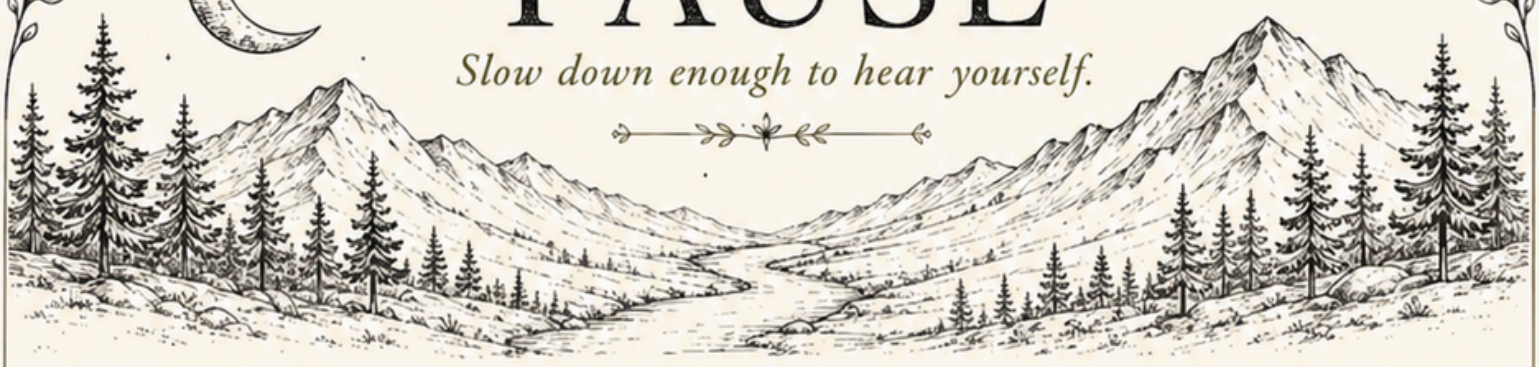
WEEK 1

PAUSE

Slow down enough to hear yourself.



GOAL

Slow down enough to hear yourself.

WHY THIS MATTERS

When we're constantly moving, achieving, fixing, and responding, it's easy to lose touch with what we're actually feeling.

This week is about creating space.
Not to solve anything.
Just to notice.

FOCUS THIS WEEK

- Your energy
- Your emotions
- Your body
- What feels heavy
- What feels light

WISE WORDS THAT HELPED ASHLEY

"Stillness reveals what hurry hides."

— Pico Iyer

THIS WEEK'S PRACTICE

Body Scan Meditation

WHY THIS PRACTICE NOW

A body scan helps you notice where stress, energy, and emotion are showing up before your mind explains them away.

5-minute option | 10–15 minute option | Longer option

WEEKLY REFLECTION

Start-of-Program Reflection

Complete the Reinvention Scorecard before trying to improve anything. It is a snapshot, not a grade.

DAILY ANCHOR

Begin GRAPES. Record what you already did; do not create six new tasks.

