BEYOND THE UNIFORM

# **OMM**Workbook



5 POWER MOVES TO HELP FEMALE VETERANS
TRANSITION WITH CONFIDENT



I'm Renea Jones-Hudson, empowerment coach, international speaker, and founder of Beyond the Uniform.

After 21 years in the military, I learned firsthand that the transition out of uniform isn't just a career shift—it's a soul shift.

This workbook is my way of walking with you as you navigate the messy, bold, and beautiful space between who you were in uniform and who you are becoming now.

I created the OWNIT Framework to give structure and confidence to that transition.

Whether you're building a business, redefining your purpose, or rediscovering your voice, I want you to know this:

You don't have to start over. You get to start from experience.

Let's OWN IT together.

With strength,

#### CPT(RETIRED) RENEA JONES-HUDSON

**BEYOND THE UNIFORM** 

# Disclosure

This workbook is for educational and empowerment purposes only. It is not intended as medical, psychological, or legal advice.

While I share strategies and insights rooted in lived experience and professional training, each individual's transition journey is unique.

Please consult your doctor, therapist, legal advisor, or other licensed professionals where appropriate.

The OWNIT Framework is a support tool, not a substitute for individualized services.

Use what resonates. Release what doesn't.

And most importantly—take bold action that honors you.

~RENEA ~





So, it's the first day after you ETS or retire from the military.

No uniform. No accountability formation. No more missions.

Just you... and the question:

#### What now?

If that hits home, you're not alone. This workbook is here to help you find your footing, reclaim your confidence, and OWN your next chapter.

#### THE OWNIT FRAMEWORK

O – Own Your Story
W – Work Your Plan
N – Network and Collaborate with Purpose
I – Invest in Yourself
T – Take Bold Action



# **OWNIT TRANSITION SELF-CHECK-IN**

Before & After Reflection Tool

Rate yourself in the following areas (1 = not at all, 10 = fully aligned):

Question	Before	After
I feel confident in telling my story		
I have a clear, written plan for my next chapter		
I feel supported by my personal and professional network		
I regularly invest time, energy, or money into my personal development		
I take bold action even when I feel unsure or afraid		

Add totals + reflection questions:on the next page

"What surprised you about this score?"

"What will success look like 30 days from now?"



# REFLECTION QUESTIONS

What did your self-check reveal?
Which area needs the most attention?
What bold step can you take to raise your lowest score?
What are you most proud of?



# **OWNIT FRAMEWORK**

#### A VETERAN WOMAN'S GUIDE TO BOLD TRANSITION

The **OWNIT** Framework is built on five core power moves—designed to help women like you reclaim your story, create a mission-aligned plan, and rise into leadership and purpose after the uniform.

#### • O: Own Your Story

Your story is your strength. It's time to stop hiding it and start leading with it.

#### W: Work Your Plan

Clarity is power. Create a strategy that aligns with your goals, not someone else's expectations.

#### N: Network and collaborate with Purpose

This season calls for aligned connections—not just who you know but who supports your mission.

#### • I: Invest in Yourself

Your growth, healing, and joy are priorities. You can't lead if your cup is empty.

#### • T: Take Bold Action

You've already done hard things. It's time to step out of your comfort zone and into your next mission.

**OWNIT** is how we stop surviving transition and start leading it.



#### POWER MOVE

01

### OWN YOUR STORY

LEAD WITH TRUTH. OWN EVERY CHAPTER.

YOUR EXPERIENCES, YOUR VOICE, AND YOUR

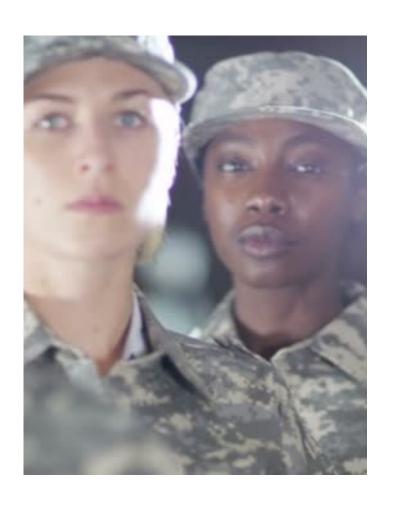
TRUTH ARE NOT SOMETHING TO HIDE.

THEY ARE YOUR GREATEST LEADERSHIP TOOLS.

YOU ARE NOT WHAT HAPPENED TO YOU.

