

QUARTER THREE
JULY 2025

REAWAKEN

QUARTERLY EDITORIAL

THE RESET ISSUE

She's not slowing down.

She's resetting the frequency...
and redefining the pace.

SUBSCRIBE



CELEBRATING FUTURE YOU

What's Inside

THE RESET ISSUE



The Power of the Seasonal Reset

How to Reset a Life – by Nukhet Hendricks

Queen Energy in Transition

From Positive to Powerful

Doing Less, Thriving More, and Ditching Pants

Elevate to Expand

When the Soul Wanders

The Mid-Year Reset You Didn't Know You Needed



REAWAKEN
COACHING

Hey Gorgeous You



“

*And the day came when
the risk to remain tight in
a bud was more painful
than the risk it took to
blossom.*

ANAÏS NIN

There's something quietly powerful about July.

In Aotearoa New Zealand, we rise to frosted mornings, fires crackling in the hearth, and the soft glow of Matariki (the Pleiades star constellation) in our skies - a time for remembrance, for stillness, for setting intentions with reverence. Across the world, many of you are steeped in summer - warm days, open windows, aliveness humming through your bones.

This contrast, this global duality of contraction and expansion, is exactly why I created this edition. Because whether you're wrapped in a blanket or basking in the sun, this is the season to reset.

I wrote many of these articles because I've lived them.

I know what it's like to wake up and wonder where your spark went. To feel yourself performing functionality, while a deeper part of you is quietly looking for meaning. I know the ache of hitting a personal ceiling - not because you've done something wrong, but because you've outgrown parts of your life that once fit. I've walked through transitions that brought me to my knees and eventually back to my truth.

This issue is for those moments. The in-between ones. The ones where you know something's got to shift - even if you're not sure what yet.

You'll find reflections on the beauty of the seasonal reset and what it really means to return to your rhythm. There's a raw, unfiltered story from my dear friend and fellow Coach, Nukhet Hendricks, on burnout and the cost of self-abandonment - one of the most heartfelt pieces we've ever published. You'll read about what it means to hold Queen Energy during change, how to think powerfully instead of just positively, and why doing less isn't laziness - it's liberation (especially without pants). These pieces aren't just articles. They're reclamations. Permission slips. Invitations.

Each one was written to meet you in the space between who you've been and who you're becoming.

Because this is never about about fixing yourself. It's about finding yourself again.

So wherever this magazine finds you - sun-drenched or deep in winter's stillness - let this be your gentle reset. A remembering. A return to what matters.

Kate Parker
Editor-in-Chief

THE POWER OF THE SEASONAL RESET

Honouring the Seasons, Reclaiming Your Rhythm

Imagine this.

You are walking barefoot down the beach. The water crests over your toes, and you can feel yourself sinking slightly into the sand as the tide draws back. The sun is low on the horizon - it's late in the evening, and a soft breeze lifts the heat of the day. You've spent your time doing all the things that fill your cup. Maybe you've enjoyed a beautiful dinner - fresh salad, grilled chicken, a chilled glass of pinot gris - and now, without any obligations pulling at you, you've taken a solo walk down to the shoreline. A moment to breathe. A moment to exhale. A moment to come back to yourself.

Now, picture yourself on the other side of the world.

The fire is glowing. Candles are lit. The sound of soft, soothing jazz plays gently through the speakers. You're cocooned in your home. It smells of something warm and comforting - cinnamon, woodsmoke, maybe peppermint tea. You're surrounded by cosy blankets, with your journal open and a steaming pot of herbal tea nearby. Outside, the wind howls and the stars glimmer in the clear night sky. You've had a delicious dinner that warmed your soul, and now you're here - quietly reflecting on the day, writing down gratitudes, before you slip into your layered, cosy bed.

Two very different scenes. Two very different seasons.

And yet... both experiences hold the same longing: *to come back to ourselves*.

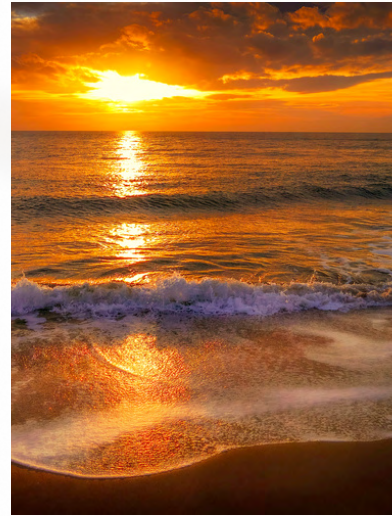
Whether we are basking in golden light or wrapped in the hush of winter, the Earth offers us this moment - July - to pause, reset, and remember who we are.

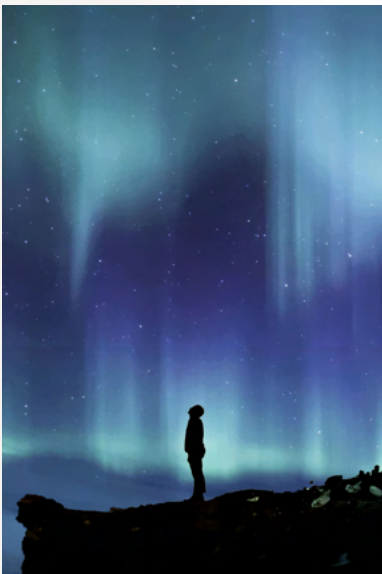
UNDERSTANDING THE SEASONAL DUALITY

There is something deeply feminine in the rhythm of the seasons. A breath.

A pulse. A cycle that reminds us that we, too, are cyclical beings - constantly in motion between expansion and contraction, action and reflection, light and shadow.

In the Northern Hemisphere, July means summer. A time of expansion, expression, outward motion, travel, joy. It's the season for movement, for connection, for soaking up solar energy and letting it radiate outward in creativity, adventure, and physical vitality. You'll find people in their gardens, swimming in the sea, hosting barbecues, or walking for hours just to feel the sunshine on their skin. This outward energy is vibrant - it feeds our momentum, our projects, our goals. And when used with awareness, it lays the foundation for the slower months ahead, when our energy begins to wane.





In contrast, the Southern Hemisphere welcomes winter in July - a time of contraction, introspection, emotional depth, and inner work. We naturally want to pull inward. The pace slows. We nest. We reflect. We wrap ourselves in softness and gravitate toward comfort - warm soups, long baths, movies under thick throws.

And unlike the “go-go-go” narrative we’re often sold, this isn’t laziness. It’s wisdom. It’s the body knowing what it needs. It’s the season of preparation, where we restore and regather before the next wave of creation.

These two energies - summer’s expansion and winter’s contraction - are not in conflict. They are in perfect harmony.

They mirror the feminine cycle, the lunar phases, the inhale and exhale of breath. One cannot exist without the other. We need both: the fire that lights our vision, and the stillness that brings us home to our truth.

“In nature, expansion cannot happen without contraction. One prepares us for the other.”

WHY JULY IS A SACRED RESET POINT

Mid-year is not just another date on the calendar.

It’s a threshold.

July invites us to stand at the midpoint of the year and ask:

- What have I learned so far?
- What’s no longer aligned?
- What do I want the second half of this year to feel like?

It’s a time to reset - not because something is broken, but because we’ve grown. Because life has unfolded, and with it, our priorities have shifted. It’s a time to recalibrate our energy, our vision, and our expectations of ourselves and others.

For me, July is always a season where I come home to myself. It’s when I take inventory - not from a place of pressure or perfection, but from a place of curiosity and compassion.

Last July, I was deeply burnt out. I’d pushed too hard, for too long. So I gave myself full permission to retreat. I lit candles every night. I cooked slow meals. I ran lavender baths and wrapped myself in softness. I read novel after novel, and I gave my nervous system space to breathe. I didn’t plan it. My body just knew. And somewhere in the stillness, something sacred happened - I found my way back to my own authenticity.

This year, I’m planning for it intentionally. I’ve already bought a beautiful new journal. I’ve cleared space in my calendar for slow evenings. I’m letting July hold me.

And here in Aotearoa, that feeling is echoed in the arrival of Matariki - the Māori New Year - when the cluster of stars reappears in the early morning sky. Matariki is a time for honouring the past, remembering our ancestors, and setting intentions for the year to come. It’s not about rushing into action - it’s about being still enough to listen.

That’s the essence of this sacred reset.

To pause. To reflect.

To gently ask:

Where am I now? And where am I being called next?

UNDERSTANDING THE SEASONAL DUALITY

Resetting doesn't have to be dramatic or performative.

