

BEYOND THE UNIFORM

OWNIT™

WORKBOOK

*5 Power Moves to Help Women
Veterans Transition with Confidence*

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WELCOME, WARRIOR.

It's the first day after you ETS or retire.
No uniform. No formation. No mission.
Just you, and the question that hits different:

"What now?"

If that lands in your chest, you are exactly who this workbook was built for.

I'm Renea Jones-Hudson, a retired U.S. Army Captain, transition coach for women veterans, speaker, and founder of Beyond the Uniform. I know firsthand that leaving the military isn't just a career change. It's a soul shift.

I created the OWNIT™ Framework because I needed it myself. Not a program designed for veterans in general. Something built specifically for us. Women who led hard, served long, and now find ourselves in a world that doesn't always know what to do with us.

Work through this workbook one Power Move at a time. Write honestly. Come back to it. Then complete your Self-Check and your Declaration at the end.

Here's what I know for certain:

"You are not starting over. You are starting from experience."

With strength,

Renea Jones-Hudson

Retired U.S. Army Captain · Founder, Beyond the Uniform

THE OWNIT™ FRAMEWORK

The OWNIT™ Framework is a 5-step transformation system built specifically for women veterans who are done surviving transition and ready to start leading it, unapologetically.

O**OWN YOUR STORY & VOICE**

Your past is not baggage. It is a badge. Stop hiding it and start leading with it.

W**WORK YOUR GIFTS**

Your talents are not random. They are strategic. Name them, activate them, deploy them.

N**NAVIGATE CHANGE**

Change isn't your enemy. It's your invitation. Move through it with intention, not fear.

I**IGNITE IMPACT**

Invest in yourself first. You cannot pour from empty. Your growth multiplies your mission.

T**TAKE BOLD ACTION & THRIVE**

No more waiting for permission. No more playing small. Step forward and own your next chapter.

"We don't translate our leadership. We reframe it."

OWN YOUR STORY & VOICE

Lead with truth. Own every chapter.

01

Your story is not a liability. It is your leadership credential.

Every hard thing you survived in service is not behind you. Every late night. Every sacrifice. Every moment you showed up when no one else would. That is **IN** you.

The woman reading this has already done the hardest things most people will never face. Stop treating your story like something to apologize for.

BE

Confident in your experience. All of it.

KNOW

How to reframe your military journey as a strength, not a barrier.

DO

Claim your narrative and your future without apology.

REFLECTION PROMPTS

→ What experiences from your service make you a leader?

→ Where have you been waiting for permission to own your story?

THIS WEEK'S ACTION

Write one sentence that captures your leadership story in civilian language. Not your job title. Your impact.

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

WORK YOUR GIFTS

From talents to triumph.

02

In the military, you were trained to execute missions with precision. Now it is time to apply that same clarity to the gifts you were born with, not to a mission someone else gave you.

Your talents are not random. They are clues to your next chapter.

The world does not need another version of you that fits a job description. It needs the full scope of what you carry.

BE

Focused and intentional when using your talents.

KNOW

What success looks like when it is rooted in YOUR authentic gifts.

DO

Align your daily actions with your bigger vision.

REFLECTION PROMPTS

→ What are three things that come naturally to you that others often struggle with?

→ How can you use these gifts to create opportunity and impact right now?

THIS WEEK'S ACTION

Name your top three gifts and write one way each one translates into civilian leadership value.

"Clarity without action is just a dream. Strategy is how we take our vision off paper."

NAVIGATE CHANGE

Adapt, align, and advance.

03

Transition is not just about finding a new career. It is about becoming who you were always meant to be outside of that uniform.

Change will come by choice or by force. You get to decide how you move through it.

The key is not just surviving the shift. It is purposeful navigation. Connect with the right people. Seek aligned opportunities. Stay flexible without losing yourself.

BE

Open and resilient through every season of transition.

KNOW

That every change carries a new opportunity if you are looking for it.

DO

Build relationships and communities that align with your evolving mission.

REFLECTION PROMPTS

→ Where are you resisting change instead of navigating it?

→ What is one bold move you can make to step into this season instead of fighting it?

