



REDISCOVERING
you

divine southern roots

YOU ARE AMAZING.

You juggle work, family, and countless other responsibilities like a pro. But somewhere along the way, you might have gotten lost in the shuffle. Don't worry – it happens to the best of us! We can change that- we can find you again. This guide is your roadmap to rediscovering your extraordinary self.

RECONNECT WITH YOU

- Tune In: Take 5 minutes each day to sit quietly. Listen to your thoughts and feelings without judgment. This is your time to check in with yourself.
- Unplug: Give your mind a break from constant stimulation. Try a digital detox or simply limit screen time.
- Rediscover Your Passions: Remember what made your heart sing? Whether it's painting, dancing, or hiking, carve out time for activities you love.

NOURISH YOUR BODY AND SOUL

- Move Your Body: Find a physical activity you enjoy, whether it's a brisk walk, yoga, or dance. Exercise boosts your mood and energy.
- Fuel Yourself: Nourish your body with wholesome foods. Small steps like swapping sugary drinks for water or adding more veggies to your meals can make a big difference.
- Prioritize Sleep: Aim for 7-9 hours of quality sleep each night. Rest is essential for rejuvenation.

SET BOUNDARIES AND SAY NO

- Learn to Say No: It's okay to prioritize your needs. Politely decline commitments that overwhelm you.
- Create Boundaries: Establish healthy boundaries in your personal and professional life. This helps protect your energy.
- Delegate: Don't be afraid to ask for help. Sharing responsibilities can lighten your load.



CELEBRATE YOU

- Positive Affirmations: Remind yourself of your strengths and worth. Positive self-talk can boost your confidence.
- Gratitude Practice: Focus on what you're thankful for. Gratitude shifts your perspective and improves overall well-being.
- Treat Yourself: Schedule small rewards. Whether it's a bubble bath or a favorite treat, self-care is essential.

Remember: Finding yourself again is a journey, not a destination. Be patient with yourself and celebrate small victories. You're capable of amazing things!

Looking for personalized insight to help you rediscover you?

[Book a reading with me today.](#)

I AM...



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I AM SO GLAD OUR PATHS HAVE CROSSED.



ABOUT ME

Hi, I'm Wendy and I am on a mission to empower women, just like you, in life and business.



LINKS

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MY PASSION WORK

I am naturally curious and like to do a lot of different things. So I may offer a variety of services and products, but the root of all that I do is this: I love helping women find their happy. So wherever you are in life, I'm here to help you.



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