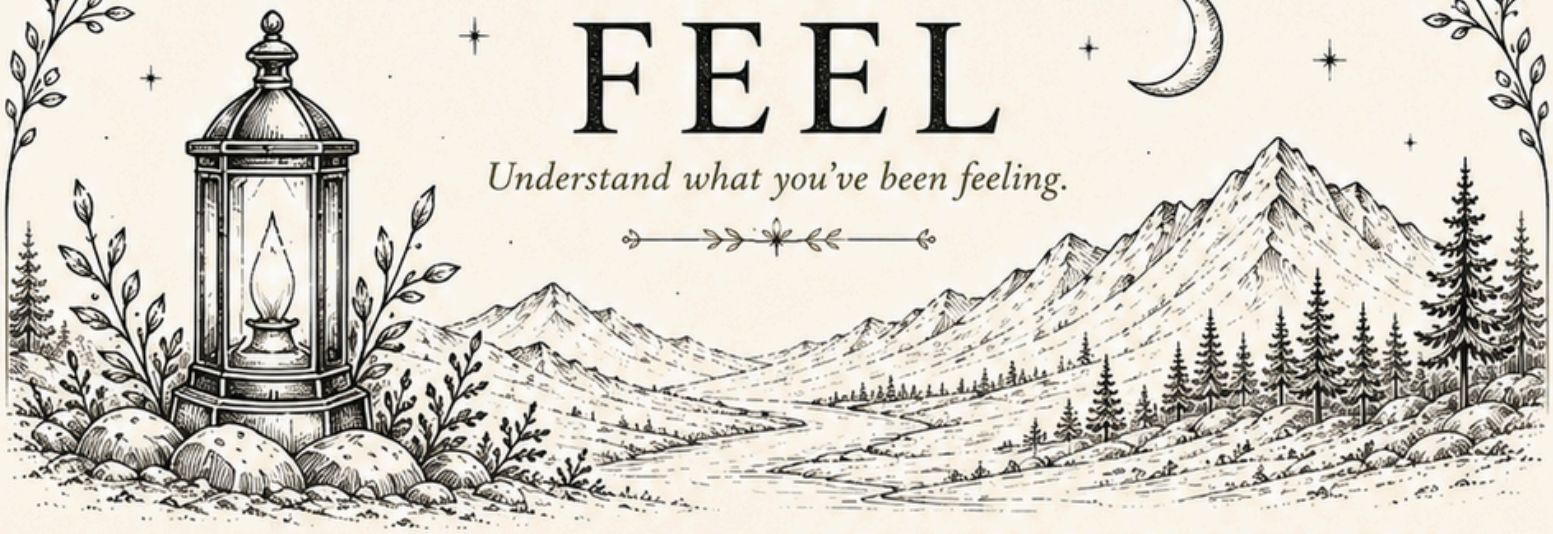
REMINDER

You don't have to figure everything out this week. Your only job is to notice.

WEEK 2

FEEL

Understand what you've been feeling.



GOAL

Understand what you've been feeling.

WHY THIS MATTERS

Many high-achieving women become experts at pushing through. But emotions don't disappear simply because they're ignored. They wait.

FOCUS THIS WEEK

- Frustration
- Grief
- Relief
- Excitement
- Curiosity

WISE WORDS THAT HELPED ASHLEY

> *"What we see depends mainly on what we look for."*
>
> — John Lubbock

THIS WEEK'S PRACTICE

Breathwork

WHY THIS PRACTICE NOW

Breathwork can create enough calm and space to feel what is present without needing to fix it right away.

5-minute option

10–15 minute option

Longer option

WEEKLY REFLECTION

End-of-Week Reflection

Complete the True North Compass to notice what you want more of, less of, what you may be avoiding, and what feels most important right now.

DAILY ANCHOR

Continue GRAPES. Let your entries be small and real — not perfect.

REMINDER

You don't need to judge your feelings. You only need to listen to them.

WEEK 3

REDISCOVER

Explore what lights you up.

GOAL

Explore what lights you up.

WHY THIS MATTERS

Burnout often disconnects us from joy before it disconnects us from productivity.

This week is about remembering what makes you feel alive.

FOCUS THIS WEEK

- Curiosity
- Fun
- Energy
- Inspiration
- Play

WISE WORDS THAT HELPED ASHLEY

"It takes courage to grow up and become who you really are."

— E. E. Cummings

THIS WEEK'S PRACTICE

Sound Bath or Affirmations

WHY THIS PRACTICE NOW

Sound and affirmations can shift your attention away from constant analysis and into greater receptivity. Notice which words or sounds soothe, challenge, or energize you. That reaction is information.

5–minute option | 10–15 minute option | Longer option

WEEKLY REFLECTION

Pull a Card

If you haven't pulled one yet, this is a great week to start. Notice what immediately resonates, irritates, comforts, or surprises you.

DAILY ANCHOR

Continue GRAPES. Small moments of pleasure and energy count.

REMINDER

What lights you up deserves your attention.

WEEK 4

REIMAGINE

Create a vision for what's next.



GOAL

Create a vision for what's next.

WHY THIS MATTERS

You don't need a five-year plan. You only need a direction.

Reinvention begins when you stop asking "*What should I do?*" and start asking "What do I want?"

FOCUS THIS WEEK

- Possibilities
- Values
- Priorities
- Alignment
- Future chapters

WISE WORDS THAT HELPED ASHLEY

> *"Let your courage be kinder than your fear."*
>
> — Brené Brown

THIS WEEK'S PRACTICE

Future-Self Visualization

WHY THIS PRACTICE NOW

After noticing, feeling, and reconnecting, you are better able to imagine a next step that feels like yours.

5-minute option

10–15 minute option

Longer option

OPTIONAL BONUS

Create a Vision Board using screenshots, images, words, colors, or textures. Focus less on goals and more on how you want your life to feel.

WEEKLY REFLECTION

End-of-Program Reflection

Repeat the Reinvention Scorecard. Look for movement, patterns, and anything that now feels clearer.

DAILY ANCHOR

Continue GRAPES. Small choices still matter here.

AFTER THIS WEEK

Your Closing Ritual — Complete *The Unsent Letter* when you have enough space to write honestly and without rushing.

REMINDER

You don't need certainty.
You only need the next step.