

QUARTER THREE
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REAWAKEN

QUARTERLY EDITORIAL

THE MAGIC OF GROWTH ISSUE

- LETTING GO OF WHAT IS OUTSIDE YOUR CONTROL
- THE BEAUTY OF MAKING MISTAKES
- LEARNING TO FEEL WORTHY
- BOUNDARIES: TRANSFORM YOUR RELATIONSHIPS AND SELF-RESPECT
- EMBRACING NEUROPLASTICITY
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HEY, GORGEOUS YOU



“ *A seed neither fears light
nor darkness...
but uses both to grow*

MATSHONA DHILWAYO

As the northern hemisphere enjoys summer warmth and the southern hemisphere settles into winter's chill, this edition feels more personal to me, echoing the seasonal transitions with my own journey of self-reflection. Perhaps the New Zealand winter has me introspective, deepening my connection to the content I'm sharing with you.

Growth is a vital part of our journey, driving us to evolve and become who we're meant to be. This edition delves into growth, exploring its many facets and its profound impact on our lives. From letting go of what's holding us back to embracing our mistakes, these articles aim to inspire and guide your own growth process.

Letting go is a key theme we explore. It's not about abandoning loved ones but respecting their journeys and giving them space to grow, allowing more abundance into our lives. We also celebrate the beauty of making mistakes—they're powerful opportunities for rapid growth and valuable life lessons.

Self-respect and feeling worthy are close to my heart. It's been a long journey for me, symbolized by the phoenix—rebirth, transformation, and rising from the flames. Embracing worthiness is a lifelong journey, but it's never too late to find your inner strength.

Boundaries are essential for our well-being. In my Queen Energy program, we dive deep into this, but everyone should have access to tools for establishing and maintaining healthy boundaries, protecting our energy, and showing up authentically.

I'm passionate about neuroscience and am currently pursuing a certification in Neuroscience Coaching. I'll share some insights on neuroplasticity in this edition. Plus, my favorite part of creating this edition for you was interviewing the inspiring Suzette Garcia, who encourages us to dream bigger through her method of vision boarding—embodying the process, not just cutting out pictures.

This edition is all about growth, change, and the journey toward becoming our best selves. Embrace the challenge of evolving and place yourself at the center of your story. As you read these articles, I hope you find inspiration for your own journey, wherever it leads.

Thank you for being part of our community. Here's to growth, change, and all the beautiful messiness that comes with it.

Warmest regards,

Kate Parker
Editor-in-Chief

Learning to Let Go:

How to Stop Feeling Responsible for Other People's Choices

The key to finding peace is accepting that everyone has their own journey, and our job is to set boundaries and focus on our own mental health. By letting go, we find the freedom to live without the weight of other people's decisions holding us back.

Let's talk about letting go of things we can't control. It sounds simple, but in reality, it's one of the toughest things to do, especially when it involves people we care about. We all want to believe we can influence the decisions of those close to us, but there's a point where we have to accept that we can't. If you've ever felt overwhelmed by the stress of someone else's choices, I get it. You want to help, but you can't live their lives for them.

My Experience with Control and Chaos

I've had my share of chaos in life, so I know what it's like to be in the middle of a storm that you can't control. My mother was bipolar and an alcoholic, and as her only child, I felt like it was my responsibility to fix things. Growing up, I saw her make risky decisions that turned my world upside down. I thought I had to be the adult in the room, but there was only so much I could do. It was like watching a car crash in slow motion—you see it coming, but you can't do anything to stop it.

It wasn't until after she passed away that I realised how much stress I was carrying from feeling responsible for her.

I had this nagging feeling that I should have done more, that I could have somehow changed the outcome. But here's the thing: her decisions were hers, not mine.



She was on her own journey, and I wasn't the captain of her ship.

Accepting That Others Are on Their Own Journey

When you care about someone, it's natural to want to guide them, protect them, and keep them from making mistakes. But everyone has their own path to walk, and you can't control that. Whether it's family, our children, friends, or even partners, they are responsible for their own decisions. Trying to take on that responsibility will only drive you crazy.

When I talk to people who have family members or friends making bad decisions, I tell them the same thing: you can't control them, and that's okay. They need to learn their own lessons, even if it means hitting rock bottom. All you can do is be there for them when they need support, but you can't live their lives for them.

Letting Go in Family and Friendships

Family can be the hardest to let go of. There's a sense of duty, like you have to be there no matter what. But just because you are family doesn't mean you're responsible for their choices. My mum's life was her own, and while I loved her dearly, I couldn't change her path. I could only set boundaries and protect my own mental health.

MY BIGGEST LIFE LESSON

“*I love my family. But I am not my family, and they are not me.*”

The same goes for friendships. I've had friends who made bad decisions, and I've been the friend who went off the rails. It's tempting to try to fix things, to step in and save them from themselves. But you can't. All you can do is offer support and guidance, but at the end of the day, it's their journey.

Protecting Your Mental Health

Taking on the responsibility for other people's choices is a heavy burden. It can drain you emotionally and mentally, leaving you feeling overwhelmed and stressed. You have to take care of yourself first. Set boundaries and decide what you're willing to tolerate. If someone is causing you too much stress, it's okay to step back. Your mental health is more important than trying to fix someone else's life.

When you find yourself feeling responsible for someone else's choices, remind yourself that you are not in control of their journey. You can care about them without taking on their problems as your own. It's not your job to fix everything.

Finding Peace in Letting Go

Letting go is a journey in itself. It's about accepting that you can't control everything and that's okay. By releasing the need to fix other people's problems, you can find a sense of peace and freedom. You can focus on your own life without the burden of someone else's choices weighing you down.

Remember, you're not responsible for anyone else's decisions but your own. Take care of yourself, set boundaries, and let others find their own way. You can still be there for them without carrying their burdens. It's all about finding balance and realising that you're not responsible for anyone but yourself. Once you do that, you'll find a freedom you didn't even know existed. Trust me, it's worth it.



This article wouldn't be complete without highlighting other areas that we can let go of in our lives:

Letting Go of Control in Uncontrollable Situations

Beyond trying to control people, there's a tendency to try to control events or outcomes that are simply outside our influence—like the weather, traffic, or other people's reactions. Letting go of this kind of control allows you to focus on what you can change and reduces stress from things that can't be controlled. One of the key things to focus on in this situation is your own thoughts about it.

Letting Go of the Past

People often carry the weight of past mistakes, regrets, or grievances. Learning to let go of these can help you move forward and focus on the present. This can involve forgiving others, forgiving yourself, or simply accepting that the past cannot be changed. What we can change though, is the narrative we tell ourselves, and this is something I can teach you.

Letting Go of Expectations

We often have expectations for how things should turn out, whether in relationships, careers, or personal goals. Letting go of rigid expectations allows for flexibility and can lead to greater satisfaction as you embrace the journey instead of just the outcome. This is called living in the 'gain' where the journey, how we grow, and who we become is much more important than the outcome we're striving for.

Letting Go of Worry

Worrying about the future is a common source of stress. Learning to let go of excessive worry and trust that things will work out can be freeing. This doesn't mean ignoring responsibilities, but rather not letting anxiety about the unknown consume you. What you practice and action now will influence your future. This should come from a place of inspiration and abundance instead of a place of need, not enough, or scarcity.

Letting Go of Approval-Seeking

The desire for approval from others can be exhausting and unfulfilling. Letting go of this need allows you to focus on what truly matters to you and build a sense of inner confidence and self-worth. External validation seeking is prevalent in today's social media society. What is most important though is that you validate yourself.

Letting Go of Toxic Relationships

Sometimes, we hold on to relationships that are harmful or draining, whether it's friends, family, or partners. Learning to let go of these toxic connections is crucial for mental and emotional well-being. It may involve setting boundaries or even cutting ties. Sometimes we hold onto people for the sake of having people around us. It's important to realise that sometimes these people are just not the right people for us and feel at peace with that.

Letting Go of Judgment

Judging others or feeling judged can be a source of stress and negativity. Learning to let go of judgment allows you to approach people and situations with an open mind and greater compassion. We are all different from each other, and that is part of the beauty of this world. This diversity between us, helps us leap forward and grow and create new and wonderful things. Letting go of your judgement for others opens your mind to incredible new possibilities, even if it feels uncomfortable. If it does, that means you're growing.

Letting Go of Material Attachments

We often attach a lot of value to material possessions, believing they define our success or happiness. Letting go of excessive attachment to material things can lead to a simpler, more meaningful life. This is one of the areas that I am constantly working on and is a particular focus for me this year. I feel this huge desire to declutter, to let go of things that don't enhance my life, and to surround myself in beauty.



