

# *Jumpstart Guide*

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# SEVEN DAY S.H.I.F.T.

A DAILY JOURNEY TO RECLAIM YOUR POWER, PURPOSE & PEACE

# WELCOME, BEAUTIFUL SOUL

If you've found your way to this guide, I see you. I see the woman who's been giving so much of herself that she's forgotten who she is underneath it all. I see the single mom juggling a thousand things while her own dreams sit on the back burner. I see the woman who feels invisible, overlooked, or like she's just going through the motions.

Sister, I've been you.

I was a teen mom who survived domestic violence, walked through poverty, and rebuilt my life from nothing but sheer will and faith. And today? I run a six-figure business, live with purpose, and thrive unapologetically.

This 7-day journey isn't about perfection—it's about permission. Permission to want more. Permission to take up space. Permission to remember that your dreams matter too.

The **S.H.I.F.T.** method isn't just a framework—it's a lifestyle that carried me from surviving to soaring.

Over the next seven days, you'll get a taste of each pillar:

- S - Stand Tall
- H - Heal Deeply
- I - Ignite Confidence
- F - Focus Forward
- T - Thrive Unapologetically

You don't need permission to grow. You don't need a perfect past or a fancy degree. You just need to take the first step.

**Your transformation starts now.**

With fierce love and sacred belief in you,

*Tricia Marie*

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# HOW TO USE THIS GUIDE

Each day contains:

- Daily Affirmation - Start your morning with power
- Teaching Moment - Understanding the pillar
- Reflection Prompt - Journal your truth
- Micro-Action - One small, powerful step
- Mantra - Carry this with you all day

**Pro Tip:** Keep a journal nearby. This isn't about perfection—it's about presence. Show up for yourself, even if it's just 10 minutes a day.

**LET'S SHIFT!**



# DAY 1: INTRODUCING S.H.I.F.T.

Setting Your Foundation

## Daily Affirmation

*"I am ready to reclaim my power and write a new chapter of my story."*

## Today's Teaching: Why You Need to S.H.I.F.T

Maybe you're reading this during nap time, or after the kids are finally asleep, or during your lunch break at a job that doesn't fulfill you. Maybe you're wondering if this is just another thing you'll start but not finish.

Let me tell you something: **You are not broken.** You don't need fixing.

You need remembering. You need to remember that the woman who handles crisis after crisis with grace is powerful. The woman who puts everyone else first has a heart worth honoring. The woman who's survived everything life has thrown at her is stronger than she knows.

The S.H.I.F.T. method isn't about becoming someone new—it's about becoming who you've always been underneath the overwhelm, the exhaustion, and the doubt.

## Reflection Prompt

**Journal on this:** What brought you to this moment? What made you say "enough" to staying stuck? What does the woman you're becoming need to hear from you today?

## Today's Micro-Action

**Place your hand on your heart right now.** Take three deep breaths. With each breath, say: "I am here. I am worthy. I am ready."

That's it. You just took the first step.

## Today's Mantra

*"I don't need permission to grow—I give it to myself."*

# DAY 2: S - STAND TALL

Reclaiming Your Power

## Daily Affirmation

*"I bend, but I do not break. I rise, and I remember who I am."*

## Today's Teaching: The Power of Presence

Standing tall isn't about your posture—though that matters too. It's about taking up space in your own life. It's about showing up fully, speaking up boldly, and refusing to shrink to make others comfortable.

Think about it: You've survived 100% of your worst days. You've made decisions under pressure that would break other people. You've loved fiercely even when your heart was breaking. **That is power.**

But somewhere along the way, maybe you started making yourself smaller. Maybe you stopped speaking up in meetings. Maybe you apologize for having needs. Maybe you've convinced yourself that wanting more is selfish. Sister, your dreams are not selfish. Your voice matters. Your presence is a gift.

## Reflection Prompt

**Write about a time you overcame a challenge that seemed impossible.** How did it shape you? What strength did you discover about yourself? How can you honor that strength today?