It's not about overhauling your life overnight. It's about small, meaningful rituals that reconnect you to your own rhythm. Here are a few gentle ways to begin your reset, no matter which season you're in:

For the summer rebels:

- Barefoot Grounding: Walk barefoot on the earth each day. Let the ground recharge you.
- Creative Mornings: Wake early and write, sketch, or move your body. Let your creative energy spill out before the noise of the day creeps in.
- Joyful Play: Swim. Dance. Laugh. Take yourself on a spontaneous adventure. Your inner child will thank you.
- Future Self Journaling: Sit in the sunshine and ask: What would my future self want me to know today?

For the winter reflectors:

- Evening Reflection: Light a candle and journal by lamplight. Ask: What am I ready to release?
- Restorative Movement: Choose gentle practices like tai chi, yin yoga, or simply stretching beside the fire.
- Comfort & Nourishment: Make soup from scratch. Read that book you've been meaning to. Let simple things be sacred.
- Matariki Ritual: Gaze at the stars if you can. Honour your lineage. Set one gentle intention for the year ahead.

Prompts to Support Your Reset

- What am I ready to let go of?
- What part of me have I been ignoring?
- What is calling for more attention and love?
- Where do I feel resistance - and what truth might be beneath it?

Let this be your time.
To rest. To realign. To return.

THE FEMININE WAY OF RESETTING

This world constantly demands more - more output, more hustle, more productivity - it can feel radical to slow down.

But resetting, in the feminine, isn't about hacking your life or ticking more off your list.

- It's about listening.
- It's about remembering.
- It's about reclaiming the parts of yourself that got lost in the noise.

The feminine reset is intuitive. It's deeply personal. It might look like deleting half your calendar. Or waking earlier to walk in the quiet. It might be saying no more often. Or taking naps in the middle of the day. It might look like crying in the bath. Or laughing over wine with a friend. There is no wrong way.

Because resetting the feminine way isn't about fixing yourself.

It's about coming home to yourself.

"Resetting the feminine way isn't about reinventing yourself overnight. It's about remembering yourself slowly."

And that kind of remembering is powerful.

THE FEMININE WAY OF RESETTING

So here we are.

Mid-year. Mid-season. Mid-life, maybe. And this - right here - is the perfect time to begin again. No matter where you are in the world, no matter what season surrounds you, this moment is yours.

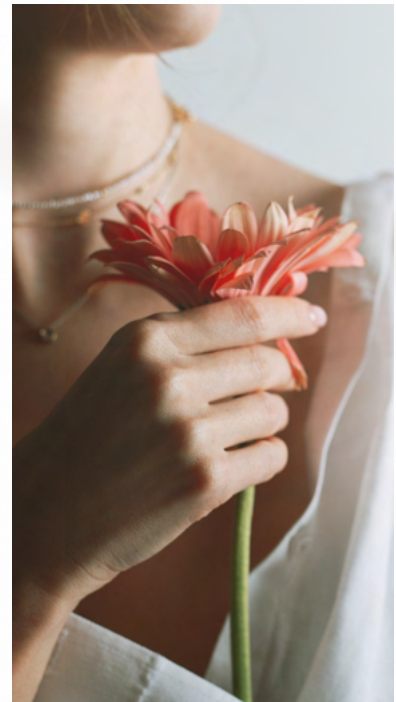
To breathe. To slow down. To soften.

To come back into rhythm with your own heart.

Let July be the space where you choose presence over pressure.

Let it be where you light a candle not to chase the darkness away, but to honour it. Let it be where you remember what it means to be held - by the Earth, by time, by your own two hands.

The Earth is resetting. And so can you.





I'm delighted to introduce you to a very dear friend of mine and fellow coach, Nukhet Hendricks. I met Nukhet not long after she had navigated her way through burnout, and witnessing her journey over these past few years has truly been an honour. She's a brilliant writer, and I'm so grateful to share her powerful voice in this edition of the Reawaken Quarterly.

ARTICLE BY NUKHET HENDRICKS

How to Reset a Life

I walked away from a six-figure job.

From mid 2022 and early part of 2023, during some of my most stressful days, my husband would ask gently, "Do you think it is time? Time to walk away and reclaim your life back?" I'd respond with the same dark humorous promise: "When I wake up one morning and my first thought is that I can't do this one more day because if I do, I'll blow my brains out, I will walk away" thinking that would never really happen.

He'd roll his eyes, hug me, and say he was just worried, worried about my health, because he wanted to grow old with me. And he had every reason to be concerned. For months I had been irritable, snappy, absent even when present. I neglected our date nights or spent them glued to work calls. I was numbing myself with food and sugar, and the weight, both literal and emotional, was piling on. I wasn't present for myself, not for my marriage, nor for my life.

When I accepted that job, it felt like a dream: six months working from our condo in West Palm Beach, Florida and six months in Fargo, North Dakota where we lived at the time. It wasn't ideal being apart, but we were chasing our dream of relocating to the sunshine state. So, I accepted the job, and I started in December 2019. Then, in March 2020, the world shut down.

I told myself nothing had changed for me. I was already working from home. But when the country began to reopen, everything had changed. We had relocated to Florida full-time by then. And I kept grinding. I told myself I could handle anything. I always had. I didn't quit. I persevered.

Until I didn't.

Breaking Point

In April 2023, I woke up one morning and I physically couldn't get out of bed. And there it was; that thought I had joked about now was a looping thought in my mind: If I have to do this job one more day, I'll blow my brains out.

That thought stopped me cold. So I did what I never thought I would.

I quit.

I wish I could say that quitting felt like freedom. It did not! I didn't wake up the next morning feeling powerful or free. I didn't feel like a woman ready to rise, reinvent, and write her next chapter. Instead, I woke up feeling like a failure. I had buckled. I had caved. I should've toughed it out. I should have been stronger and braver.

And I felt that way the next day. And the next. And the next.

Burnout: The Silent Collapse

Burnout isn't just about being tired. It isn't just exhaustion. You can't sleep it away.

Burnout is identity loss; it is a soul-deep erosion. It doesn't disappear after a vacation or a few good nights of sleep. For weeks, I sat on the couch unable to read more than a page without zoning out. I stared at the pool in the backyard but couldn't bring myself to sit by it, let alone get in. I had no idea what brought me joy anymore, what made me feel alive. I wasn't living. I was barely treading water. Drowning silently. Believe me; burnout is not for the faint of heart. It didn't just knock me down, it dissolved me.

When I could finally drag myself out of bed, I'd look in the mirror only to find a stranger staring back. I didn't recognize the woman in the reflection. They say the eyes are the doorway to the soul. If that's true, then the doors to mine had long since locked shut, and I hadn't even noticed. I was lost to myself.

But I didn't set out to lose myself. No one does, really. No one deliberately swims away from the solid, forgiving anchor of their heart, their soul, their knowing. It happens slowly; tiny compromises, quiet decisions to keep the peace, to make others happy, to avoid rocking the boat. We want to be liked, to be accepted, to belong. But we don't realize those small decisions accumulate. One day, we wake up, look in the mirror, and can't recognize the eyes looking back.

How did I get here? That question haunted me. How did I get here?





And slowly, painfully, the answers began to surface – each one a quiet heartbreak.

It all starts with being nice.

Burnout, I realized, doesn't come from working hard. It comes from over-giving, over-accommodating, and over-performing; all in the name of being "nice." I had been trained all my life to be likable, agreeable, and above all, responsible for everyone else's comfort.

And the trouble with being nice is this: it's not about kindness. It's about conditioning. Conditioning that begins in the cradle and becomes a lifelong performance, a strategy for safety, acceptance, and survival.

Remember the nursery rhyme? "Girls are sugar and spice and everything nice." It really starts in the cradle.

I had said "yes" too many times when I wanted – needed – to say "no." Every "yes" that should've been a "no" was an act of self-abandonment.

I had confused being nice with being kind. Nice meant erasing myself to make space for others; letting people cross both personal and professional boundaries, again and again, without consequence.

And so, here I was. The self I had abandoned for so long had finally erupted – burned it all down and stood in the ashes, asking the only question that mattered: Now what?

Now what, indeed.

The hard aching truth wasn't that I had lost myself. It was finally realizing I didn't even know how long I had been lost to myself. How silent my soul had become before I finally heard her scream. How long had I been living asleep?



The Road Back to Myself

Popular culture sells us stories of glamorous reinvention: take a break, disappear for six months, come back thinner, glowing, and wildly successful, with a chic new haircut and brand-new wardrobe. If there's a woman who's actually done that while recovering from a soul-rocking burnout, I'd love to meet her. That's not my story.

My story includes a body that ached in places I didn't know could hurt. Crushing fatigue that no amount of sleep could fix. When I finally gave in and went to see my doctor, she took one look at me and said, "You are so burnt out, I can smell the smoke from here." My bloodwork was a mess: elevated liver enzymes, a sluggish thyroid, dangerously high triglycerides. The trifecta of prolonged, unaddressed stress. My body had been whispering for help for months and I had ignored it. Now it was screaming.