THE BEAUTY OF MAKING MISTAKES:

A Pathway to Growth and Happiness

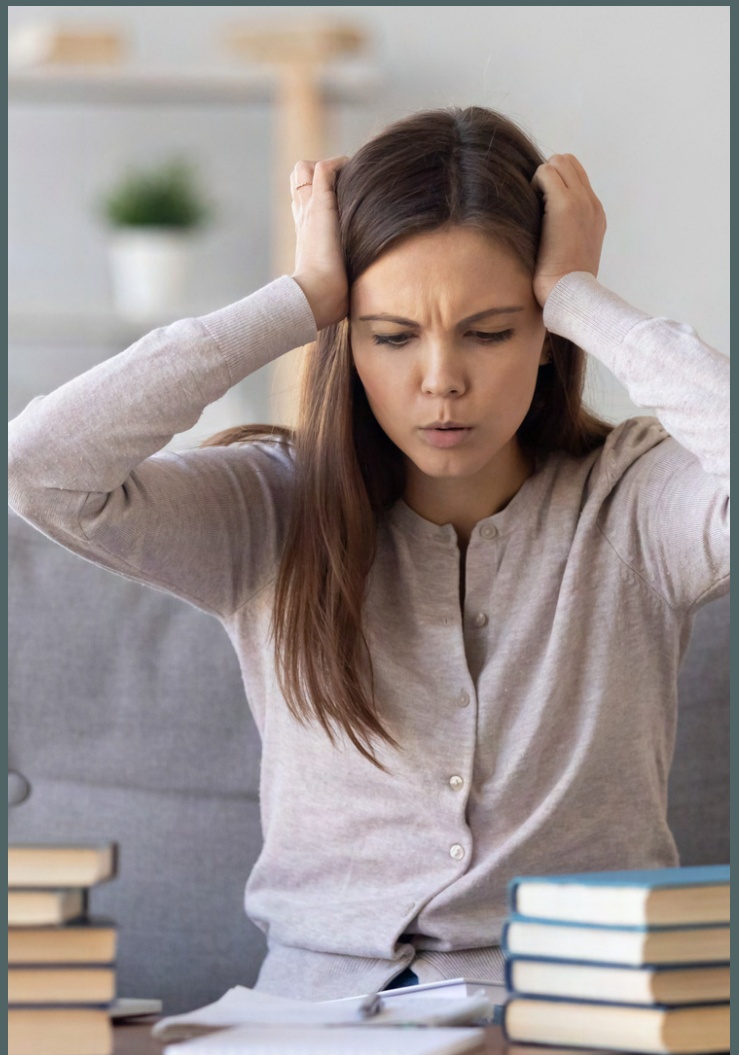
I used to think that perfection was the ultimate goal. That everything had to be just right before I made a move or tried something new. It's a trap so many of us fall into—waiting for that perfect moment, when all the stars align and we know for sure it's the right time to act. But here's the thing: there's beauty in making mistakes. It's through those slip-ups, blunders, and outright failures that we grow, learn, and find our way.

Let me tell you about my recent experience with starting a podcast. I had been mulling over the idea for ages, but I kept putting it off, waiting for everything to be just right. I had a ton of doubts: Would people listen? What if I sounded like an idiot? Should I wait until I had it all figured out? I told myself I needed the best equipment, a solid plan, and a flawless script. I even did all those things, and I still didn't feel ready. If I had waited for the perfect star alignment, I'd still be waiting today. Finally, I decided to take the plunge, mistakes and all. The result? My brain did a complete 180, from fear to relief, just like that. Not only did I launch my podcast, but I also discovered a new sense of freedom. My fear of imperfection melted away, replaced by a rush of excitement. I was doing something new, exciting, and wonderful – and I was growing within that process.

This is the thing about mistakes—they're not the end of the world. In fact, they're often the beginning of something amazing. We all start out as beginners, and that's okay. It's the mistakes we make along the way that teach us the skills we need to get better. Perfection is a myth, a story we tell ourselves to avoid taking risks. But without risks, there's no growth, no evolution. Just stagnation.

“Mistakes are not the end of the world. In fact, they're often the beginning of something amazing.”

Making mistakes is beautiful because it pushes us out of our comfort zones. It forces us to confront our fears and, in the process, discover new parts of ourselves. Each mistake is like a key that unlocks a new door, leading us to places we never imagined. We learn what we're capable of, and suddenly, the world feels a little bigger, a little more full of possibility.



Learning from the Mistakes of Others

Mistakes don't just teach us about ourselves; they can also provide valuable lessons from others. History is full of people who made big mistakes and shared what they learned. From inventors who failed a thousand times before finding success to artists who struggled to find their voice, mistakes are everywhere. Even the darker stories, like those of dictators who caused unimaginable suffering, offer lessons in what not to do.

I was talking with my daughter about fairy tales the other night. She had never heard the full story of Little Red Riding Hood and was shocked at how scary it was. "Why would you tell me that story?" she asked. I explained that fairy tales aren't just about happy endings; they're about the lessons we learn from the journey. Red Riding Hood made a mistake by veering off her path, trusting the wrong person, and letting the wolf trick her. But through her mistakes, she learned valuable lessons: to trust herself, stay true to her path, and not be swayed by others. It's a warning wrapped in a story, teaching us to be cautious and wise.

These stories aren't about knights in shining armour or woodcutters coming to save the day. They're about the growth that comes from missteps and how those missteps shape us into better versions of ourselves. If Little Red Riding Hood hadn't made those mistakes, she wouldn't have learned to be wary of wolves in disguise.

“ *Grace means that all your mistakes now serve a purpose instead of serving shame*

BRENE BROWN

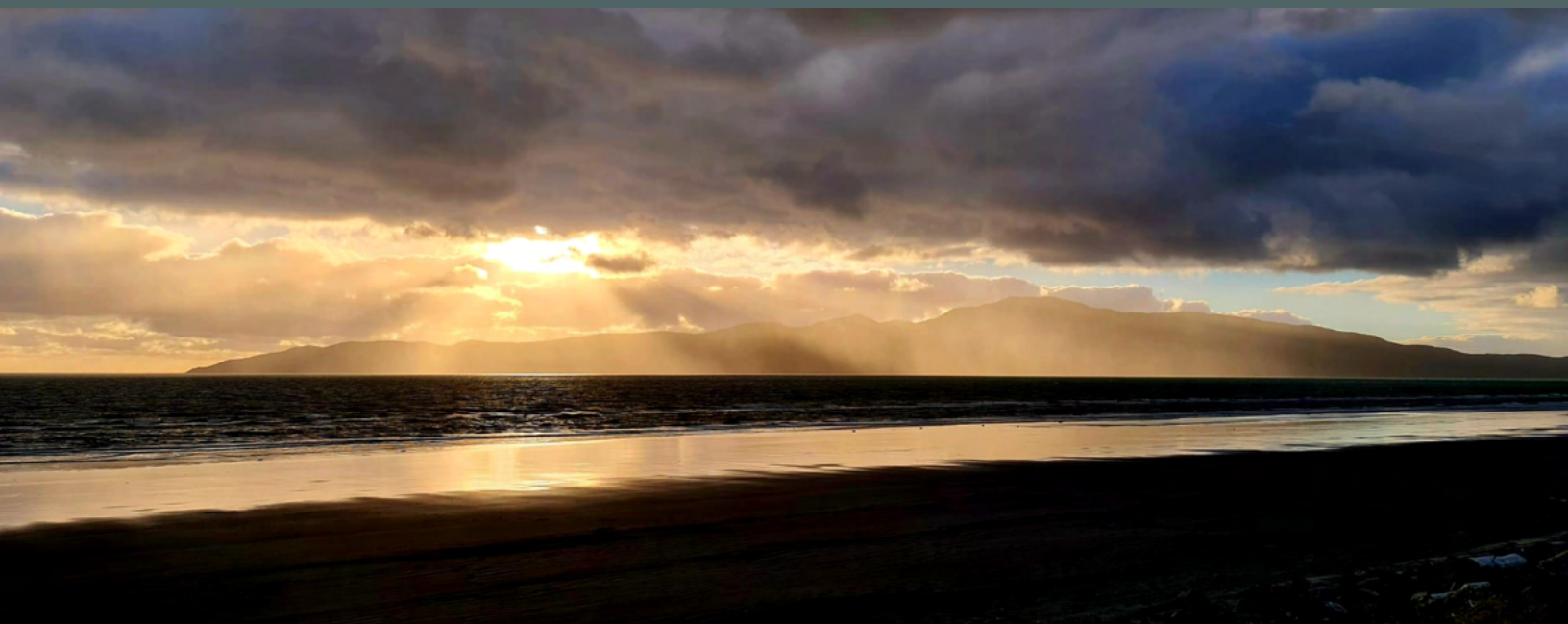
Embracing the Journey

The beauty of mistakes is that they allow us to embrace the journey, not just the destination. If we wait for perfection, we miss out on the adventure. We stay in our safe little bubble, never taking risks, never discovering the incredible things we can achieve. But when we embrace our mistakes, we open ourselves up to new experiences, new connections, and a deeper sense of fulfilment.

Mistakes are also a gateway to happiness and abundance. When we stop fearing them and start seeing them as opportunities, our whole perspective shifts. We become more willing to try new things, to take chances, and to trust ourselves. This openness leads to unexpected joys, like meeting new people, finding new passions, and even stumbling upon opportunities we never saw coming.

When you embrace mistakes, you find abundance in places you never expected. It's like discovering a treasure chest buried in the sand. Each mistake is a chance to learn something valuable, to gain insight, and to move closer to the life you truly want. This mindset shift can bring incredible happiness and a sense of abundance because you stop seeing mistakes as setbacks and start seeing them as stepping stones.

