POVER PACK



NOT JUST A



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.

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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.



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 everyhing you want others to give to you.

IT'S ALL ABOUT PERSISTING BEING IT ALREADY.

FINAL WORDS

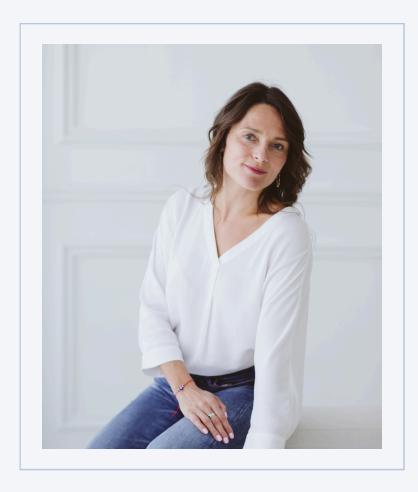
THESE ARE YOUR NEW STATEMENTS OF TRUTH.

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.

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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