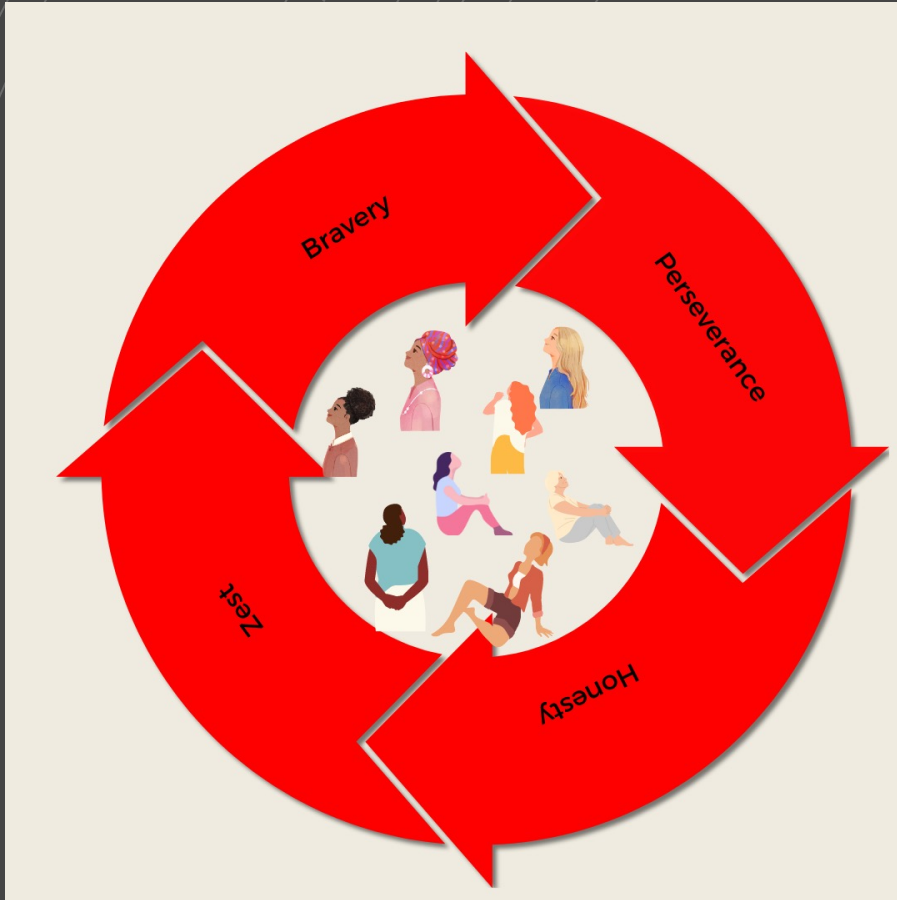
- ★ Open mind
- ★ Comfortable Position
- ★ Soles of your feet flat on the floor or foot rest



COURAGE CYCLE

How are you communicating?

Is it authentic and true to you?





I am
setting
boundaries as
an opportunity
to discover
how people can
help me.

MIND ESCAPE VIBE

Level 1: Start where you are

“I am setting boundaries”

Level 2: Making progress

“I am setting boundaries as an opportunity”

Level 3: Goal Setting

“I am setting boundaries to discover —”

Level 4: Acceptance

“I am setting boundaries how people can help me”

Best Self Exercise

Level 1: Total Time 20 seconds

Breath Work:
Close your eyes
Inhale and Exhale

Level 2: Total Time 40 seconds

Breath work (calm the mind)
Then, Visualize yourself sitting with person having the conversation

Level 3: Total Time 60-120 seconds

Use the breath as your focal point, allow your thoughts to come and go without judgment about what you want to discover.

Level 4: Total Time 3-4 minutes

Breath Work, visualization, affirming success of goals, and freeing yourself to communicate authentically.

