

5 STEPS TO RECONNECT WITH THE WOMAN YOU LOST ON THE WAY UP

BY KELLY JADE



STEP 1

IDENTIFY YOUR VALUES

Our values are core drivers when knowing what we want.

If you want to head in a direction that feels right for you, you'll need to use your core values as a compass.



VALUES

Q 1 What Are My Top 5-7 Core Values?

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What really matters to me?

Q 2

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Q 3 How do I want to dedicate my life?

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STEP 2

UNCOVER YOUR IDENTITY

Our identity, who we are being in our life (and business) is crucial when knowing what we want.

Let's look at how you can get clear on who you need to be in and beyond your business.



UNCOVER YOUR IDENTITY

Q4 How do I feel when I show up in my business as my true self?

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Is my life a true reflection of who I am and who I want to be?

Q5

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Q6 Who am I really at my core?

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STEP 3

EXPLORE YOUR PASSIONS

You know you are more than your business, and now it is time to explore your passions to uncover the woman who is ready to truly step into a radiant, and richer life.



PASSIONS

Q7 What do I enjoy doing that truly lights me up?

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Where can I bring more joy into my life? **Q8**

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Q9 What would I love to do, but am not doing?

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STEP 4

DECLARE YOUR DESIRES

Our desires are the inner callings we hear,
that often are ignored, yet make us the
most fulfilled.

Let's look at how you can get clear on
what you want, and bravely declare your
desires!



DESIRES

Q10 What do I truly desire in life?

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How do I want to feel when I fulfill my desires? **Q11**

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Q12 Is there anything in my business that I need to shift to align with my personal desires?

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STEP 5

RESTORE YOUR RELATIONSHIPS

Our relationships as a woman make up who we are and contribute to our overall wellness and happiness. In friendships, love and motherhood.

Let's look at how you can bring meaning back into your relationships.



RELATIONSHIPS

Q13 What relationships have I been neglecting?

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How fulfilled am I in my relationships?

Q14

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Q15 Am I a present mother? How do I want to show up for my children? (for mothers)

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DESIRE DEEPER SUPPORT?



Connect with Kelly to discuss the best path forward in your
business and purpose.

[Book a Session Here](#)