There's no such thing as a mistake-free life. The more we embrace the idea that mistakes are part of the process, the more we can enjoy the journey. It's through those mistakes that we learn what we're made of and build the courage to keep going, even when things don't go as planned. So, the next time you find yourself hesitating because you're afraid of making a mistake, remember this: mistakes are beautiful. They are the keys that unlock new doors, the catalysts for growth, and the source of our greatest joys. So, take risks, make mistakes, and don't be afraid to get it wrong or colour outside of the lines. Because that's where the real growth happens, and that's where the beauty lies.



REBUILDING SELF-RESPECT: How I Learned to Feel Worthy



For the longest time, I didn't feel like I deserved respect—from others or myself. I had this nagging sense that I wasn't worthy, and it wasn't until much later in life that I realised just how deeply those feelings ran. It wasn't that I didn't want to respect myself; I just didn't know how. This sense of unworthiness likely stemmed from childhood trauma and the messages I absorbed along the way.

Growing up, I always felt like I was falling short. I wasn't the smartest, the fastest, or the most popular. That feeling of being "less than" slowly crept into every aspect of my life. I was the one who put others on a pedestal while I stood on the side-lines. I figured if I did everything for everyone else, maybe they'd validate me, or at least not notice my flaws. But that kind of thinking led me into a pattern of neglecting my own needs, all because I didn't feel like I was enough.

The Danger of Putting Others First

Putting other people on a pedestal sounds noble, right? It's what we're taught—to be selfless and caring. But here's the problem: when you put everyone else first, you end up disappointed. They're human, after all, and bound to make mistakes. The more I put others on that pedestal, the more I felt overlooked and underappreciated. It wasn't their fault; it was my skewed perception of my own worth.

By the time I realised that I'd been neglecting my own self-respect, I had already suffered the consequences. Relationships that should've been balanced were lopsided. My needs were an afterthought, if even that. I was always the giver, the fixer, the one who kept things together, but I never stopped to ask what I needed.

It took a long time to understand that my worth wasn't tied to how much I could do for others. It took even longer to internalise that I was enough, just as I was. I got to the point where I needed a constant reminder, so I got a tattoo on my arm that says, "I am enough." Yeah, I went that far. It was extreme, but it helped me remember the lesson I had struggled to learn my whole life.



Changing Thoughts, Feelings, and Actions

So how do we change our thoughts, feelings, and actions to rebuild self-respect and feel worthy?
It starts with changing the way we think.

Challenge Negative Self-Talk

The first step is to recognise when you're engaging in negative self-talk. Those moments when you tell yourself, "I'm not good enough," or "I can't do this." Challenge those thoughts. Ask yourself, "Is this really true?" and "What evidence do I have to support this?" More often than not, you'll find that these negative beliefs are baseless.

Focus on Your Strengths

We all have unique strengths and talents. Make a list of the things you excel at and remind yourself of them regularly. This simple exercise can shift your focus from what's lacking to what you bring to the table.

Practice Self-Care

Taking care of yourself is a sign that you respect your own needs. Whether it's setting aside time for a hobby, getting enough sleep, or simply saying "no" when you're stretched too thin, self-care is a way to show yourself that you're worthy of love and attention.

Surround Yourself with Supportive People

Your environment plays a significant role in shaping your self-worth. Surround yourself with people who uplift you, not those who bring you down. Find friends and mentors or people you are inspired by who see your value and encourage you to be your best self.

Set Healthy Boundaries

Learning to say "no" is a crucial part of self-respect. If you're always saying "yes" to others at the expense of your own needs, it's time to set some boundaries. This doesn't mean being rude; it means being clear about what you need and respecting your own limits.

Practice Gratitude

Gratitude shifts your perspective from what's missing to what's abundant in your life. Each day or week, take a moment to write down things you're grateful for. This simple practice can help you see the beauty in your life and reinforce that you are deserving of happiness.

A Journey Toward Self-Respect

Rebuilding self-respect is a journey, and it's not always easy. It took me years to realise that I was worthy of respect and that I could give it to myself. The tattoo was my way of making sure I never forgot that lesson. But you don't need a tattoo to know that you're enough. All you need is a shift in mindset and a commitment to treating yourself with the respect and love you deserve.

When you start to build self-respect, something remarkable happens: your tolerance for other people's bullshit plummets. It's like a switch flips in your mind, and suddenly, all those snide comments, backhanded compliments, and manipulative behaviours you used to endure seem intolerable.

You realise that respecting yourself means setting boundaries, saying "no" without guilt, and distancing yourself from toxic influences. With newfound self-respect, you stop making excuses for other people's bad behaviour, and you hold them accountable for their actions. It's not about becoming unkind or unapproachable; it's about recognising your worth and refusing to let anyone diminish it. The more you respect yourself, the less you're willing to put up with anything that doesn't align with your values and well-being.

So, if you ever feel like you're not enough, remember this: you are. And you deserve all the respect and kindness you would give to others. It's time to put yourself on the pedestal, because that's where you belong.



WHY BOUNDARIES MATTER:

How They Can Transform Your Relationships and Self-Respect

Let's talk about boundaries. This concept is a cornerstone of my Queen Energy programme, and I believe it's something everyone should have access to.

Boundaries are the unsung heroes of our mental health and well-being. They act as invisible lines that protect our space, time, and emotions. Without them, we risk being overwhelmed, disrespected, and even manipulated.

Do you remember the last time someone crossed your boundaries, and you said nothing? I sure do. I used to think that if I spoke up, I'd be labelled as difficult or, worse, people would stop liking me. It's easy to see why—our society teaches us that putting others first is noble and that we should avoid conflict at all costs. But here's the thing: boundaries are magic. They are the ultimate form of self-love and self-respect.

When I started setting boundaries, my relationships changed for the better. Sure, some people weren't thrilled about it, but those weren't the right people for me anyway. What surprised me was how much stronger my connections became with the right people. Boundaries aren't about pushing people away; they're about creating space for genuine connections to thrive.

The Power of Boundaries

Once I started to embrace boundaries, I noticed a shift in my confidence. I felt empowered to own my space, stand up for my beliefs, and be clear about what I needed from others. It's amazing how quickly your world changes when you start to assert yourself. It's like decluttering your life, getting rid of the toxic people, and making room for those who truly value you.

When I asked a couple of friends about their thoughts on boundaries, I got two very different responses.

One said, "Boundaries are about keeping myself safe so my values and morals aren't trampled on." The other admitted, "My boundaries are blurred. I struggle with them because of a lack of self-control and weakness."

You can hear the contrast—one person was channelling her inner Queen, while the other was grappling with self-doubt. It's a common struggle, especially when emotions and past experiences get tangled up in the mix.

But what if we flipped the script? What if we didn't let others stomp all over us? What if we chose to prioritise our well-being?

Understanding Boundaries: What They Are—and What They're Not

Before we dive into how to set healthy boundaries, let's clear up some misconceptions. A boundary is **not** something that controls or manipulates another person's behaviour. If someone sets a "boundary" that dictates what you can and cannot do, it's not about protecting their space or well-being—it's about control. And trust me, that's a dangerous place to be.

Here's an example of what this looks like: If someone tells you, "If you go out with those friends, you're crossing my boundary," that's not a boundary. It's their insecurity talking. When we start using boundaries to control others, we're stepping into manipulative territory. Accepting boundaries that dictate your behaviour can erode your self-esteem and confidence, leading to a downward spiral that's hard to climb out of.

So, let's break it down. Real boundaries are about **you**. They protect your mental health and happiness. **They set the minimum standard for how others can treat you.** If you have boundaries, you can be genuinely vulnerable, form stronger bonds, and even walk away from relationships that don't serve you without second-guessing yourself.

If you can't discuss boundaries with someone, that's a red flag. You should be able to communicate your needs without fear. Ask yourself, "What is it about this person that's making me uncomfortable? Should they even be in my life or in my inner circles?" Boundaries give you the clarity to make those decisions with confidence.

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WHAT HEALTHY BOUNDARIES LOOK LIKE

- **Personal Protection:** They safeguard your mental health and well-being. Your boundaries are designed to keep you safe, not control others.
- **Openness to Communication:** If you can't discuss boundaries with someone, something's wrong. Open dialogue is key to healthy relationships.
- **Minimum Standards:** Your boundaries set the baseline for what you will and won't accept. If someone doesn't meet the standard, they don't belong in your life.
- **Empowerment to Walk Away:** Healthy boundaries give you the power to leave relationships that are toxic or draining, without guilt or regret.
- **Respect for Yourself:** Boundaries are about refusing to be treated any less than you deserve. They reflect how you treat yourself and the level of respect you demand from others.

Boundaries aren't about shutting people out—they're about letting the right people in. When you set boundaries, you create a space where you can thrive. It's about building a life where you're free to be authentically you, without compromising your values or letting others control your happiness. So go ahead, set those boundaries.

Your future self will thank you.

Strategies for Setting Boundaries

Setting boundaries is about taking control of your own happiness. It's about recognising the signs when someone is crossing the line and taking action to protect yourself. Here are some strategies to help you establish and maintain boundaries:

Identify Your Limits

Start by figuring out where you draw the line. What makes you feel uncomfortable or disrespected? What behaviours are unacceptable? Write them down and be specific.

