REINVENTION

PROGRAM GUIDE

Your Four-Week Reinvention Journey

This toolkit is here to support you, not rush you. Move through one week at a time. A week can take seven days — or longer if you need it.

1



WEEK 1

PAUSE

- Start-of-Program Reflection: Complete the Reinvention Check-in
- Daily Anchor: Begin GRAPES
- This Week's Practice: Body Scan Meditation

2



WEEK 2

FEEL

- Daily Anchor: Continue GRAPES
- This Week's Practice: Breathwork
- End-of-Week Reflection: Complete the True North Compass

3



WEEK 3

REDISCOVER

- Daily Anchor: Continue GRAPES
- This Week's Practice: Sound Bath or Affirmations
- Weekly Reflection: Pull a card

4



WEEK 4

REIMAGINE

- Daily Anchor: Continue GRAPES
- This Week's Practice: Future-Self Visualization
- Optional: Create a Vision Board
- End-of-Program Reflection: Repeat the Reinvention Check-in

TOOLS FOR THE JOURNEY

1



REINVENTION CHECK-IN

A simple check-in to complete at the beginning and end of the program so you can notice what shifts.

2



GRAPES TRACKER

A simple framework to help you make small daily choices that support emotional wellness.

3



WEEKLY GUIDES & PRACTICES

Weekly themes, guided practices, QR links, and reflections to support your growth.

4



TRUE NORTH COMPASS

A mid-journey reflection to help you notice what you want more of, less of, and what feels most important right now.

5



PULL CARDS

Thought-provoking prompts for moments of insight, reflection, and self-discovery.

6



UNSENT LETTER

A private closing exercise to help you reflect, release, and honor your journey.

You are not starting over.

You are returning to yourself.

REINVENTION

WHY THIS JOURNEY
is designed this way

You do not need to fix your life in four weeks.
The sequence is meant to help you slow down, listen, reconnect, and choose a direction.

1

WEEK 1

PAUSE



Create enough space to notice what is happening before deciding what needs to change. The Reinvention Check-in, GRAPES, and body scan help you begin with awareness rather than pressure.

2

WEEK 2

FEEL



Once you slow down, feelings may become easier to recognize. Breathwork supports regulation, and the True North Compass helps translate what you noticed into clearer signals.

3

WEEK 3

REDISCOVER



Reinvention cannot be built only around what is wrong. This week brings attention back to curiosity, pleasure, energy, and the parts of you that may have gone quiet.

4

WEEK 4

REIMAGINE



Only after noticing, feeling, and reconnecting do you look forward. Visualization helps you explore a direction without demanding a rigid or perfect plan.

KEEP IT APPROACHABLE



- Start with 10 minutes. More is optional.
- Choose one linked practice — not every option.
- Missed days do not erase your progress.
- This is not another program to perform perfectly.

ABOUT THE GRAPES FRAMEWORK



Ashley was introduced to GRAPES in therapy. Its philosophy is simple: just as we care for our physical health, our emotional well-being also benefits from regular attention.

The goal is to intentionally engage with these elements over time to build habits that support balance, connection, and joy.

- **G — Gentleness:** Practice self-compassion and speak to yourself with care.
- **R — Relaxation:** Make space to slow down; the weekly guided practices count.
- **A — Accomplishment:** Recognize any achievement, no matter how small.
- **P — Pleasure:** Notice something that brings joy, even a favorite coffee.
- **E — Exercise:** Move your body for five minutes or more.
- **S — Social Connection:** Reach out in any meaningful way, even with a text.

You do not need to complete all six every day. A few intentional choices are enough.

If a category is blank, that is information—not failure. Notice it, then choose one small action for the next day.

Small choices. Meaningful change.