The Bare Minimum and the Climb Back

I realized this wasn't about turning a page. I needed to write a whole new book. But first, before I can waltz into my new life, write that new book, I had to start crawling my way out of the deep end.

I started small. That first month, I committed to three things: drink more water, meditate for five minutes, eat lean protein at least once a day. That was it.

Every two to three weeks, I added one new habit.

By month eight, after spending two intense weeks hosting my mother-in-law, I realized how utterly boundaryless I had become. Even though I had realized I needed solid, nonnegotiable boundaries in place, I had not done a thing to put them in place. I realized it won't be easy after I had spent a lifetime saying "yes" to be liked, to be kind, to be a good daughter, wife, leader, friend, but primal scream of my heart ... NOOOOO... NOOOO ... left no room for hesitation. It needed to take charge of my life.

I began the fierce and uncomfortable work of reclaiming my "no." I said it often. I said it clearly. I said it without apology. I was no longer available for shrinking. I had already burned the barn down by leaving my job. What's one more match if I needed to light another? So, I realized bare minimum was not enough. I needed to also reclaim my life boundary by boundary.

Re-Entering Life

Ten months in, I finally began to feel like myself again. I will never forget the day I woke up with energy, real energy, for the first time in years. If you've been there, you know what I am talking about. So that was the first day I began to return to myself and to my life.

Fourteen months after walking away, I stepped back into professional life - this time on my terms. The job I took aligned with my heart, my values, and my vision. Outwardly, I looked the same, so little had changed. But internally? Everything had. I was rebuilt. I had clarity. My bloodwork reflected my healing. I had rock solid boundaries in place. I no longer abandon myself to meet someone else's comfort.

I remember a moment when a family member commented, "Must be nice to say no and not care if people like you." I smiled. "Yes, it is. And I truly don't care anymore" Because the cost of not having boundaries nearly destroyed me.

This week ...

**I need to pause more
this week,
to catch up with the
parts of myself I keep
leaving behind.**

Nakhet H.

nhendricks.com

Weekly Intention

**NOT EVERY
PROBLEM IS
MINE TO SOLVE**

Nakhet H.

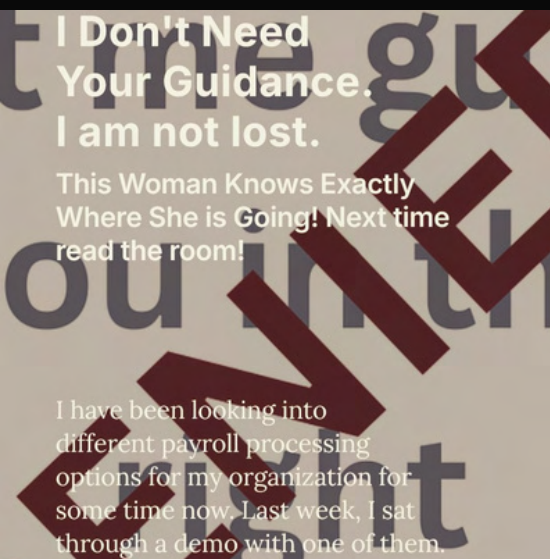
nhendricks.com

Weekly Intention

**I will embrace
calmness and
resist the urge to
overcommit.**

Nakhet H.

nhendricks.com



It wasn't easy. **It took everything I had to choose myself.** And I almost didn't make it. But now, if the choice is between being loved for betraying myself or disliked for choosing me, I choose me. Every time.

This Time I am Doing Life Differently

Here is how I live now:

- I work full time, but I shut down at 5 p.m.
- My weekends, especially Sundays are sacred.
- I rest as hard as I work.
- I say no more than yes.
- My phone goes on Do Not Disturb at 8:30 p.m.
- I go on date nights, read actual books, and I try to wake up without an alarm.

And when life derails me (and it still does,) I don't wait until for collapse. I course-correct, quickly. I reset as many times as it takes. Because I realized that this isn't a one-time reset. It's a lifelong rhythm. I will fall again. I will get overwhelmed again. But this time, I am committed to me, to my mind, by body and my soul like I have never been. I now know I matter. I take space in my life. I will never self-abandon again.

Burnout doesn't ask for permission.

If you're reading this and feel the slow unravelling of burnout creeping in, please hear me out, burnout doesn't ask for permission. It arrives slowly, then all at once. Don't wait until you collapse. Start paying attention now. Do something now! You don't have to blow up your life like I did. But you do have to stop ignoring the whispers your body and soul are sending, and you have to put yourself on the list of "things to take care of."

Please believe me when I say boundaries are life-saving medicine. No helps you to say 'yes' to yourself. And being nice is overrated.

Coming back home to yourself doesn't have to be a monumental task, but it will take time. Start with the smallest step that honors you. Maybe it's five quiet minutes in the morning. Maybe it's saying no to something you don't want to do. Maybe it's scheduling that doctor's appointment. And be willing to reset over and over. That's what being devoted to yourself looks like.

Just start. You don't owe anyone your breakdown. You owe yourself your healing.

You matter. You have a right to take up space in your own life. You don't need to become someone new. You just need to come home to yourself.

Nukhet Hendricks: She re-set her life and lived to write about it
www.nhendricks.com

QUEEN ENERGY IN TRANSITION

Staying Sovereign Through Seasons of Change



How to embody grounded, feminine leadership and self-trust during moments of transition - whether personal, professional, or spiritual.

The Threshold Moment

There comes a moment in our lives when a shift is undeniable. We feel it like a tremor beneath our feet, like a whisper in the dark. It may not come with clear answers or perfectly timed guidance. Often, it arrives quietly, but disruptively. I have felt these shifts many times - those periods where life unravels just enough that you no longer know whether you are coming or going. The future feels uncertain, but the past no longer fits. These are the liminal spaces. The cocoon. The hallway between two lives. They are disorienting and sacred all at once.

When we're in this space, it's hard to stay anchored. Our nervous systems fire off like alarms. Sleep gets patchy. Self-care becomes sporadic. We reach for sugar, distraction, or control mechanisms. The body feels the chaos long before the mind finds its footing. Change, even when it is chosen, can feel like a storm.

When my marriage fell apart, it was in the middle of a whirlwind. We had just purchased an investment property. My mother had passed away. Our daughter was four. My husband was working 12-14 hour days. I was working full-time. Chaos reigned.

The decision to separate wasn't easy. But it was necessary.

And that's when I entered one of the deepest liminal spaces of my life.

Liminal space is the sacred hallway between two lives.

It's where I stood after making the decision to leave my marriage - heart racing, knees trembling, unsure of what would come next. I knew I couldn't stay. That much was clear. But where to land? Who would I be on the other side? What would life look like beyond the roles I had clung to for so long?



There were no neat answers. No certainty. Only this vast space of unknowing.

Liminal space doesn't offer a roadmap. It offers a reckoning.

It's grief and liberation tangled together. It's the death of a version of you that once kept you safe - and the slow, quiet rise of the woman you were always meant to become.

Messy. Mysterious. Sacred.

Did I want to take back my decisions? At times, yes. There were days I wondered if I should reverse course. But something deep inside had shifted. Once you awaken to your truth, you can't un-know it. Even if your outside looks the same - perhaps even a little disheveled - your soul has already begun its renewal.

You have already grown.

What Is Queen Energy in a Season of Change?

Queen Energy isn't about being poised all the time. It's not about perfect decisions, endless confidence, or being immune to heartbreak. It's about how you hold yourself through the unknown.