Communicate Clearly and Calmly

When someone crosses a boundary, don't wait to speak up. Be clear and assertive, but also calm and respectful. Use "I" statements to express how you feel without sounding accusatory.

Learn to Say No

Saying "no" doesn't make you a bad person. It's a sign that you respect yourself enough to put your needs first. Practice saying "no" in a way that feels natural to you, whether it's a gentle decline or a firm refusal.

Surround Yourself with the Right People

Boundaries help you filter out those who don't respect you. As you set boundaries, you'll find that the people in your inner circles become more aligned with your values and needs. This is your tribe—those who uplift and support you.

Use the Boundary Circle

Consider the different levels of intimacy and trust in your relationships. The Boundary Circle is a helpful tool to determine how much personal space, time, and information you share with each group of people. It has four levels:

- **Inner Circle:**

The closest people in your life, with the highest level of intimacy and trust.

- **Semi-Inner Circle:**

Trusted individuals with some level of emotional intimacy and support.

- **Acquaintance Circle:**

People you know but with whom you share less personal information.

- **Outer Circle:**

Those you interact with but don't have a close relationship with.

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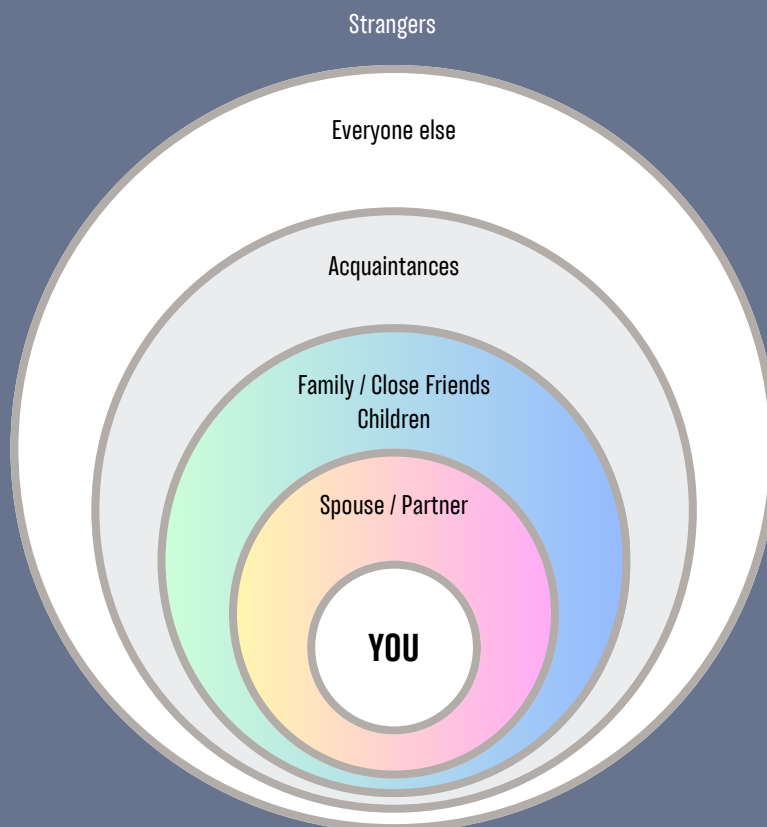


BOUNDARIES CIRCLE

The Boundaries circle is a tool to help you decide with whom and how much you share of your personal space, time, and intimate information. You may think of your relationships in terms of circles:

- **Inner Circle** – People in this circle have earned the highest level of your trust and you feel you can let them into your intimate life. (e.g. romantic partner, your children sometimes fit here, but it's unlikely they will be at the highest levels of intimacy and trust)
- **Semi Inner Circle** - This circle is privy to the next level of trust you have given them, such as your children, safe family members, your closest friends, etc. There is emotional intimacy and support here, as well as platonic love.
- **Acquaintance Circle** – People in this circle are supportive and you can trust but your relationship isn't as intimate as your relationships with those who are in the semi and inner circle. (e.g. friends, extended relatives, etc.)
- **Outer Circle** – People in this circle are supportive and you want to keep them in your life, but you don't want to share intimate information about yourself with them. (e.g. colleagues, business associates, people you meet through friends, extended social network, sports/church/ community members, etc.)

Below is a Boundary Circle template, which will help you identify which people or groups in your life fit into each circle:



Reclaiming Your Self-Respect

Boundaries are about more than just drawing lines—they're about reclaiming your self-respect. As you set and enforce boundaries, you'll find your tolerance for other people's nonsense diminishing. You'll stop excusing bad behaviour and start expecting respect. This transformation doesn't happen overnight, but once you start, you'll wonder how you ever lived without boundaries or boundaries that were malleable or fluid.

So, if you're feeling overwhelmed or like you're constantly being taken advantage of, it's time to set boundaries. Start small, be consistent, and watch how your life transforms. Trust me, it's a journey worth taking. If you want to dive deeper into this area, join me when I launch the Queen Energy programme.

[JOIN THE WAITLIST](#)



Embracing Neuroplasticity:

How to Rewire Your Brain for a Better Life

Neuroplasticity—it sounds like something out of a sci-fi movie, but it's actually one of the most fascinating concepts in neuroscience. So, what is it?

Neuroplasticity is the brain's ability to reorganise itself by forming new neural connections throughout life. It means your brain is adaptable, flexible, and capable of change, even into old age. This is huge, because it suggests that we're not stuck with the same thought patterns, habits, or even skill sets. We can actually rewire our brains to improve our lives, and completely change our lives.

The Power of Neuroplasticity

Why is neuroplasticity so powerful? Think about it: your brain is the command centre of your entire body. Every thought, action, habit, and skill is controlled by neural connections. If these connections can be reshaped, then the possibilities for personal growth and transformation are endless.

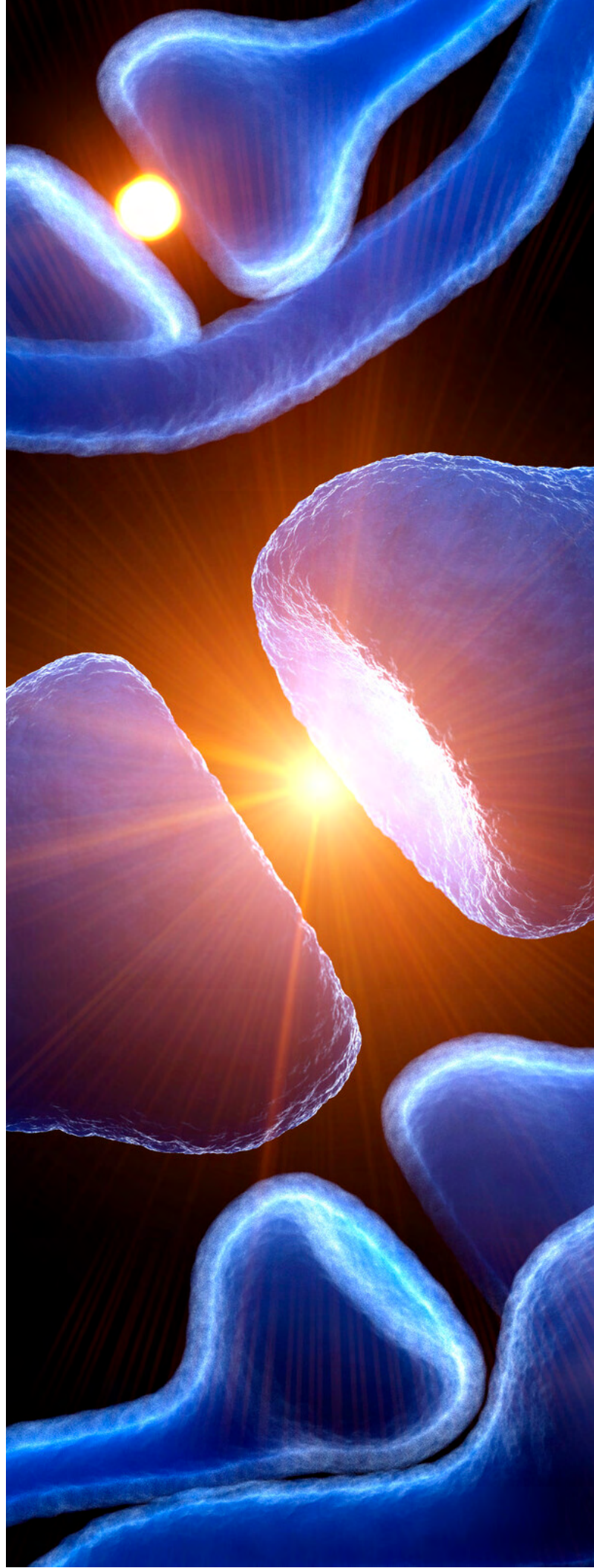
Imagine you're learning a new language. I'm currently trying to relearn French, as my future-self would like to spend a significant amount of time in France. It was a subject I did at school for a couple of years, and weirdly, all those boring lessons are coming back to me rapidly. At first, it feels like you're banging your head against a wall—it's just so hard! But as you practice, those neural pathways get stronger, and soon enough, you're speaking fluently (not that I'm anywhere near that level!). That's neuroplasticity at work. The same goes for learning to play an instrument, developing a new habit, creating art, or even overcoming trauma. Your brain is constantly adapting, which means you have the power to shape it.