THIS WEEK'S ACTION

Identify one person in your network, or someone you need to meet, who can support your navigation right now. Reach out this week.

"When you navigate change with intention, you turn the unknown into your next victory."

IGNITE IMPACT

Fuel your purpose. Light the way.

04

You have invested in missions, teams, and causes bigger than yourself for years. Now it is time to ignite the greatest mission yet. The impact you were born to make.

Investing in your growth, healing, and leadership is not selfish. It is strategic.

When you pour into yourself, you do not just change your life. You create ripples that change the lives of everyone around you. Your impact begins where your self-investment grows.

BE

Worthy of your own investment, without guilt.

KNOW

That taking care of yourself multiplies your ability to serve others powerfully.

DO

Prioritize your development, healing, and leadership journey without apology.

REFLECTION PROMPTS

→ Where have you been putting yourself last?

→ What is one investment of time, energy, money, or healing you can make in yourself this week?

THIS WEEK'S ACTION

Block three hours this week for YOUR growth. Put it on the calendar like a mission brief. It is not optional.

"When you ignite your impact, you stop waiting for change. You become it."

TAKE BOLD ACTION & THRIVE

Own your power. Lead your life. Unapologetically.

05

You are not here to shrink. You are not here to settle. You are not here to wait for someone to give you permission to be powerful.

You have already done hard things. Things most people cannot imagine. It is time to step out of survival mode and into your next mission.

Thriving is not a passive state. It is a daily decision to show up fully, lead boldly, and own every inch of the life you have earned.

BE

Ready to own your success. Not someday. Now.

KNOW

That courage grows through action, not through waiting until you feel ready.

DO

Step into your power, one bold and unapologetic move at a time.

REFLECTION PROMPTS

→ Where have you been holding back or playing small?

→ What does thriving look like for you in the next 90 days? Be specific.

THIS WEEK'S ACTION

Name one unapologetic move you will make this week toward your next chapter. Write it down. Tell someone. Do it.

"You don't need permission to be powerful. Bold action isn't about readiness. It's about rising anyway."

OWNIT™ SELF-CHECK

Rate yourself honestly. Give each area a score from 1 (not yet) to 10 (fully owning it). This is your starting point, not your final answer.

O	I confidently tell my story and lead with my military experience.	/ 10
W	I know my top three gifts and I am actively working them.	/ 10
N	I am navigating this season with intention, not survival mode.	/ 10
I	I am investing in my own growth, healing, and development.	/ 10
T	I am taking bold action and choosing to thrive right now.	/ 10

WHAT YOUR SCORES REVEAL

The area where I scored lowest is: _____

This tells me I need to focus on: _____

My strongest area right now is: _____

I will leverage this strength by: _____

"Your score is not a judgment. It is a starting point."

Every woman who completes this check makes the most important move. She shows up honest.

CLOSE THE GAP

Want help moving your lowest score? OWNIT™ Group Coaching is an 8-week program where women veterans rebuild identity, confidence, and direction together.

LET'S TALK

YOUR OWNIT™ DECLARATION

This is your mission statement for the next chapter. Complete each line in your own voice. Then read it aloud every morning if you need to.

I own my story. Specifically, I am proud that I

I work my gifts. My top strength that I will deploy right now is

I navigate change. The bold move I am making this season is

I ignite impact. The investment I am making in myself is

I take bold action and I thrive. My unapologetic next step is

MY DECLARATION

"I own my story. I work my gifts. I navigate change.

I ignite impact. I take bold action and I THRIVE.

I OWN IT."

Signed _____

Date _____

SPEAK IT UNTIL YOU BECOME IT

Cut along the dotted lines. Post these where you will see them every single day.

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.

I am not starting over. I am starting from experience.



READY TO GO DEEPER?

YOU'VE READ THE FRAMEWORK. NOW LET'S BUILD YOUR PLAN.

This workbook gave you the framework. OWNIT™ Group Coaching helps you put it to work. It is an 8-week group coaching program for women veterans to rebuild identity, confidence, and direction after service.

You don't have to do this alone. Do it alongside women who understand where you have been.

LET'S TALK

www.beyond-the-uniform.com/contact-us

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Podcast: Beyond the Uniform: Transition Talks

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