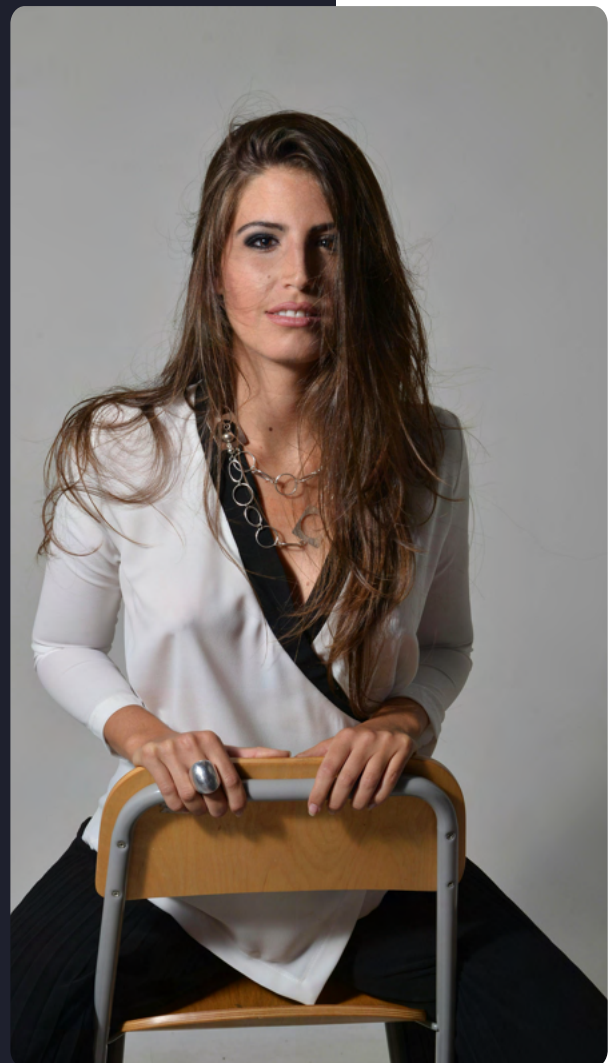
Queen Energy is embodied trust. It is clear boundaries, emotional intelligence, and inner authority. It is knowing when to pause, when to soften, and when to rise. It's the difference between reacting and responding. Between spiraling and softening. Between clinging and claiming.

And here's the thing: **Queen Energy doesn't mean you're not scared. It means you trust yourself to move even when the ground is shifting beneath you.**

At the time, I didn't realise that was what I was doing. But in hindsight, I see it so clearly. I stopped spiraling and started anchoring. I contracted inward, began reflecting, reading, journaling. I slowly started envisioning what my life might look like as a single mother. I planned. I stopped reacting. I gave myself permission to respond in my own time. And yes - that pause was hard. Especially when emotions were high.

We set rules of engagement as parents. Our daughter would come first. It's a value we both still live by, even now, nine years later. It shaped our separation. We remained kind, communicative. We still celebrate Christmases and birthdays together. We co-attend events. Our relationship is, in many ways, stronger than when we were married.

That's Queen Energy in action.





Types of Transitions That Call for Queen Energy

There are three major transitions in a woman's life where calling forth Queen Energy becomes essential. Each asks something different of us - but all require the same grounding in self-trust.

1. Personal Transitions

Divorce. Motherhood. Loss. Aging. Health changes. These are rites of passage. Your body becomes the messenger. Exhaustion. Grief. A knowing deep in your bones. You might feel like you're losing yourself - but often, you are finally returning.

Queen Energy in this space is about holding yourself gently. Grieving fully. Tending to your body like the sacred vessel it is. And refusing to rush your rebirth.

2. Professional Transitions

Career shifts. Identity pivots. Entrepreneurship. Leadership.

Letting go of old metrics of success is terrifying. But Queen Energy reminds you: your worth is not tied to productivity. Your value doesn't vanish just because the container changes.

You may feel unseen, uncertain, or like you're starting from scratch. But you are not starting over. You are returning with wisdom. With deeper clarity. With purpose.

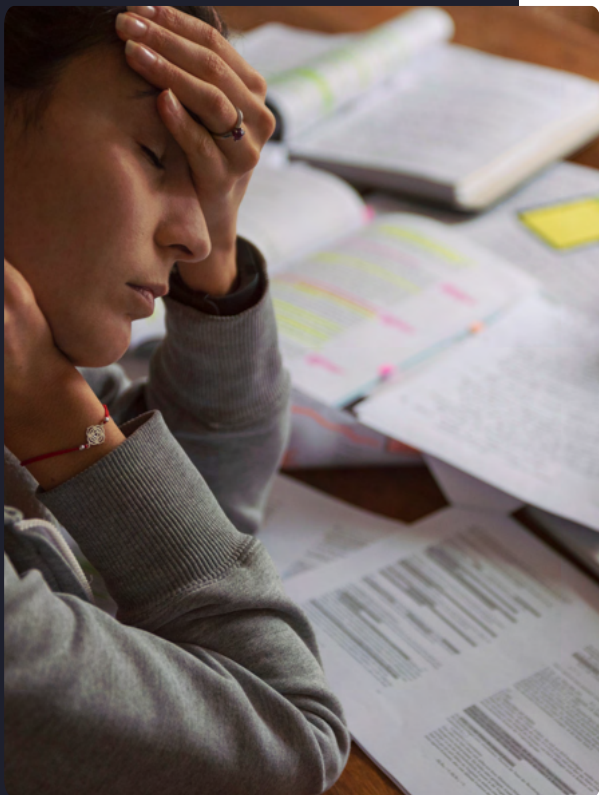
3. Spiritual Transitions

Awakenings. Ego deaths. Identity dissolutions.

These are the quiet, internal unravellings. When everything once certain becomes suspect. You no longer fit inside the old belief systems. And yet... the new ones haven't fully formed.

Queen Energy here means learning to sit with the void. To surrender. To let go of needing it all to make sense.

This is the energy of the mystic.
The rebirthing woman.
The soul-leader.



FIVE ANCHORS OF SOVEREIGNTY DURING CHANGE

1. *Self-Trust Over Strategy*

When I left my marriage, I didn't have a detailed five-year plan or even a clear roadmap. What I had was a deep, pulsing sense inside me that staying would mean abandoning myself. There were a thousand opinions, a hundred spreadsheets, but what I kept coming back to was this: I know me better than anyone else. I had to pause. I had to listen. I had to trust the quiet inner voice that told me, "You've got this."

2. *The Power of Stillness*

In the early days of separation, I remember one morning in particular - curled up on the couch, my daughter still asleep, and the house still. I didn't move. I didn't plan. I just was. And it felt like the first time in weeks that I could breathe. That stillness became my anchor. Not everything had to be solved immediately. Not every conversation had to happen that week. The stillness became a space where wisdom could emerge.

3. *Emotional Sovereignty*

There were so many emotions - grief, guilt, anger, fear. At first, I wanted to talk them out endlessly, to vent to friends, to get validation. But slowly, I began practicing something different. I let myself feel it *within* me, not hand it off to someone else to make sense of. I cried in the car. I journaled late at night. I walked with tears streaming down my cheeks. And with each emotional wave, I reclaimed a little more of my power.

4. *Royal Boundaries*

Not everyone needed to know everything. I stopped oversharing. I stopped trying to explain myself to those who wouldn't understand. My energy was precious, and I learned to protect it. Some friendships faded. Others deepened. And most importantly, I stopped giving people access to my rawest moments unless they had earned it. That sacred circle got smaller - and stronger.

5. *Legacy Visioning*

When I finally had space to ask myself what came next, it wasn't about survival anymore - it was about legacy. Who was I becoming? What example did I want to set for my daughter? For the woman I was becoming for myself? For the woman I was still learning to love in the mirror? That vision of legacy became a lighthouse. I couldn't see every step on the path, but I could see the glow on the horizon.

These weren't perfect practices. They weren't tidy. But they were real. And they kept me sovereign when the rest of life felt like it was shaking beneath me.

Queen Energy Reflection Prompts

These weren't the questions I asked myself back then, in the thick of my separation, identity shift, and emotional storm. But they *are* the ones I ask myself now - every time I find myself in a new season of change. They are invitations back to sovereignty. To self-trust. To clarity. Each one holds a key.

What version of me is no longer aligned?

This question helps you name what is already dying within you, even if you haven't buried it yet. Is it the people-pleaser? The overachiever? The version who stayed silent? Acknowledging her allows you to gently let her go.

What am I craving more space for?

Change always makes space - whether we initiate it or not. This prompt helps you name what you truly long for in the space that has been created: is it rest, creativity, deeper connection, truth?

Where am I still seeking permission?

Sovereignty requires self-sanction. This question helps you notice where you're outsourcing your power - waiting for validation, approval, or someone else's blessing. It reminds you that you are the authority now.

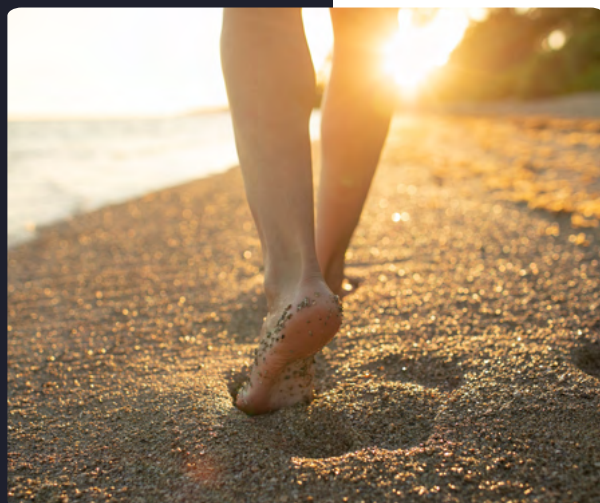
What does leadership look like for me now - not five years ago?