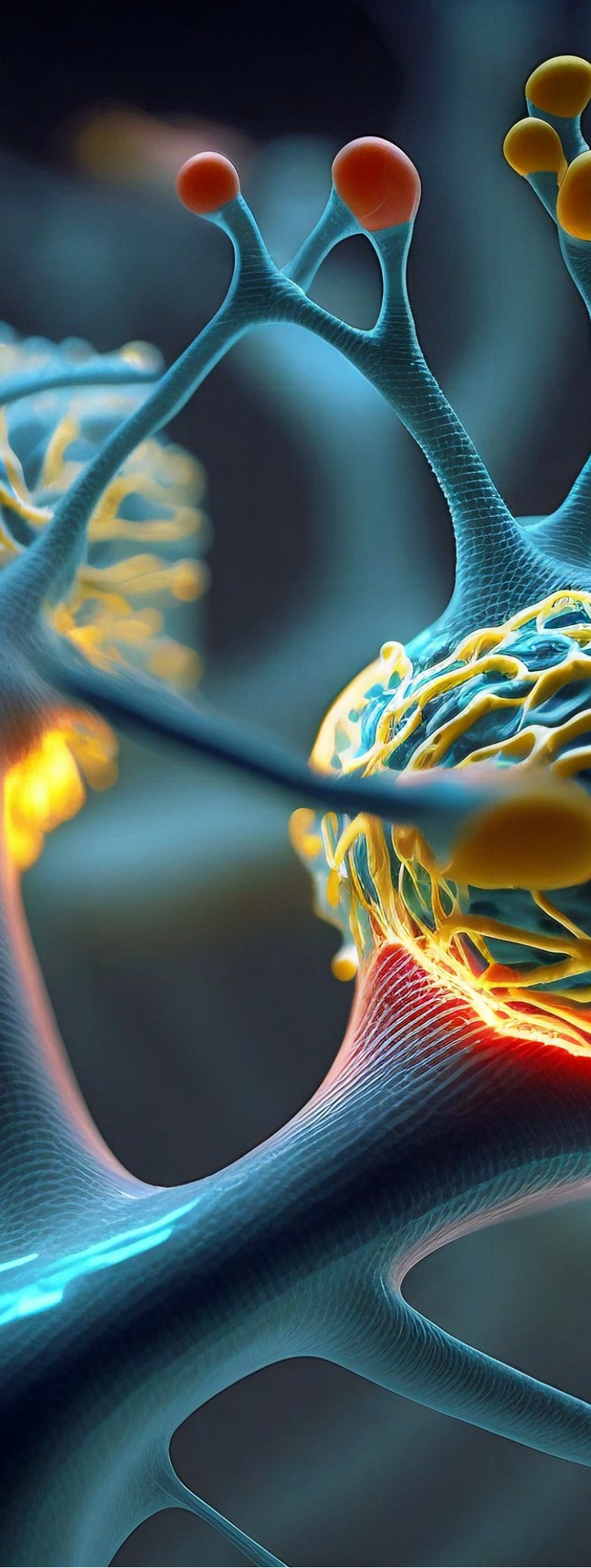
How to Harness Neuroplasticity

The great news is that you don't need a neuroscience degree to take advantage of neuroplasticity. There are simple, practical steps you can take to encourage your brain to rewire itself in positive ways, that you can do at *any* age. Here are some of my favourite methods:

Learn Something New

The best way to encourage neuroplasticity is to challenge your brain. Read books, get creative, take up a new hobby, learn a language, or start playing an instrument. The key is to keep your brain active and engaged, pushing it out of its comfort zone.





“ *Neurons that fire together,
wire together.*

- DONALD O. HEBB

Embrace Change

Change can be scary, but it's also a catalyst for growth. Try changing your daily routines, even in small ways. Take a different route to work, drink a different type of coffee, rearrange your furniture, or switch up your workout routine. These shifts force your brain to adapt, reinforcing its plasticity.

Practice Mindfulness, Meditation, and Journaling

Mindfulness, meditation, and journaling can help create new neural pathways by encouraging a more focused and present state of mind. These practices reduce stress and anxiety, which are known to hinder neuroplasticity. Start with just a few minutes a day, and just observe your thoughts without judgement.

Engage in Physical Exercise

Exercise is a powerful neuroplasticity booster. It increases blood flow to the brain, promoting the growth of new neurons and connections. This is why you have so many wonderful ideas and your brain is on the hyperdrive of possibility when you're out for a walk. Whether it's walking, running, swimming, or yoga, find a physical activity that you enjoy and make it a regular part of your routine.

Foster Social Connections

Humans are social creatures, and our brains respond to social interactions. Spend time with friends and family, join clubs or groups, and engage in meaningful conversations. These interactions stimulate your brain and encourage the formation of new connections as you learn from others. The key to this is to be with people who inspire you, who you can learn from, and who embody qualities you desire for yourself.

Rewiring for a Better Life

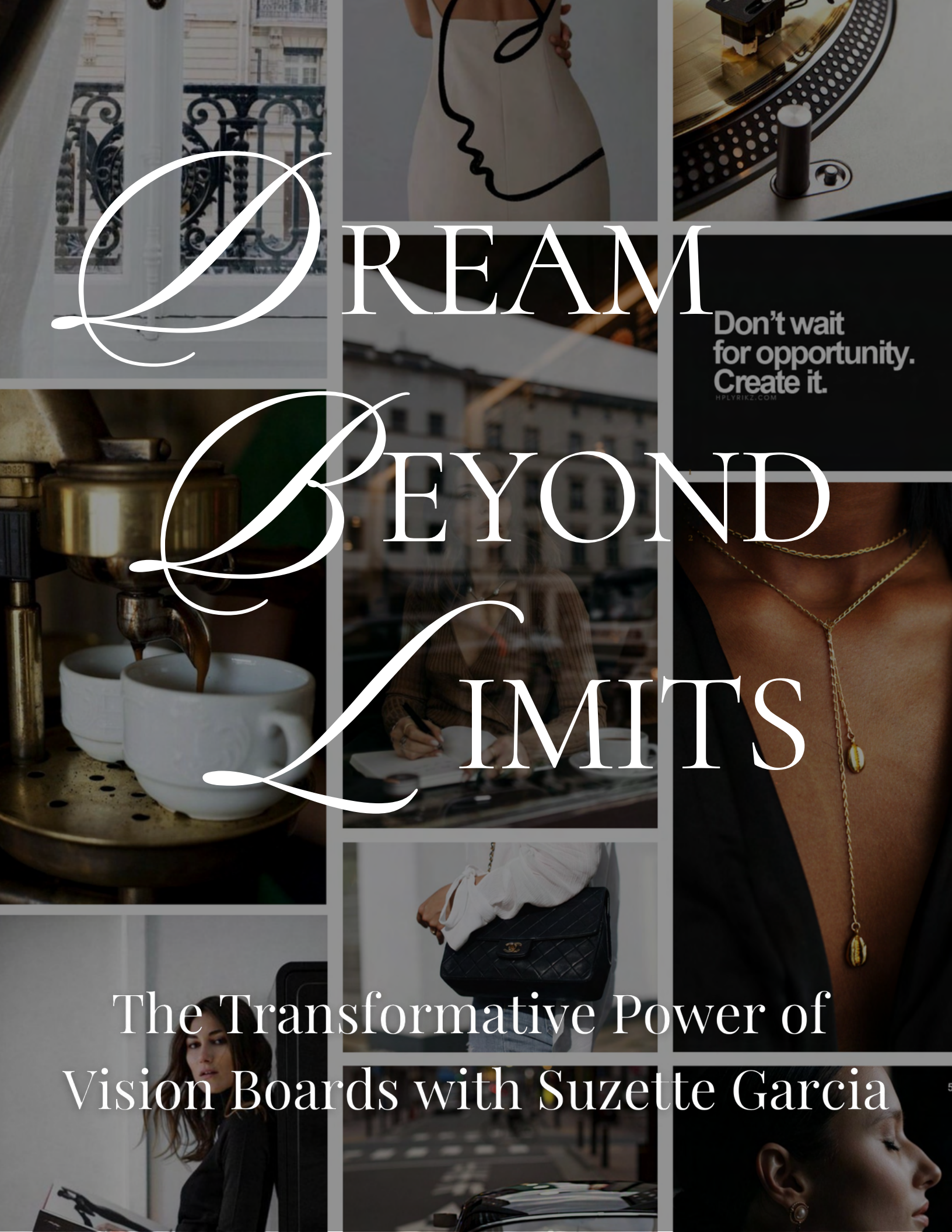
Neuroplasticity is your brain's way of saying, "You can change." It's the key to overcoming limiting beliefs, breaking bad habits, and stepping into your fullest potential. By embracing neuroplasticity, you're opening the door to a better life—one where you're not held back by old patterns or stuck in a rut. The beautiful thing is that you can do this work at any age.

