

Messy to *Magic*

A 12-Minute Reset After a Major Life Shift

THE RECOGNITION

You're Not Chaotic. *You're Compressed.*

*After a major life shift, something recognizable happens.
See if any of this lands.*

- I feel pulled in too many directions at once
- I start things but don't finish them
- I feel powerful and unstable at the same time
- I overthink small decisions
- I second-guess myself more than I used to
- I feel emotional intensity but hide it
- I want clarity but feel internally loud
- I don't want to burn my life down — but I can't stay like this

IF YOU CHECKED 3 OR MORE...

*You don't need a new direction.
You need consolidation.*

WHAT'S INSIDE

The 12-Minute *Reset*

*Three steps. No journaling marathon. No vision board.
A clear, structured reset that gives your identity hierarchy again.*

MIN

1–4

Name Every Identity Active in You Right Now

Mother. Leader. Rebel. Healer. Visionary. Angry one. Professional. No editing — get them all out. This is the first moment of relief: seeing what's been competing for the wheel.

MIN

5–8

Choose 2–3 That Must Lead This Season

Circle only the ones that must lead right now. Cross out the rest. Then write below:

“These are not gone. They are not leading.”

MIN

9–12

Three Small, Immediate Decisions

Moving from these 2–3 identities this week — what would you:

- Stop doing?
- Start doing?
- Say no to?

Small. Immediate. That's stabilization.

■■■■■■■■■■ Use the space in your journal or download the companion worksheet ■■■■■■■■■■

After rupture, identity
multiplies.

Power without hierarchy feels chaotic.
You don't need to shrink.
You need roots strong enough
to hold your expansion.



MY LEADING IDENTITIES THIS SEASON

First identity

Second identity

Third identity (optional)

"These are not gone. They are not leading."

NEXT STEP · LIVE EXPERIENCE

Join Me at the Moon Fire Circle

If this resonated — come experience the next layer, live.

RESERVE YOUR SEAT → MARCH 3RD