We evolve. Our definition of leadership must evolve too. This reflection asks you to reframe how you show up - not based on old roles or expectations, but based on the woman you are today - and the woman you are becoming.

If I trusted that this transition is sacred, how would I hold myself today?

This is the anchoring question. It softens the panic and recenters the process. It helps you respond with reverence instead of resistance - holding your season of change not as a punishment, but as a rite of passage - and a beautiful journey of growth.

Use them in your journal. Use them in your heart. But above all, let them be a gentle mirror when everything around you feels unrecognisable.





The Crown Never Slips

Transitions test us. But they also refine us.

You will walk barefoot through fire. You will carry the weight of uncertainty. You will question everything.

And still - your crown never slips.

The Queen isn't defined by how steady the ground is beneath her. She is defined by how *she carries herself* through it all. With grace. With wisdom. With a fierce devotion to the woman she is becoming.

She doesn't chase. She anchors. She trusts.

She lets herself be undone - because she knows she will rise again. She holds her own hand when no one else understands. She reclaims her energy, her voice, her vision.

Your next evolution isn't coming from the old energy. It will be born from the version of you that has done the deep, quiet work. The one who has learned to breathe in the unknown. The one who has remembered that power is not performance - it's presence.

And power? It isn't loud. It doesn't need to be.

It's sovereign. It's sacred.

It's yours.

Let your inner Queen lead.



From Positive to Powerful

Reclaiming the Way You Think

Not long ago, someone asked me:

"How do I turn negative thinking into positive thinking?"

It was one of those questions that lingers. It's well-meaning, genuine, and comes from that familiar ache we all have when our thoughts spiral, when things feel heavy, and we just want relief.

There are times when our thoughts do spiral. Life events, emotional memories, or sometimes just the way someone speaks to us can trigger a cascade of inner doubt. It might be one sentence - a look, a tone, a dismissive comment - and suddenly we're rethinking our entire week, unravelling all the progress we made, wondering if we're too much or not enough.

And it's not weakness. It's biology. Our brains are wired with a negativity bias designed to protect us from threat -but in today's world, that often looks like emotional threat. And the result? That one small moment becomes the anchor that drags down an otherwise empowered week. We cry. We spiral. We question our worth.

But when we transform those spiraling thoughts into powerful ones, we take our power back. We remember that the thing someone said is just their perspective - filtered through their lens, their wounding, their story. And that lens doesn't have to define us.

That's not just "positive thinking." That's *powerful* thinking.

Because once we reclaim the narrative, we can do something meaningful with it. We can reflect. We can get out our journals and ask the real questions. What did that moment activate in me? What old belief was touched? What do I want to believe instead?

And just like that, we shift. We reset. We grow. And we evolve not in spite of the spiral - but *because* of it.

We don't need more positive thinking. We need more *powerful* thinking.

The kind that liberates us from both self-delusion and self-destruction.

The kind that expands us, anchors us, and lets us rise - with our feet still on the ground.





Why "Positive" Thinking Can Fall Short

Let's be real - there's nothing wrong with thinking positively. It's a beautiful skill to cultivate. But if we stop there, we risk bypassing the truth in favor of performance. We risk creating pressure to be cheerful even when our nervous systems are fried and our hearts are grieving.

Toxic positivity is real - and it often shows up like this:

- "At least you still have a job" when you're burned out and unfulfilled.
- "Just think happy thoughts" when you're processing deep trauma.
- "Everything happens for a reason" when you've just experienced loss.

These responses might come from good intentions - but they don't land. They deny reality. They rush healing. They silence pain. They dismiss.

And powerful thinking? It doesn't do that.

Because powerful thinking understands that feeling your feelings is pivotal in your growth. The more we allow ourselves to actually process our emotions - instead of papering over them with memes, doom scrolling, or manufactured positivity - the faster we can move through them. Real growth comes not from avoidance, but from presence.

The last thing we want to be doing is covering up our true emotional experience with saved quote tiles, thinking we're doing the work. That's not the work. The work is turning inward and asking the 'why' behind the emotion. The work is sitting in the discomfort long enough to learn from it. That's how we evolve.

And yes, sometimes positivity does play a role, especially when we are working toward goals and dreams. But even then, we need to hold space for all of our feelings in that process. Real positivity, the kind that lifts without lying, has room for grief and joy. For fear and courage. For vulnerability and strength.

And yes, "everything happens for a reason." But that reason isn't to be dismissed with a wave and a shrug. That reason is your invitation to reflect and grow. The universe doesn't hand us lessons so we can collect them like souvenirs. It offers us growth moments - moments that ask us to *pause, integrate, and change*.

What Is Powerful Thinking, Really?

Powerful thinking is grounded. It's honest. It's reflective rather than reactive.

It acknowledges the full spectrum of human experience - without shame, without apology. It's the art of choosing your thoughts consciously, not just to feel good, but to grow good.

Powerful thinking is when we:

- Respond instead of react.
- Question instead of assume.
- Stretch instead of shrink.
- Ground ourselves rather than grasp for approval.

It invites presence - not perfection. And it changes the relationship you have with your own mind.

There are different ways that we can create the space for powerful thinking. One way that I do it is through journaling. It's my space to brain dump all of the garbage, reflect, and then design the way I will choose to respond, learn, or grow from it. This, for me, is how I anchor powerful thinking into my daily practices. It's not always pretty - but it's honest. And that's where the magic happens.

Another way is through movement - walking, running, dancing, even stretching in the sunshine. One of my favourite practices is to start a walk with a single intentional question and commit to having explored or answered it by the end of the walk. That doesn't mean I force clarity - but I create space for it. I invite it. And don't forget the importance of presence. Smell the flowers on your path. Let the sunlight hit your skin. Let your body lead. Because often, that simple reconnection with nature and your breath is enough to dissolve the weight of whatever was spiralling in your mind. Sometimes the answer no longer matters... because the energy around the problem has already shifted.

Powerful thinking isn't just a mindset shift - it's a lived practice. One that we can return to in many forms, through many doorways, every single day.

Powerful Thinking Is the Ability to Hold Two Truths

One of the most transformative shifts I've made - and one I share often with my clients - is the ability to hold duality. To understand that two things can be true at the same time. And that you are not broken for feeling both. You are human.

- I am grieving, and I am still open to joy.
- I feel stuck, and I trust I'll find my way.
- I'm scared, and I know I'm still strong.
- I've made mistakes, and I'm still worthy of success.
- I love where I am, and I'm still allowed to want more.

Our human brain is an extraordinary organ - capable of incredible nuance. It can hold both sides of the same coin. It can entertain paradox. It can express both pain and hope in the same breath. The mind is elastic, expressive, creative. And just as our mind can hold duality, so can our body.

Our bodies often carry what we haven't yet voiced. They store the emotion, the tension, the memory. And each of us processes and holds these truths differently. Some of us feel it in our gut. Others in our chest or shoulders. Some need to speak it aloud, and others need solitude and silence. There is no one right way to process - we are all unique in how we meet the different aspects of our inner life.

But... not everything needs to be shared or aired with others. Powerful thinking doesn't require an audience. But it does require honesty... with *yourself*. You need to *talk to you*. To reflect inward. To hold space for your inner voice so that you can build trust with yourself. Because self-trust is the foundation for powerful thinking. And powerful thinking is what helps you navigate life with more grace, less reactivity, and a deeper sense of alignment.

This shift - this *both/and* - is the heart of powerful thinking. It doesn't erase the shadows. It brings the light into them.

What It Looks Like Day-to-Day

Powerful thinking doesn't require a stage or a crisis. It happens in the micro-moments. The subtle, invisible choices you make in the quiet of your own mind. It's the pause before you spiral. The breath you take before reacting. The decision to choose compassion over criticism - especially when that criticism is directed at yourself. It's in the way you speak to yourself when no one is listening. Let's explore what powerful thinking sounds like in the everyday:

When You Wake Up Already Tired:

Instead of: "I'm lazy. I need to push through."

Try: "My body's asking for softness. I can honour that and still do what matters."

When You're Rejected:

Instead of: "I'm not good enough."

Try: "That wasn't aligned. My worth isn't determined by who sees it."

When You Lose Patience:

Instead of: "I always mess things up."

Try: "That was a hard moment. I'm learning, and I get to repair."

When You Compare Yourself Online:

Instead of: "She's better than me."

Try: "She's proof that it's possible. If it's available to her, it's available to me too."

When You're Drowning in Small Irritations:

Instead of: "Everything is going wrong."

Try: "This is inconvenient, not catastrophic. I won't let it steal my peace."