Your brain is like a muscle. The more you challenge it, the stronger it gets. So, don't be afraid to push yourself, learn new things, and make changes that align with the life you want to create. With neuroplasticity on your side, there's no limit to what you can achieve.

If you want to continue learning about neuroplasticity, here are some great books that you may want to delve into:

- Dr. Joe Dispenza - *Breaking the Habit of Being Yourself*
- Jeffrey M. Schwartz - *The Mind and the Brain*
- Norman Doidge - *The Brain that Changes Itself*





DREAM

Don't wait
for opportunity.
Create it.
HPLYRIKZ.COM

BEYOND
LIMITS

The Transformative Power of
Vision Boards with Suzette Garcia



DREAM.
BELIEVE.
DO.
REPEAT.

GOALS, Habits, Affirmations, Lifestyle,
food, TRAVEL & LEISURE,
Florals, FASHION & Style, Architecture &
DECOR, Patterns & Textures, EVENTS,
as well as ART & DESIGN

Thank you for being here Suzette!

Interestingly, during my coach training, I learned the importance of holding space for others without necessarily giving advice, allowing others to find their journeys and live authentically for themselves. However, in my dual role as a coach and consultant, I still relish the opportunity to offer strategic advice from time to time.

I've often been told that I have an issue with authority figures. However, after reading the enlightening book *On Our Best Behavior* by the brilliant Elise Loehnen, I realized that my real issue is with the patriarchy, not authority—unless I perceive that authority to be part of the patriarchal system. This revelation deepened my admiration for women. As a coach to feminine entrepreneurs, I am passionately committed to the belief that every woman should take up space, share her voice, and live her biggest life, unapologetically.

The aspect I love most is witnessing women grant themselves the permission to break free from the confines they've felt trapped in and become genuinely excited about their future as they progress towards these visualized goals.

....continued

"If we don't change our internal dialogue, we risk ending up right where we started."

Once permission is internally granted, a part of them may feel a bit scared, but the more regularly they engage with their boards, the more comfortable they become with the vision. This familiarity helps maintain focus on their goals and intentions, driving them to move forward with actions that are more aligned with their aspirations.

What key elements do you suggest including on a vision board for it to be most effective?

When creating a vision board, the most crucial element is you—fully embracing and embodying who you are. Include representations of your quirks, your unique traits, and all the idiosyncrasies that make you tick. Your board should reflect your authentic self, unjudged and wholly embraced.

It's important for your vision board to evoke emotions. This emotional connection will help keep you inspired and aligned with your goals, focusing your actions where they matter most.

How do you guide women in selecting images and words that represent their aspirations?

Guiding women in selecting images and words for their vision boards is one of the most enjoyable parts of the process. The key is to envision the upcoming year and set clear goals for what you want to achieve. Start by brainstorming any significant events or milestones you anticipate and focus on designing the future you wish to embody. This is where your attention will be directed, so commit fully.

I encourage them to draw inspiration from a wide array of categories such as travel and leisure, lifestyle, food, florals, fashion and style, architecture and decor, typography and logos, patterns and textures, events, and art and design. The most important thing is to choose images and words that resonate deeply and move you. Additionally, understanding that our brains process the images we see and the words we speak highlights the importance of affirmations. If we don't change our internal dialogue, we risk ending up right where we started. The words on your vision board should support your goals, intentions, and the future you are aiming to embody. Choose words that challenge your current beliefs, as this process is about stretching yourself to grow and evolve.

What mediums can we create visions boards in?

When it comes to creating vision boards, I like to shake things up a bit. While the traditional method—clipping magazine images and gluing them to a poster board—is a timeless classic, it's not my preferred approach. Personally, I adore a beautifully curated wall of images, textures, words, and inspirations. But my daily go-to is the virtual vision board. I utilize a combination of Pinterest and Canva, which together form a powerful duo for vision boarding. Pinterest is my hub of inspiration; it's where I pull images from and dream everything up. I genuinely love Pinterest for its boundless creative potential.

Canva, on the other hand, is where I bring all these elements together. Whether it's creating a screensaver for your computer or phone, printing out images for your wall, or—as I prefer—crafting a slideshow, Canva is exceptional. With Canva, you can time your slides, hit 'present,' and set it to autoplay, letting your ideal life flash before your eyes. This allows you to absorb the images and words, familiarizing yourself with the future you are actively designing. After all, as Joe Dispenza says, "The best way to predict your future is to create it." Vision boarding is all about manifesting that future.



Can you walk us through your process of creating a vision board with a client?

1. Set Clear Intentions and Goals:

- Personal Goals: What personal achievements or milestones do you want to reach?
- Professional Goals: What are your career aspirations or business objectives?
- Ideal Lifestyle: How do you envision your day-to-day life in terms of health, relationships, and leisure?
- You 2.0: Imagine the enhanced version of yourself. What does this look like?

2. Choose the Board Style:

- Screensaver: Have your vision board visible every time you use your digital devices.
- Mood Board: Create a physical or digital collage of images and elements that inspire you.
- Slideshow: Set up a digital presentation that cycles through images and affirmations.

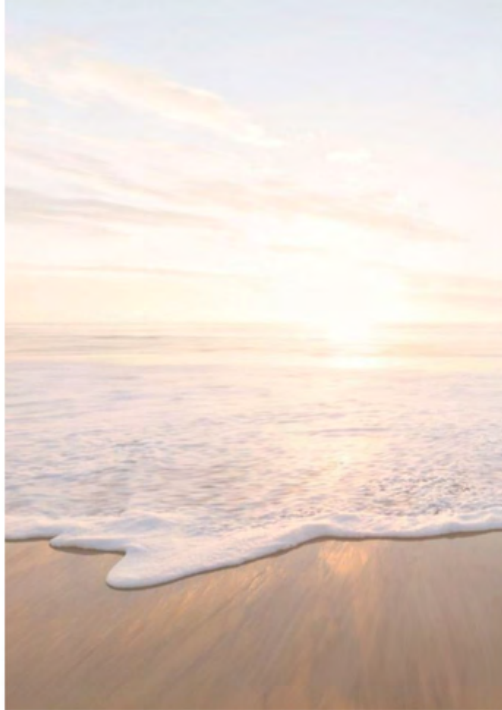
3. Gather Content:

- Images: Select visuals that represent your aspirations and inspire you.
- Affirmations: Write or find statements that reinforce your goals and boost your mindset.

4. Arrange Personally:

- Remember, there is no right or wrong way to set up your vision board. Arrange the elements in a way that feels good and meaningful to you. The most important aspect is that it resonates and motivates you to engage with it regularly.

....continued





How do you ensure that the vision board reflects both personal and professional goals?

Ensuring that a vision board reflects both personal and professional goals is entirely up to the creator. Since the content of the vision board is deeply personal, it must be treated with that level of individuality by those who craft it. You should feel compelled to adjust and refine it as much as necessary until it's something you're eager to engage with daily. Establishing a daily habit of focusing your eyes, energy, and attention on your vision board is pivotal for it to guide your aspirations effectively.

Can you share a success story of a client who achieved significant milestones with the help of a vision board?

One client I worked with created a vision board as she prepared for an upcoming ski trip, which she was quite nervous about, particularly the idea of getting on ski lifts. To overcome her anxiety, she incorporated ski-inspired photos and affirmations aimed at boosting her confidence and joy during the family experience. She reported back that she had a blast! By the time she arrived at the ski resort, she had worked through most of her discomfort and was able to hop on and off the ski lifts without any issues.

She also shared several other successful manifestations from her vision board. This illustrates a powerful point: when you set your sights on a desired goal, you activate your reticular activating system, sharpening your brain's focus. This allows the universe to present ideas and options—it's always offering these, but without focus, we often fail to notice them.

What are some of the common obstacles women face when creating vision boards, and how can they overcome these challenges?

One of the most common obstacles women face when creating vision boards is the tendency to dream too small and morally judge their desires. Patriarchal standards and societal norms have conditioned many women to not only scrutinize and doubt their own wants but also to question the roles they are expected to play, rather than pursuing what they truly desire. Breaking this cycle of judgment is challenging, but it is a crucial part of the coaching work I do. To overcome these barriers, it is vital to allow yourself to think big, dream big, and aim high. The world is your oyster, and the universe is eager to support your aspirations. Start by recognizing and challenging the patriarchal narratives you've been conditioned to accept, and practice giving yourself permission to desire what you truly want, unapologetically. Embracing this mindset is the first step toward making your vision board a powerful tool for personal transformation.

How do you address skepticism about the effectiveness of vision boards?

When addressing skepticism about vision boards, I encourage my clients to engage with their boards daily. Just 5-10 minutes of focused attention each day can make a significant difference. Within a week or two, many clients report feeling more motivated, noticing that things are starting to align, and experiencing shifts in their internal narratives. It doesn't require much time, but it does require a willingness to try.

I often remind skeptics of the adage, "Whether you believe you can or believe you can't, you're right." So why not choose to be right while believing? This mindset often helps clients open up to the potential benefits of vision boarding.

....continued

At peace
and on fire.





How do you encourage women to keep their vision boards relevant and updated over time?

