

YOUR
POWER
PACK



NOT JUST A
Spouse



CONGRATULATIONS ON YOUR RESET

Thank you for coming.
And congratulations—today, you chose YOU.
Now, let's keep the shift alive.
Because here's the thing: You can't unsee what
you've seen.
You can't unhear what you've heard.
You've remembered who you are.
You've reset the story.
You've connected with the truth of your power.
But change?
It needs tending to.
That's where this Power Pack comes in.

1. REMEMBER YOUR BRILLIANCE

Let's start with proof. You've done amazing things already.
You are powerful. Capable. Loved.

FILL THIS IN AND REVISIT IT OFTEN.

I Am Proud Of..., I'm Really Good At,.. I Love That I.....

This list is your lift-me-up. A reminder that you've got it.

2. SCRIPT YOUR FUTURE SELF

Who is the woman you're becoming?

Visualise her. Then write a short script of her day—how she walks, talks, thinks, dresses, and shows up.

This is your new normal. Read it every morning and/or evening. Return to it when doubt creeps in.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



*The First Step To
Becoming A High
Quality Woman Is
Believing You Are One.*

3. HOURLY RESET: WHO ARE YOU BEING?

Set a gentle alarm every hour.
When it rings, pause and ask:

**Am I being HER right now?
What would she think, say, or do here?**

Let it guide you back to center.

4. WHEN OLD PATTERNS SHOW UP



THEY WILL. IT'S NORMAL.
WHEN THEY DO—MEET YOURSELF WITH LOVE.



YOU ARE NOT YOUR THOUGHTS.
YOU ARE THE ONE WHO SEES THEM.



TRY THIS: "HI FEAR. I SEE YOU. COME IN—I'LL HOLD YOU
FOR A MOMENT."



OR: "BUZZ OFF. I'M NOT BUYING THAT STORY TODAY."
YOU CHOOSE HOW YOU RESPOND.

5. DON'T ASK “WHAT SHOULD I DO?”

ASK THIS INSTEAD:

“Who am I being right now?”

Because your state determines your action.

Shift your being → your doing will follow.

IF FELL OUT OF YOUR NEW
STATE:

Love yourself regardless. Validate yourself
regardless. Be proud of yourself regardless.

Learn to give yourself everything you want
others to give to you.

IT'S ALL ABOUT PERSISTING
BEING IT ALREADY.

FINAL WORDS

THESE ARE YOUR NEW
STATEMENTS OF TRUTH.

1. I AM ENOUGH.
I AM WORTHY.
I AM DESERVING.

2. I AM BRILLIANT.
I AM INTELLIGENT.
I AM FULFILLED.

3. I AM LOVED.
I AM WANTED.
I AM DESIRED.

4. I AM BEAUTIFUL.
I AM RADIANT.
I AM HEALTHY.



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I'm a coach who helps women—expat or not—follow their dreams.

I support those who've spent years putting others first,
who've felt invisible in their own lives,
and who are finally ready to reconnect with themselves
and create a life that actually feels like theirs.

If that sounds like you and you'd like some support, I offer 1:1 coaching.

You don't have to figure it all out alone—I'm here for you.

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