Powerful thinking is choosing a new thought - not because the old one was wrong, but because the new one is more true, more compassionate, and more aligned.

It's not about being perfect. It's about being present enough to choose your response. To pause. To question. To reflect with honesty, and to move forward with self-respect.

These small moments matter. They accumulate. They shape who we become. A single shift in thought might feel small - but over time, it rewires our trust in ourselves. It reshapes our resilience. So let this be your invitation to reset.

Reset the urge to stay "positive" and instead choose to be powerful. To sit with what's real. To journal your truths. To take a walk with your thoughts. To create intentional spaces to feel and process. To choose self-compassion in the micro-moments that matter most.

Because real transformation doesn't come from loud breakthroughs. It comes from daily devotion. From consistent, gentle acts of self-awareness. From powerful thinking rooted in truth.

This is your moment to return to yourself. To honour the complexity of your mind. And to reclaim your power - one intentional thought at a time.



DOING LESS, THRIVING MORE, & DITCHING PANTS.

*An Ode to
Prioritising Yourself*



Let's be real. If busyness were a badge of honour, most women would be walking around looking like decorated war generals. We've been trained to believe that productivity equals worthiness. That unless your calendar is full, your inbox is groaning, and you're juggling seventeen roles while smiling like a well-moisturised Stepford wife, you're somehow slacking.

Spoiler: You're not.

In fact, doing less might just be the most radical, glorious, liberating move you could make right now. Especially in a world that profits from your burnout, your over-functioning, and your fear of missing out.

Because here's the plot twist they don't teach you in Hustler-School: You're allowed to slow down. You're allowed to nap. You're allowed to say "no thanks" to things that drain you - even if that thing is a Zoom meeting titled "quick sync" that's never once been quick or synced.

This article is your hilarious, slightly rebellious nudge to take off the Superwoman cape, chuck it in the wash (or burn it), and reclaim your time, energy, and sanity. Especially if you're a woman - because the systems we're expected to operate in weren't exactly designed with our hormone cycles, nervous systems, or sacred need for alone time and carbs in mind.

Let's dive in. Pants optional. Obviously.

WE ARE NOT 24-HOUR CREATURES

Let's talk cycles.

Men are largely hormonally consistent across a 24-hour period - testosterone rises in the morning, peaks mid-day, and resets overnight. Hence the old "crush the gym at 6 AM and rule the boardroom by 9" thing.

Women, however, operate on a monthly hormonal cycle. Roughly 28 days. (Or 29, or 32, depending on your body, your stress levels, and whether you've had more than two hours of uninterrupted sleep or accidentally opened an email from school.) Our energy, motivation, creativity, and even our confidence naturally rise and fall in tune with our menstrual cycle - not the 24-hour clock.

So when we're expected to function like a man on a Monday... and every other day of the week... we're essentially trying to run sophisticated lunar software on a solar-powered system. It's glitchy at best.



WHAT'S ACTUALLY HAPPENING IN YOUR CYCLE (BESIDES YOUR CRAVING FOR CHOCOLATE)

Here's the short version:

Menstruation (Days 1–5)

Your body is doing a full factory reset. Energy is low. Emotions can be high. Ideal time to rest, journal, or give side-eye to anyone suggesting a “power hour.”

Follicular Phase (Days 6–13ish)

Your energy is rising. Ideas start to flow. This is a great time to plan, brainstorm, or try something new. It's the “I might just rebrand my whole business” week.

Ovulation (Days 14–17ish)

Peak energy. You're radiant, magnetic, and unusually tolerant of other people's nonsense. Who the hell wants to talk to people during menstruation (or, let's face it, most other times)? So we may as well leverage ovulation for something other than procreating. This is your time to shine, baby.

Luteal Phase (Days 18–28)

Your inner editor comes out. You become highly discerning - some might say “intense,” but that's their problem. Time to finish things, set boundaries, and maybe question your entire life plan. (It'll pass.)

WHY SLOWING DOWN ACTUALLY GETS YOU FURTHER

It sounds counterintuitive - but doing less can help you achieve more.

Here's why:

- You stop wasting energy pushing uphill. Trying to write a visionary business plan when your brain is foggy and your uterus is staging a protest? Not ideal.
- You work with your natural flow instead of against it. When you match the task to the energy phase, everything feels easier. It's like choosing to swim with the tide instead of against it - only with fewer jellyfish and more herbal tea.
- You build self-trust. When you actually listen to your body - not override it - you create a deeper sense of trust with yourself. That's powerful. And rare.



SO WHAT CAN YOU DO ABOUT IT?

Here are some non-performative, zero-fluff tips to begin reclaiming your time and energy:

Track your cycle. Use an app, your planner, or a post-it stuck to the fridge - whatever works. And don't just track your period - track your moods, your motivation, your random bursts of brilliance and your moments of existential dread. That's the real data. And hey, if you don't currently have a menstrual cycle - thanks to menopause, hormone intervention, birth control, divine intervention, getting your bits removed, or just sheer cosmic chaos - you're not off the hook.

Your body still grooves to a rhythm, even if it's less obvious. A beautiful (and slightly witchy) way to stay connected is to track yourself against the moon. Yes, the actual moon. She gets it.

Use the new moon as your inner winter (translation: do not disturb unless you're bringing carbs), the waxing moon as your spring (a.k.a. time to try new things), the full moon as your inner summer (high energy, high glam), and the waning moon as your autumn (say no to everything and everyone). Many women swear by it - and not just because it sounds cool - but because it actually helps you feel like you're not going mad. Which, let's be honest, is a win.

Stop expecting yourself to be a robot. That whole 'same output every day' thing? That's factory-floor thinking and a total farce. You're not a machine - and to be quite frank, being the same every single day sounds goddamn boring as fuck. The world wants us to be robotic because it's easier to manage, more predictable, more profitable. But we're not programmed that way ... and nor should we be. You're not here to be consistent like a coffee machine. You're here to be cyclical, surprising, moody, magical, and occasionally lying on the floor questioning your life choices while still being fabulous.

Schedule to your advantage. Plan your most visible, people-facing tasks during ovulation. This is when we have the energy for other people and all the things going on, including increased tolerance levels. Block out downtime during menstruation like it's sacred (because it is) and let that 'do not disturb' energy run free.

Cancel things. Without guilt. "I'm at capacity" is a complete sentence. Bonus points for using it on social invites that require pants. Cancel things so you can wear absolutely NO pants, curl up in front of the fire, and feel wildly aligned with your truest self (who currently just wants a cup of tea and zero human interaction). Cancel things so you can sip Rosé in the bath, surrounded by candles, watching a chick flick that's both hilarious and slightly unhinged - because pretending life is 'just peachy' in a crowd is highly overrated. Cancel things so you can snuggle under a blanket with that saucy romance novel you've been hiding behind a self-help book when you go out in public. Cancel things because you can. Because your peace is more important than polite obligation. And because sometimes, the best use of your time is doing absolutely nothing - with enthusiasm.



Rest like it matters. Because it does. Creativity isn't born from spreadsheets, back-to-back meetings, or your 14th coffee of the day. It doesn't care about your calendar. It arrives at the most inconveniently magical moments - like in the shower, halfway through shaving one leg. Or while driving, when you've got no way to write it down except to awkwardly shout voice notes into your phone like a deranged motivational speaker. (Side note - the voice note thing on my own phone can't understand my kiwi accent, so it comes out as garbage anyway.)

This is why rest isn't a luxury - it's essential. You need space to daydream wildly, to build castles in the clouds from the comfort of your couch. To make up elaborate alternate lives while staring blankly at the ceiling fan. You need rest to dream bigger, create fancier realities, and remember that your brain works better when it's not being micromanaged by your to-do list. Seriously, no one ever birthed a brilliant idea while replying to their 17th email before 9am.

YOU'RE NOT LAZY - YOU'RE LIBERATED

Doing less isn't about giving up.

It's about giving up what's not aligned - like unnecessary meetings, that group chat you've muted for six months, and the soul-sucking obligation to always be "on" like a malfunctioning office printer.

It's saying:

- I don't need to perform productivity to prove I'm a worthy human.
- I don't need to hustle 24/7 just to feel like I've earned my own dinner.
- I get to honour my body, my cycles, my moods, and the fact that sometimes I just want to lie down and stare at the ceiling fan like it's delivering divine guidance.

And weirdly enough? That's when the good stuff actually starts to happen.

More clarity.

More creativity.

More impact - from a place of calm, not chaos. From a nervous system that isn't fried. From a calendar that actually includes joy.

So here's to sacred stillness.

To slowing down. To doing less - and absolutely thriving like the high-functioning, rest-prioritising goddess you are.