This is where the virtual vision board shines as an exceptional tool. I encourage women to embrace the idea that as we evolve, so should our visions. Regularly updating your vision board, especially seasonally, is a practice I highly advocate. For example, if your board features fashion and style imagery suitable for fall, and it's now spring, it's a great opportunity to seek new images that resonate with the current season.

This practice also allows for the replacement of content that has already been manifested with new, current intentions. Whether it's checking off achieved goals and narrowing the focus to one or two key objectives, or swapping out the old for new, the flexibility of a virtual vision board means it can grow and uplevel with you. It's a dynamic tool that adapts as you progress and evolve.

What advice would you give to women who are hesitant or unsure about using vision boards as a tool for empowerment?

Visualization is much more than a mere exercise of the imagination. It is a potent tool for personal transformation, enabling you to not only see but also feel and ultimately become your best self. By regularly engaging in visualization, you create a clear and compelling blueprint of the life you wish to lead, laying the groundwork for these visions to manifest into reality. As you continue to explore and refine your visions, you build resilience, enhance your creativity, and strengthen your commitment to personal mastery.

However, it's important to understand that this is just step one. To embody, manifest, or actualize the life you want, you must take aligned action. You have to show up for yourself and get on the dance floor with destiny.

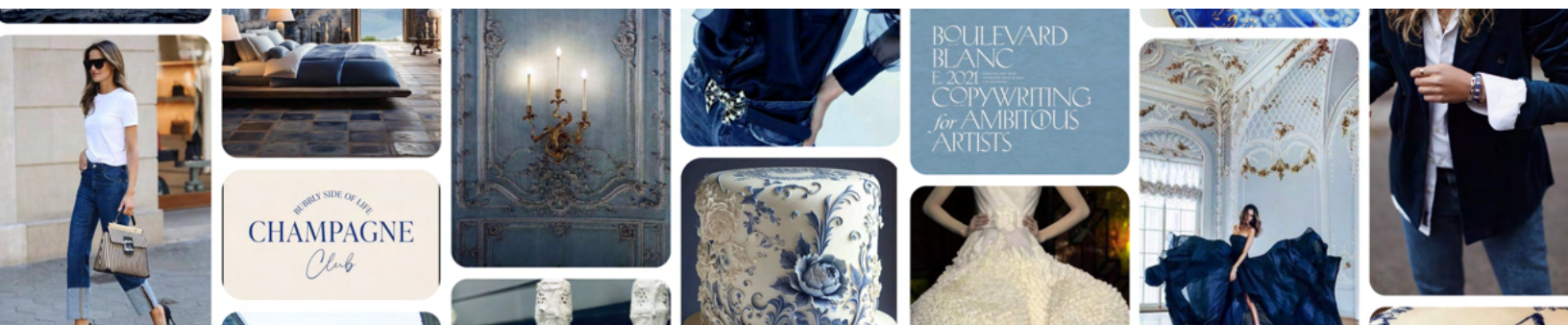
I've used your vision boarding process to really move forward with my goals in my own life - How do you see the role of vision boards evolving in the future of women's empowerment?

I like to think of visualization as mapping coordinates on a map. Dr. Stephen R. Covey advised to “Begin with the end in mind,” and it is simply the first step to embodying your ideal self. This process gives your brain a destination to move toward, allowing our reticular activating system (RAS) to reveal the mysteries of the universe to us. As we embrace this practice, vision boards will continue to be a powerful tool for women's empowerment, helping us set clear intentions and align our actions with our deepest desires.

What message would you like to leave with our readers about the power of visualisation and goal-setting?

Visualization and goal-setting are transformative practices that go beyond mere wishful thinking—they are about embodying the person you aspire to become. When you set a goal and visualize it, you start to internalize the behaviors, attitudes, and mindset required to achieve that goal. This process of embodying your future self helps bridge the gap between where you are and where you want to be.

Imagine vividly the life you desire and the person you want to become. See it, feel it, and act as if you are already living it. This alignment between your vision and your actions activates your subconscious mind, making you more aware of opportunities and resources that can help you achieve your goals. Visualization and goal-setting are not just about the end result; they are about the journey of becoming your best self, step by step, every single day.





Embrace this journey wholeheartedly, and remember that each small step you take towards your goals brings you closer to embodying the life you've always dreamed of. Start today by creating your vision board and letting it guide your actions and decisions. This powerful practice will help you stay focused, motivated, and aligned with your true aspirations.

I hope you enjoyed that informative interview with Suzette, and that you use what she has taught in your own world to propel your growth.

If you would like to get in touch with Suzette, she can be found at the following links:

Newsletter subscription links



- <https://suzettegarcia.com/2353-2/>

Website



- <https://suzettegarcia.com/>

Socials



- **IG:** <https://www.instagram.com/suzettegarcia/>



- **Pinterest:** https://www.pinterest.com/ohsuzeq/_saved/



- **FB:** <https://www.facebook.com/coachwithsuzette>



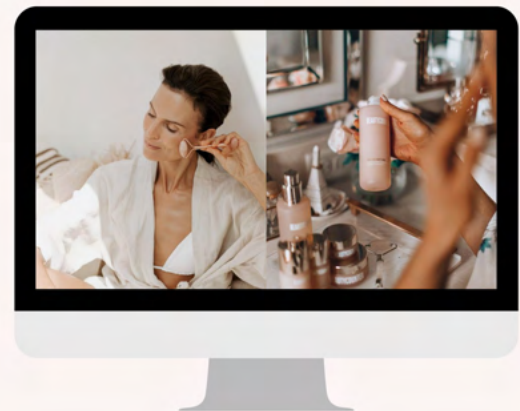
- **YouTube:** <https://www.youtube.com/channel/UCNg0CtikWscYtVdLMLun5g>

virtual BOARD TYPES

SCREENSAVERS



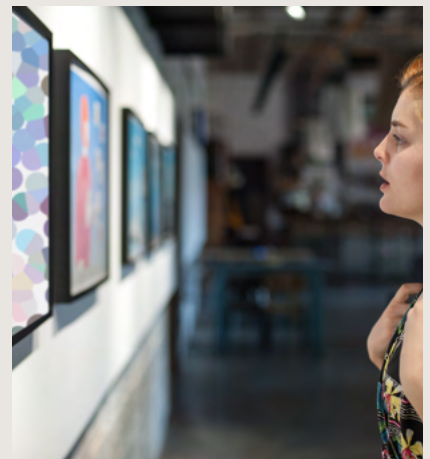
SLIDESHOW



ELEVATE YOUR EXPERIENCE

NEW ENVIRONMENTS FOR PERSONAL GROWTH





“When you step into a new environment, you're not just exploring a different place; you're giving yourself permission to grow, dream, and embrace new possibilities.”



Ever notice how stepping into a new environment feels like flipping a switch? Suddenly, you're more alert, more curious, more aware of everything around you. If you're looking to level up your life, this is one of the best ways to do it. Let's dig into why this works and how new places can be a game-changer for your mindset, self-image, and personal growth.

Here's the thing: your brain is wired to notice new things. It's in our nature to scan for changes and adapt to them. When you walk into a place you've never been before—whether it's a fancy hotel, a swanky art gallery, or even a new restaurant—your brain goes into overdrive. At first, it can feel like you're out of your depth, like everyone can tell you're the new kid on the block. You might even hear that inner critic telling you, "You don't belong here," or "You look out of place." But that discomfort? It's just your brain catching up, trying to process all the new information.

Once you give your brain some time to settle, things start to change. You start feeling the energy of the place, and that energy can be infectious. This is when the magic happens—you start to see possibilities you didn't notice before. You may feel inspired to be more creative, more productive, or just more you. It's like your brain takes on the challenge of this new environment and starts to rise to the occasion.

Think about it: when you walk into a beautiful hotel lobby, don't you want to hold yourself a little taller, dress a little sharper? It's like the environment is pulling you to be the best version of yourself. You find yourself thinking, "Yeah, I could get used to this." It's not just about appearances, either. New places can inspire you to be more ambitious, to set higher goals, and to work a little harder to achieve them.

One time, I decided to write in a cafe instead of at home. The hustle and bustle, the smell of coffee, the random conversations happening around me—it all gave me this burst of energy. I put on my headphones and started writing, and the words just flowed. It was like the environment was fuelling my creativity. I ended up writing thousands of words that day, just from being in a different setting.

And it's not just cafes. When I stay at hotels, I always bring my workout gear, even if I don't plan to hit the gym. Why? Because the new environment makes me think, "Hey, maybe I could try something different." It pushes me to explore, to be more active, to make the most of the experience. The same goes with staying in AirBnB accommodation. I love accommodation that has a curated luxe feel about it. I want it to smell good, have lots of light, feel cosy, because I know that when my surroundings are elevated, I feel elevated too.

If you're looking to inject some freshness into your life, here are some environments that can push you to be a better version of yourself:

- Cafes: The energy and ambiance can do wonders for your creativity and focus.
- Art galleries: The beauty and innovation on display can inspire you to think differently.
- Hotel lobbies and bars: Great for people-watching and soaking in a high-energy atmosphere.
- Restaurants: A great meal in a stylish setting can lift your spirits and encourage you to try new things.
- Museums: They can spark curiosity and broaden your perspective on various subjects, encouraging you to learn and explore.
- Bookstores and Libraries: This atmosphere can inspire you to read more, research topics of interest, and even meet like-minded individuals.
- Retreat Centres: These centres provide structured environments designed to help you focus on self-improvement and mindfulness.