YOU ARE WHAT YOU DECIDE TO DO WITH IT.





### **OWN YOUR STORY**

**BE:** Confident in your experience beyond the military.

**KNOW:** How to reframe your military journey as a strength.

**DO:** Claim your narrative and your future.

#### REFLECTION PROMPT

- What experiences from your military service make you a leader?
- Where have you been waiting for permission to step forward?

#### TAKE ACTION

Make one decision today that reflects who you will become.

WRITE IT DOWN?

"When you own your story, you don't just heal — you lead.

Your past becomes your power, and your voice becomes your victory."



#### POWER MOVE

02

# WORK YOUR PLAN

FROM VISION TO VICTORY.

YOU'VE BEEN TRAINED TO EXECUTE
MISSIONS. NOW IT'S TIME TO APPLY
THAT CLARITY TO YOUR OWN LIFE.

PLANS DON'T LIMIT YOU — THEY FREE
YOU TO SHOW UP WITH INTENTION
AND PURPOSE.



#### **WORK YOUR PLAN**

**BE:** Focused and intentional.

KNOW: What success looks like

for you.

DO: Align your daily actions with

your bigger goals.

#### **REFLECTION PROMPT**

- What does success look like for YOU?
- What areas of life have you been neglecting?

#### TAKE ACTION

Write down 1 personal and 1 professional goal you want to reach in the next 30 days:

WRITE IT DOWN!

"Clarity without action is just a dream.

Strategy is how we take our vision off paper and put it into motion."



#### POWER MOVE

03

# NETWORK AND COLLABORATE WITH PURPOSE

POWER.

YOU DON'T HAVE TO DO THIS ALONE.

ALIGN WITH PEOPLE WHO SEE YOU,

SUPPORT YOU, AND STRETCH YOU.

THE RIGHT CONNECTIONS WON'T

COMPETE—THEY'LL COLLABORATE.





#### TAKE ACTION

Who will you reach out to this week?

What will you say?

#### WRITE IT DOWN

# NETWORK & COLLABORATE WITH PURPOSE

**BE:** Open to new, intentional relationships.

**KNOW:** How to find and engage with mentors and peers.

**DO**: Build community with purpose.

#### **REFLECTION PROMPT**

- Who in your current network is already a strong supporter?
- Where can you start building relationships aligned with your new mission?

"You don't need a title to lead — you need the right table. Build relationships that stretch your vision, not your limits."



#### POWER MOVE

04

# INVEST IN YOURSELF

YOU ARE THE ASSET.

YOU'VE INVESTED IN MISSIONS,

TEAMS, AND SYSTEMS. NOW IT'S TIME

TO INVEST IN YOUR MIND, BODY,

HEART, AND FUTURE. WHEN YOU POUR

INTO YOU, EVERYTHING ELSE GETS

BETTER.



#### **INVEST IN YOURSELF**

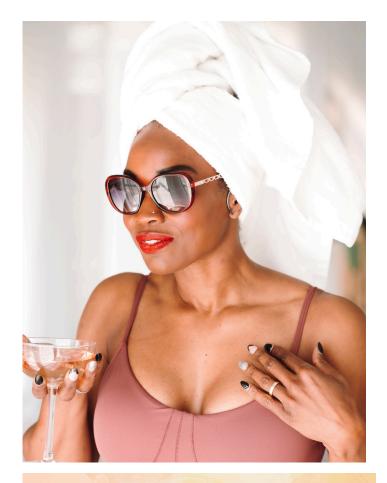
BE: Worthy of growth and care.

**KNOW:** That your well-being is the foundation of success.

**DO:** Set boundaries, say yes to support, and take care of YOU.

#### REFLECTION PROMPT

- What are you currently doing to pour into yourself?
- What's one area of life that needs more investment?



#### TAKE ACTION

Choose one way to invest in yourself this week:

WRITE IT DOWN!.

"You've poured into missions, people, and responsibilities.

Now, it's time to pour into the most valuable asset — you."



#### POWER MOVE

05

# TAKE BOLD ACTION

CONFIDENCE IS A DECISION.

YOU DON'T HAVE TO FEEL READY TO BE

POWERFUL.

BOLDNESS ISN'T THE ABSENCE OF FEAR

— IT'S CHOOSING TO RISE ANYWAY.

ACTION BUILDS BELIEF.