And if anyone wants to label that "lazy"?

Let them. You'll be at home in your robe, sipping tea, and feeling smug as hell about it.



ELEVATE TO EXPAND

MEETING YOURSELF AT EVERY NEW CEILING

There comes a point in every woman's journey where she begins to feel it: the subtle tension between the life she has and the life she knows she's meant for. It doesn't always arrive as a dramatic event. Sometimes, it's a quiet ache. A nudge. A whisper from within. It's the inner knowing that you've outgrown certain patterns, environments, relationships, and even identities. You look around and realise that what once felt expansive now feels... contained.

This is the moment we meet a new ceiling. Not a limitation, but a sacred invitation to rise.

The Spiral of Becoming

Elevation is not a straight line. It's a spiral. We circle around lessons, rise through layers, and return to familiar ground with deeper insight. Each time we evolve, we create a new threshold—a vibrational edge that defines the current version of our life. And each time we grow, we must meet that edge with intention before we can break through it.

That edge might show up as:

- A relationship that no longer feels aligned.
- A job or title that once felt important but now feels hollow.
- A conversation that drains instead of energises.
- A vision that used to stretch you, but now feels too small.



It's not that we've failed. It's that we've evolved.

I remember one particular season in my life when I was in a relationship that, on paper, looked solid. He was kind, consistent, and I loved him dearly. But over time, I realised I wasn't in love anymore. What unfolded from that decision to leave wasn't just the end of a relationship - it was a recalibration of my entire life. I moved cities, reconnected with my health, and nourished my relationships with family. It wasn't about running away - it was about running home to myself.

Life Elevation is an Energetic Practice

True success - the kind that nourishes the soul - is not just about external wins. It's about resonance. Alignment. Vibration.

When we speak of "elevating our life," we're talking about choosing the thoughts, people, environments, and beliefs that support the woman we are becoming. We are raising the frequency of how we live, how we show up, and what we expect for ourselves.

...continued

This means:

- **Consuming with discernment.** The books we read, the shows we watch, the words we listen to - they all carry energy. Do they expand or deplete you?
- **Curating your circle.** Do the people in your life celebrate your evolution, or feel threatened by it?
- **Rewriting your inner narrative.** Are you speaking to yourself as the empowered woman you are, or through the filter of outdated fears?

Life elevation happens when we start to choose differently. And consistently.

There was a time I felt the nudge to start the Reawaken You podcast. I had the vision - but resistance showed up in full force. I created every barrier I could: "I don't have the right microphone," "I need a professional setup," "I don't even know how to use the software." But none of it was the real issue. The truth? I had hit a new threshold - and fear was disguising itself as perfectionism. One day, I sat down, ignored the noise, and just recorded. I forgave myself for not knowing everything, and I began.

The Art of Setting New Standards

Every breakthrough requires new standards. Not from a place of pressure, but from a place of self-devotion.

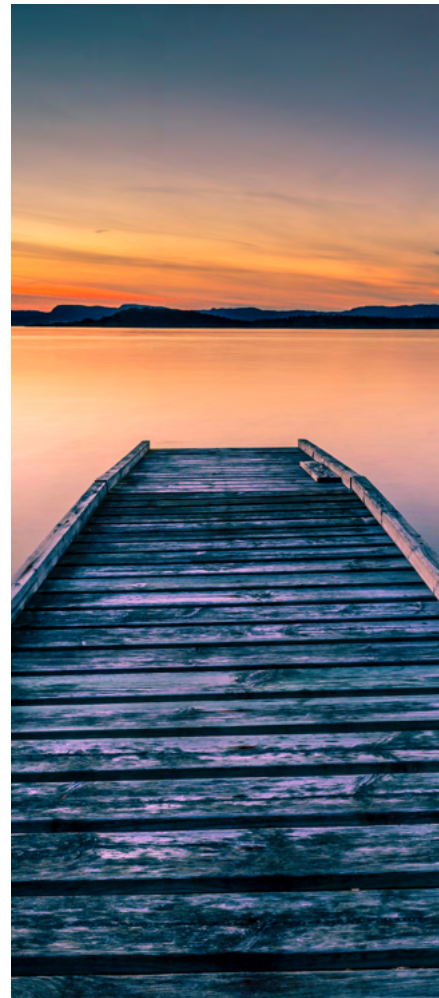
Setting new standards might look like:

- No longer entertaining low-vibe conversations.
- Choosing peace over proving.
- Releasing the need to justify your desires.
- Asking, every day: Does this align with my next level?

As you rise, your world reshapes to meet you. Opportunities recalibrate. People shift. Synchronicities increase. And with each decision to honour your evolution, you step more fully into your authentic power.

That's what happened when I started shifting what I allowed into my world. I stopped consuming anything that left me feeling heavy - whether it was dark TV shows, draining conversations, or doom-scrolling. I told a friend I could no longer watch true crime or psychological horror - it wasn't fueling my next level. Instead, I immersed myself in fiction that lit me up, podcasts that expanded my mind, and stories that reminded me of the beauty in being a woman who is ever-evolving. My environment changed, and so did I.

In another chapter of life, I faced a situation that tested my integrity. A colleague asked me to join others in signing a letter against our manager. I knew in my gut that it was wrong. Instead of following the crowd, I chose to abstain. I raised my standards... not just for how others treat me, but for how I show up in my own story. That decision not only preserved my integrity - it anchored me into my own leadership.



...continued



Evolving Into Who You Were Always Meant to Be

There is no final destination in this work. Just deeper levels of self-awareness, self-expression, and self-leadership.

You are not here to stay static. You are here to grow. To shed. To expand. To remember the truth of who you are beneath the noise.

Every new ceiling is a chance to pause and ask:

- What am I ready to release?
- What am I ready to receive?
- Who am I becoming now?

When we view life through this lens, growth becomes sacred. It's no longer something we chase... it's something we choose.

And the more we choose it, the more naturally we rise.

I remember journaling one night after a dear friend asked if I was depressed. What she didn't realise was that I wasn't sad - I was peaceful. I had finally prioritised myself. I wasn't chasing a partner. I wasn't keeping busy to prove my worth. I was deeply in my own energy, honouring what I needed. And that realisation, that I was happy on my own, was one of the most powerful truths I'd ever written down.

The Reawaken Ritual: Reflection Prompts for Your Next Evolution

1. What signs are showing me that I've reached a new ceiling?
2. What area of my life feels ripe for elevation?
3. Who do I become when I embody my next level?
4. What thoughts, habits, or energies am I being asked to release?
5. What elevated decisions can I make today that align with the woman I'm becoming?

You don't need to have it all figured out to evolve. You just need to be willing to meet yourself - again and again - with honesty, clarity, and love. Because every time you do, you rise.

And that rising?

That's your expansion. That's your legacy. That's you - coming home to yourself, one new ceiling at a time.





WHEN THE SOUL WANDERS

You're doing everything right. The life you've built functions. The house is (mostly) tidy, the work gets done, the people are looked after. You know how to show up, keep going, manage the chaos. You're reliable, responsible, dependable. And yet - quietly, beneath all the good and the functioning - there's a part of you that feels absent. Not broken, but not fully here either. A part of you that feels like it wandered off while you were busy being everything to everyone else.

It's subtle, at first. The scroll-through-your-phone moments. The sighs you don't even realise you're letting out. The way joy has become rare, and creativity feels like a past life. You notice that you're no longer dreaming like you used to. You've stopped asking big questions. You've traded vision for functionality. And some days, the thought arrives, quietly but persistently: Is this it?

You love your people. You're grateful for what you have. But still... something inside you longs for more - not more to do, but more to feel. More to explore. More to become. Not because what you have isn't enough, but because your soul is evolving, and it's ready for new terrain. The old rhythms no longer fit. And when that happens, it doesn't mean you've failed. It means you've *grown*.

YOUR SOUL AND YOUR LIFE CAN COEXIST

There's a lie many women internalise - that we must choose between having a grounded, responsible life or pursuing the soulful, creative, adventurous part of us. But you don't have to choose. You're allowed to hold both. You can raise kids and raise your own aliveness. You can pay bills and pursue beauty. You can meet obligations and follow inspiration.

When we don't make space for our deeper self, stagnancy sets in. It doesn't always look like a crisis - sometimes it looks like perfect functionality on the surface, while inside you feel hollow, restless, or resigned. But you don't need a dramatic reinvention to shift this. You just need to begin responding to yourself again. And that begins with listening.



THE QUIET POWER OF CREATIVE SOLUTIONS

Your soul doesn't always want the obvious fix... it wants nourishment. It wants movement. It wants something to respond to. So if you're asking where to from here, start by noticing what kind of hunger is present. What are you craving at a soul level? And how might you respond to that craving in a creative, life-giving way - even within your current reality?