And don't forget about the great outdoors and travel. Nature and other cultures have their own way of inspiring growth and reflection:

- Beaches, lakes, rivers: The soothing sounds of water can help you relax and reset.
- Parks and trails: Perfect for a refreshing walk or hike, where you can think, dream, and plan.
- Travel Destinations: Traveling to different countries or even different cities can be incredibly enriching. It exposes you to new cultures, languages, and ways of life, broadening your understanding of the world.

The key is to let these new environments challenge you, to push you out of your comfort zone. When you do that, you start to see yourself differently—you become more open to change, more willing to take risks, and more eager to pursue your dreams. So go ahead, step out of your usual routine, and see where it takes you. You might be surprised at what you find.



INSPIRING INDIVIDUALS WHO CHAMPION GROWTH

Sharing the remarkable people I've come across in my self-development journey brings me immense joy, and, naturally, delving into their books enriches my understanding. These authors bring unique perspectives to the topic of personal growth, each offering valuable insights and practical advice to help readers embrace change, build self-confidence, and pursue their dreams.



Sarah Knight

Known for her no-nonsense approach to self-help, Sarah Knight's "The Life-Changing Magic of Not Giving a F*ck" is a guide to prioritising what matters and letting go of everything else. Her book inspires growth by encouraging readers to set boundaries and stop caring about the trivial.



Jen Sincero

In "You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life", Sincero provides practical advice and motivational insights to help readers transform their lives. She inspires growth by emphasising self-belief and taking action to achieve goals.



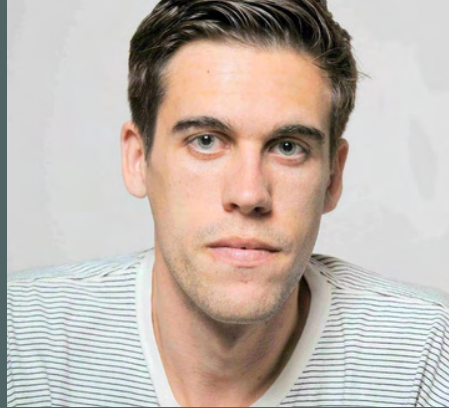
Mark Manson

Author of "The Subtle Art of Not Giving a F*ck", Manson challenges conventional self-help ideas, focusing on embracing life's struggles. His book inspires growth by encouraging readers to accept imperfection and focus on what truly matters.



James Hollis

In "Finding Meaning in the Second Half of Life", Hollis explores the journey of midlife and the quest for meaning. His book inspires growth by addressing the challenges of aging and guiding readers toward greater self-understanding.



Ryan Holiday

Known for his modern approach to stoicism, Holiday's "The Obstacle Is the Way: The Timeless Art of Turning Trials into Triumph" shows how adversity can be a pathway to success. He inspires growth by reframing challenges as opportunities.



Gretchen Rubin

Author of "The Happiness Project", Rubin explores various ways to increase happiness and find fulfillment in everyday life. She inspires growth by encouraging readers to focus on small changes that can lead to a more joyful existence.



WHAT'S HAPPENING NEXT?

In addition to this Quarterly Editorial, exciting developments are unfolding this year within the realm of Reawaken Coaching. These initiatives have been in progress for quite a while, and now is the time to introduce them to the world.



The Reawaken You podcast is LIVE!

The Reawaken YOU podcast, where my mission is to wake women up to go after their hopes, desires, and dreams, and to become the most powerful version of themselves by stepping out from under the patriarchy.

It's available across most platforms.

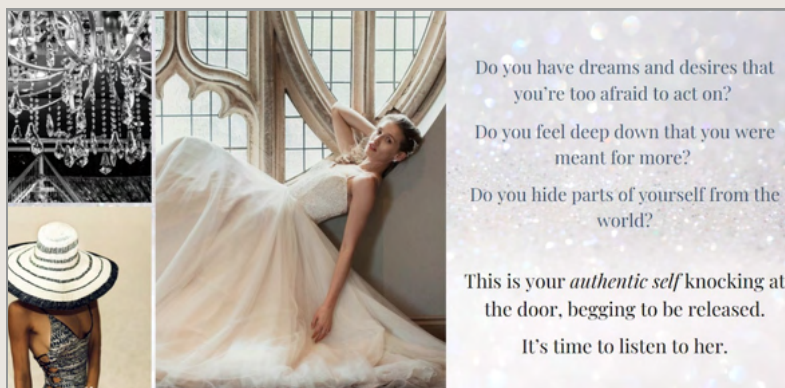


New Website, Updated Branding

You might have spotted some changes in our branding in this issue of the magazine. Reawaken is in the middle of a transition, and part of that includes a fresh new website that's been quietly in the works.

Our new site features the sleek black and gold colors we've introduced into our brand. As we roll out more programs and materials, you'll see this updated look more and more.

Just like a butterfly undergoing metamorphosis, we also evolve as we grow and learn. I'm not sure exactly when the website will go live, but I'll keep you posted! Here's a sneak-peek!



MANIFESTO
OF THE

REAWAKENED WOMAN



I wrote this manifesto for my clients because I believe in the transformative power of self-discovery, empowerment, and purposeful living. Each element of this manifesto has been built on my business coaching pillars, and is crafted with the intention to guide and inspire women on their journey towards fulfilment, authenticity, and legacy.

Having a manifesto to support your dreams and aspirations is crucial for a few reasons:

- **Clarity and Focus:** A manifesto serves as a guiding light, providing clarity and direction amidst life's complexities and distractions. It helps individuals articulate their values, beliefs, and aspirations, allowing them to stay focused on what truly matters.
- **Empowerment and Motivation:** Reading and internalising a manifesto can be incredibly empowering and motivating. It reminds individuals of their inherent worth, potential, and capacity to create positive change in their lives and the world around them.
- **Accountability and Alignment:** A manifesto acts as a compass, helping individuals stay accountable to their goals, values, and vision. It serves as a reminder to align their actions with their intentions, ensuring that they live in integrity with themselves and their aspirations.

Free Copy

If you would like a copy of the Reawakened Woman Manifesto for your own records, reflections, or my personal favourite - framed on the wall - feel free to print the following page.

If you would like a different image header - I have recreated it with a number of different images, which you can find at this link [HERE](#).

So feel free to choose one your inner you aligns with.

If you do print and frame it - send me a photo!
I would love to see it.

In essence, a manifesto is more than just words on paper; it's a declaration of one's truth, a roadmap for personal and collective evolution, and a catalyst for living a life of purpose, passion, and meaning.

MANIFESTO
OF THE

REAWAKENED WOMAN

A reawakened woman has:

Self-Care Sovereignty

- Prioritises her well-being by honouring her mind, body, and spirit.
- Guards her energy fiercely, knowing that saying no to what depletes her is saying yes to self-love.
- Cultivates habits that nurtures her physical health, understanding that self-care is non-negotiable.
- Dedicates time for reflection, meditation, and rest, recognising that rejuvenation is essential for growth.
- Practices kindness towards herself, understanding that imperfection is part of the human experience.

Authentic Living Principles

- Lives gorgeously unapologetic, honouring her values, passions, and dreams without seeking validation from others.
- Embodies her authentic self in every aspect of her life, knowing that her uniqueness is her greatest power.
- Embraces vulnerability as a strength, for it fosters deep connections and authentic relationships.
- Cultivates emotional intelligence, allowing herself to feel deeply while maintaining inner harmony and resilience.
- Speaks her truth fearlessly, without compromising her kindness, letting her voice resonate with clarity and purpose, for this is the cornerstone of authenticity.

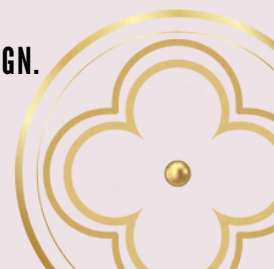
Queen Energy Embodiment

- Stands tall in her worth, exuding confidence and grace in every step she takes.
- Adorns herself with love and appreciation, recognising her inherent beauty and brilliance.
- Face challenges with dignity and strength, knowing that adversity is an opportunity for growth and refinement.
- Leads with compassion and integrity, empowering others while maintaining firm boundaries.
- Harnesses her inner power and wields it with wisdom and benevolence, for she is the sovereign of her own destiny.

A Legacy Creation Blueprint

- Clarifies her vision and mission, aligning her actions with the legacy she wishes to leave behind.
- Creates with passion and purpose, leaving a positive imprint on the world through her actions.
- Leads by example, inspiring others to embrace their greatness and contribute to the collective upliftment.
- Honours the past, cherishes the present, and sows seeds for the future, knowing that her legacy will transcend time.

**REAWAKENED WOMAN, RISE AND REIGN.
YOUR TIME IS NOW.**



Connect with me on:



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[@kateparker.reawakencoaching](#)



REAWAKEN COACHING

www.reawaken-coaching.com



REAWAKEN

QUARTERLY EDITORIAL

OCTOBER EDITORIAL
COMING SOON