#### TAKE BOLD ACTION

**BE**: Ready to own your success.

**KNOW:** That courage grows through action.

**DO:** Step into your power—one bold move at a time.

#### REFLECTION PROMPT

- What's one thing you've been too afraid to try?
- What would it feel like to do it anyway?

#### TAKE ACTION

What bold step are you going to take this week?

WRITE IT DOWN!

"You don't need
permission to be
powerful.

Bold action isn't about
readiness — it's about
rising anyway."



# WHEEL OF LIFE

Wheel of Life: Recalibrate, Refocus, Realign

You can't lead your life forward if you don't know what's out of balance.

Transitioning from the military isn't just about switching careers—it's a full-life recalibration. The Wheel of Life gives you a visual snapshot of how satisfied and aligned you feel across the 8 key dimensions of wellness:

This tool helps you assess the eight key areas of life:

- Career
- Finances
- Health
- Relationships
- Family
- Personal Growth
- Spirituality
- Rest & Recreation

BALANCE ISN'T ABOUT

DOING EVERYTHING AT

ONCE BUT HONORING

WHAT MATTERS MOST IN

EACH MOMENT.

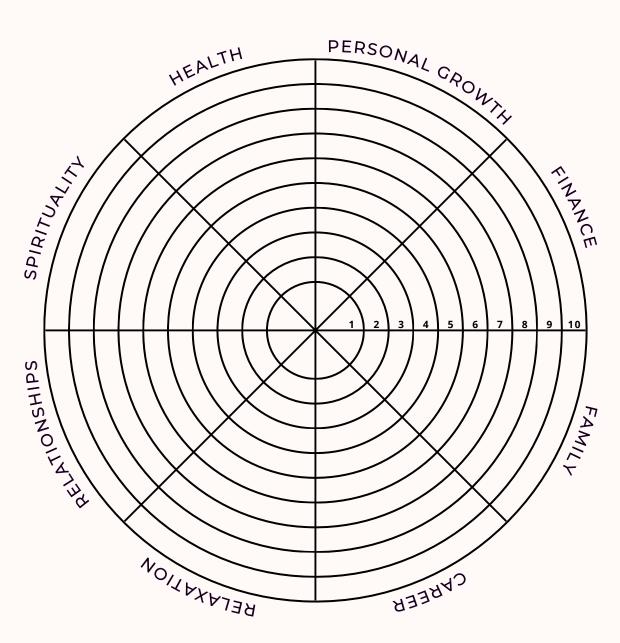
ALIGNMENT IS THE NEW

AMBITION.

~RENEA~

- 1. Rate each area on a scale from 1 (unfulfilled) to 10 (thriving).
- 2. Shade each section of your wheel to reflect your current score.
- 3. Identify where the wheel is "flat" or out of balance those are the areas to focus on.
- 4. Choose 1-2 areas where a small shift would make the biggest impact.

# WHEEL OF LIFE



priority categories

notes

# REFLECTION QUESTIONS

Which area feels most neglected right now?
What's one small, achievable action that could raise your score in that category?
What does "wholeness" mean to you at this stage of life?



DON'T STRIVE FOR

PERFECTION—STRIVE FOR

PRESENCE.

A BALANCED LIFE ISN'T

ABOUT DOING EVERYTHING

ALL AT ONCE BUT CHECKING

IN AND ADJUSTING

REGULARLY AS LIFE CHANGES.

#### 7-DAY MINI ALIGNMENT CHALLENGE

#### Reset. Refocus. Realign.

Over the next 7 days, take one intentional action each day to reconnect with a key area of your life. These small shifts create powerful momentum.

#### **Instructions:**

Each day, focus on the suggested area below. Choose one small action to improve that area. Reflect briefly at the end of each day.

At the end of the week, identify what changed—and what you want to carry forward.

Day	Focus Area	Suggested Action	Reflection Prompt	
1	Health	Go for a walk, stretch, drink more water, or meal prep.	How did caring for your body impact your energy today?	
2	Finances	Review your bank account, create a mini-budget, or set a money goal.	What money habit are you ready to shift?	
3	Personal Growth	Read 10 pages, journal, take a class, or watch a TED Talk.	What insight challenged or inspired you?	
4	Relationships	Send a check-in text, call someone, or set a healthy boundary.	Who poured into you today— or who did you pour into?	
5	Career or Purpose	Work on a project, update your résumé, or visualize your ideal role.	What are you being called to build?	
6	Spirituality	What anchored you spiritually today?	What anchored you spiritually today?	
7	Rest & Joy	Do something that lights you up: laugh, create, or take a nap.	What did joy or stillness teach you today?	