Here are some starting points:

If you're feeling restless or wanderlust-y:
Your soul is craving expansion, novelty, and movement.

- Plan a short weekend road trip to somewhere you've never been - even only an hour away.
- Spend a day in a nearby town and pretend you're a tourist.
- Rearrange a room in your house to feel like a boutique hotel.
- Create a "travel vibe" day - foreign films, exotic food, a long journal session by candlelight.

If you're feeling creatively flat or uninspired:
Your soul is asking for colour, expression, and texture.

- Join a workshop or art class - pottery, painting, creative writing.
- Visit an art gallery and let yourself be moved by something that makes no sense.
- Set up a sacred corner at home for dreaming, sketching, or vision boarding.
- Try a new medium: collage, charcoal, or poetry. Let yourself play without needing to be good at it.

If you're feeling emotionally fatigued:
Your soul is calling for restoration, boundaries, and softness.

- Block out a morning with no obligations - no calls, no social media, no guilt.
- Sit by water. Watch the tide. Let yourself cry, nap, or do absolutely nothing.
- Invest in rituals that feel healing — warm baths, soft music, being held (by someone or by self).
- Say no to the thing you don't want to do. Mean it.

If you're feeling disconnected from your body:
Your soul wants embodiment, grounding, and presence.

- Take a dance class or try intuitive movement at home with your favourite playlist.
- Walk barefoot on the grass. Move slowly. Breathe deeply.
- Try yin yoga or breathwork - something that brings you inward.
- Make a beautiful meal with your hands and eat it slowly, like a ceremony.





If you're feeling spiritually numb or directionless:
Your soul is longing for connection, meaning, and magic.

- Pull oracle cards or write letters from your future self.
- Revisit the books or teachers who once sparked something in you.
- Wake up early just to watch the sunrise and ask: What do I need to hear today?
- Create your own rituals: light a candle before journaling, set intentions with each new moon.

LET THE NEXT VERSION OF YOU EMERGE GENTLY

You don't need to have it all figured out. You don't need to know your five-year plan or your purpose in capital letters. You just need to begin responding to your own life in a way that invites more you back into it.

The clarity you seek isn't hiding. It's waiting to be revealed - through moments of presence, acts of creativity, tiny sparks of joy. Every time you choose something that makes you feel more alive, you are building the path forward. And that path won't come from copying someone else's steps. It will come from your own alignment - messy, intuitive, and real.

So if you're wondering *where to from here*, begin by asking a quieter question: *What's calling me now?* You might not get the full answer. But you'll feel the direction. And that's enough to begin again.



THE MID-YEAR RESET

YOU DIDN'T KNOW YOU NEEDED

Let's be honest with each other for a moment - because honesty is where all transformation begins.

Back in January, I set a word for the year. I lit the candles, wrote in the journal, vision boarded like a woman possessed, and set off into the new year with a kind of gentle fire in my belly. And yet, somewhere between summer swims and school term chaos, long work days and too many half-drunk coffees gone cold, that fire dimmed. Not out completely - just dulled under the weight of "life."

And when I finally looked up one day and realised it was already June, I felt a familiar whisper: "You're behind." Not loud. Not panicked. Just a slow, creeping thought, one that often rides shotgun for many high-achieving, soul-led women. Maybe you've felt it too.

But here's what I've come to learn - again and again:

You haven't failed. You're just ready to reset.

A reset isn't a start-over. It's a sacred return. It's not about hustle... it's about homecoming.

When I first began working with women through Reawaken Coaching, I noticed a pattern. At the midpoint of the year, there's this collective sigh. This pause. Sometimes laced with guilt, sometimes grief, sometimes a dull frustration. But always, always with a longing to realign. Not to do more. But to come back to the centre of who they are - and what they actually want.

That's why I created the RESET method - not as another framework for productivity or another box to tick - but as a deeply feminine, self-honouring process. One that doesn't shame you for being human, but lovingly guides you back into alignment.





R: REMEMBER WHO YOU ARE

This isn't about goals. This is about soul.

Before we can move forward, we have to come back. Back to truth. Back to the woman underneath the masks, the roles, the survival-mode autopilot.

Earlier this year, I caught myself going through the motions - marking off tasks, being everything to everyone, but feeling strangely absent in my own body. I wasn't unhappy, but I was a bit untethered. So I asked myself: Where have I drifted from myself? What have I been pretending not to know?

This first step is a reckoning, yes - but it's also a release. It's the moment you stop gaslighting yourself with "it's not that bad" and instead meet your reality with honesty and grace.

I use a simple traffic light check-in with clients:

-  Green - What's working, flowing, energising you?
-  Yellow - What's inconsistent, heavy, or meh?
-  Red - What feels done, draining, or dead?

Then we ask deeper questions:

- What truth am I avoiding because it would require me to change?
- Where am I still trying to be palatable instead of powerful?
- What have I outgrown but am still clinging to?

Because the real you - the one you came here to be - is still in there. She's just waiting for permission to return.



E: EMBODY THE EVIDENCE

When you feel off-track, your brain loves to whisper, "You've done nothing."

Let's call BS on that.

This part of the process is about rewriting the story you've been telling yourself. It's not toxic positivity. It's choosing to see clearly. We do this by gathering two kinds of evidence:

- Visible Wins - The tangible stuff: habits formed, goals hit, boundaries held.
- Invisible Wins - The sacred stuff: moments of growth, saying no without guilt, feeling your feelings instead of numbing them.

One of my invisible wins this year? Letting go of urgency. Not everything had to be done *yesterday*. I started trusting my body's pace. I started creating from desire rather than proving. That shift? Life-changing.



S: SET SOUL STANDARDS

You don't rise to your goals. You settle at your standards.

This isn't about another round of New Year-style resolution. This is where you draw a line. You decide what you are no longer available for - and what you're willing to expect as your new normal.

Not someday. Now.

Examples of soulful standards:

- I no longer explain my "no."
- I protect my mornings as sacred.
- I rest without guilt.
- I only pour into spaces that nourish me back.

Standards are not about perfection. They're about energetic clarity. They anchor you when the world tries to pull you into performance.



E: EXPRESS ALIGNED ACTIONS

Let's talk about micro-momentum.

You don't need a master plan. You need movement. Choose one area of life that's calling for your attention - health, creativity, finances, relationships - and make three small, sacred moves.

Don't overthink it. Just begin.

A few examples:

- Send the email.
- Clear your workspace.
- Go for a barefoot walk.
- Book the appointment.
- Speak the truth that's been sitting in your throat.

Aligned action is how you build energetic trust with yourself. You show yourself that you can follow through - not from pressure, but from presence.



T: TEND TO THE FLAME

Starting is easy. Sustaining is sovereign.

This step is the most overlooked, but it's everything. This is about building rituals of reconnection so you don't lose yourself to autopilot.

Try this:

- Ask yourself each morning: "Six months from now, what will I wish I focused on today?"
- Set a weekly self-check-in: What felt light? What felt heavy? What's one small step for next week?

This keeps the flame lit. It keeps your energy clean. It keeps you moving from clarity... not chaos.

So here you are. At the midpoint. Not behind. Not off course.

Simply standing at a threshold.

You get to choose what comes next.
You get to reset - not out of failure, but out of freedom.
You get to remember who you are and rewrite how the rest of the year unfolds.

Let this be your invitation to return.
To realign.
To reawaken.

The woman you're becoming?
She's not waiting at the finish line.

She's right here.

Ready when you are.





Reawaken Your Authentic Self

A 5-DAY JOURNEY BACK TO YOU

Have you been pouring yourself into everyone else - work, family, commitments - only to realise that somewhere along the way, you've forgotten yourself?

It's time to come home.

Reawaken Your Authentic Self is a beautifully guided 5-day online program for women ready to reconnect with their truth, their strength, and their inner Queen.

Designed with busy lives in mind, this self-paced experience offers five short, powerful webinars, each centered around a daily micro-shift that leads to lasting change. You'll explore themes like setting sacred boundaries, embracing your Queen energy, and shifting from people-pleasing to self-honoring.

Each day includes:

- A morning activation to set your intention
- An evening reflection to integrate your insights
- A beautifully designed, editable workbook + a 12-week integration journal

This is not about becoming someone new - it's about remembering who you already are.

For just \$29 USD, you'll receive lifetime access to the full program, empowering you to move at your own pace, without pressure or overwhelm.

Ready to return to yourself?

Click the button to join the waitlist to be the first to know when it launches:

[WAITLIST](#)



REAWAKEN COACHING

www.reawaken-coaching.com

CONNECT WITH ME ON:



[Reawaken Coaching](#)



[@kateparker.reawakencoaching](#)