# FINAL REFLECTION

The goal isn't balance—it's awareness. When you know what matters, you show up differently.

Which day's practice felt most natural? Most needed?
What daily action will you keep moving forward to stay aligned?



# **OWNIT**

# Transition Readiness Checklist

Use this checklist to track your progress as you step into your next chapter with clarity and confidence.

I've written and reflected on my personal and professional story.
I can clearly articulate how my military experience translates to civilian success.
I've identified one bold decision I'm committed to making this month.
I've created a personal or professional vision statement.
I have a strategic plan (written or digital) to guide my next steps.
I've set 1–3 specific, measurable goals for the next 90 days.
I've reached out to a mentor, coach, or peer for support.
I've joined (or plan to join) a community aligned with my next season.
I've blocked time weekly to invest in myself (learning, rest, joy).
I've established healthy boundaries around my time, energy, and relationships.
I've taken at least one courageous action step toward a new opportunity
I affirm myself daily and remind myself: "I am built for this next mission."



#### Daily Declarations for Bold, Purpose-Driven Living

Take a moment each day to reconnect with your power. Speak these affirmations aloud. Write them in your journal. Declare them like a mission statement — because this chapter belongs to YOU.

#### Own Your Story

"I am not defined by rank, role, or what others expect. I own my story — scars, victories, and all — and I lead with authenticity."

#### Work Your Plan

"I move with purpose. My goals are valid, my steps are strategic, and every day I get closer to the vision I was born to fulfill."

#### Network with Purpose

"I attract meaningful connections. I show up in rooms where I am valued, respected, and aligned with greatness."

#### Invest in Yourself

"I am worthy of rest, growth, joy, and support. Pouring into myself is not selfish — it's survival, healing, and legacybuilding."

#### Take Bold Action

"I don't wait to feel ready. I act with courage, even when it's uncomfortable. I was built to rise."

#### Bonus Mantra

"I honor my past, lead in my present, and build boldly toward my future."



# **Tools & Resources**

Tools, Resources and Support to Help You OWN IT

#### **CAREER & BUSINESS**

LinkedIn Learning – Upskill at your
pace
SCORE.org – Free business
mentorship
VWISE by IVMF – Veteran Women
Igniting the Spirit of
Entrepreneurship

#### **MENTAL HEALTH & WELLNESS**

Headspace – Guided meditation for stress and sleep VA Whole Health Programs Veterans Crisis Line: VeteransCrisisLine.net/chat

#### **FINANCIAL TOOLS**

Dow Janes: Website: <u>dowjanes.com</u>
The Budgetnista (Tiffany Aliche):

<a href="https://www.thebudgetnista.com/">https://www.thebudgetnista.com/</a>
Ellevest (Sallie Krawcheck):

<a href="https://www.ellevest.com/">https://www.ellevest.com/</a>
Operation HOPE:

<a href="https://www.operationhope.org/">https://www.operationhope.org/</a>

#### COMMUNITY

Beyond The Uniform Network
Women Veterans Alliance
Bunker Labs (for veteran
entrepreneurs)

Build your own resource list and revisit it often.

OWN YOUR STORY. LEAD WITH CONFIDENCE. SERVE WITH PURPOSE.

JOIN THE SERVE SUMMIT - AUGUST 22, 2025

\*\* WWW.RENEAJONESHUDSON.COM



# PRINTABLE WALL AFFIRMATIONS: Speak It Until You Become It

#### Cut these out. Post them. Speak them daily.

- "I was built for bold transitions."
  - "I don't wait to be chosen. I choose myself."
- "Leadership looks good on me."
- "I am the blueprint, not the backup plan."
- "I rise without apology."
- "Everything I need is already within me."
- "My story didn't end in uniform it just began."

Build your own resource list and revisit it often.

JOIN US AT THE SERVE SUMMIT - AUGUST 22, 2025

\* IN-PERSON. IN POWER. IN PURPOSE.

**WWW.RENEAJONESHUDSON.COM** 

SCAN TO REGISTER OR CLICK THE LINK ABOVE

# Contact

Let's Stay Connected

Have a breakthrough to share?

Want to speak, collaborate, or join my leadership circle?

I'd love to hear from you.

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