## Today's Micro-Action

**Power Pose Practice:** Stand in front of a mirror. Feet shoulder-width apart, hands on your hips, chin up. Hold for 2 minutes. Notice how you feel. This is your Wonder Woman pose—use it before difficult conversations, job interviews, or anytime you need to remember your power.

## Today's Mantra

*"I stand tall in the truth of who I am."*

# DAY 3: H – HEAL DEEPLY

Releasing What No Longer Serves

## Daily Affirmation

*"Healing doesn't mean the damage never existed—it means the damage no longer controls my life."*

## Today's Teaching: The Sacred Work of Letting Go

Healing isn't a one-time event, love. It's a daily commitment to release what's weighing you down so you can rise to what's calling you up.

Maybe you're carrying the voice of someone who told you that you weren't enough. Maybe you're holding onto guilt about choices you made when you were doing the best you could with what you had. Maybe you're still proving yourself to people who will never see your worth.

Here's what I need you to know: **You don't have to carry it all anymore.**

Healing deeply means creating space—space to breathe, space to feel, space to become. It means treating yourself with the same compassion you'd give your best friend or your daughter.

## Reflection Prompt

**What story are you still carrying that's no longer serving you?** Maybe it's "I'm not smart enough," or "I always mess things up," or "I don't deserve love." Write it down. Then write: "This story ends here. I am writing a new one."

## Today's Micro-Action

**Write a release statement you can say out loud.** Something like: "I release the need to be perfect. I release the guilt about my past choices. I release the opinions of people who don't understand my journey." Say it in the mirror, in your car, wherever you feel safe to speak your truth.

## Today's Mantra

*"I give myself permission to heal at my own pace."*

# DAY 4: I – IGNITE CONFIDENCE

Awakening Your Inner Fire

## Daily Affirmation

*"Confidence is not 'they will like me.' Confidence is 'I'll be fine if they don't.'"*

## Today's Teaching: Your Light Was Never Meant to Be Dimmed

Your confidence isn't arrogance—it's self-respect. It's knowing your worth isn't determined by who validates you or who doesn't. It's walking into rooms like you belong there because **you do**.

Maybe confidence feels foreign right now. Maybe you've been told you're "too much" or "too loud" or "too ambitious." Maybe you've learned to make yourself smaller to keep the peace.

But sister, your light was never meant to be dimmed. Your voice was never meant to be silenced. Your dreams were never meant to collect dust while you wait for permission that's never coming.

Confidence is your birthright—not something to earn or beg for.

## Reflection Prompt

**List 5 things you're genuinely proud of.** Include the big things (graduating, raising kids, surviving hardship) and the small things (making someone laugh, decorating your space, learning something new). Really sit with these wins. This is your evidence that you're already doing amazing things.

## Today's Micro-Action

**Get dressed like you're about to run the world.** Even if you're staying home, put on something that makes you feel powerful. Do your hair. Put on lipstick if that's your thing. Take a photo. Notice how you feel when you honor yourself this way.

## Today's Mantra

*"I don't shrink—I shine."*

# DAY 5: F – FOCUS FORWARD

Claiming Your Future

## Daily Affirmation

*"You can't start the next chapter of your life if you keep re-reading the last one."*

## Today's Teaching: Where Attention Goes, Energy Flows

There comes a moment when looking back no longer serves you. This is that moment.

I know it's tempting to replay the mistakes, the what-ifs, the should-haves. But beautiful soul, your past was your classroom, not your prison. The lessons have been learned. The wisdom has been gained. Now it's time to use that wisdom to build something beautiful.

Your future is calling—not someday, but today. Every choice you make is either moving you toward that future or keeping you stuck in patterns that no longer fit who you're becoming.

## Reflection Prompt

**If you woke up tomorrow and your life looked exactly how you wanted it to, what would be different?** Don't edit yourself. Dream big. Write about your relationships, your work, your home, your daily rhythm. What does that version of you do differently?

## Today's Micro-Action

**Identify one habit that supports your next level and commit to it for the rest of this week.** Maybe it's waking up 15 minutes earlier to journal. Maybe it's saying NO to one thing that drains you. Maybe it's applying for one job that excites you. Pick one. Start today.

## Today's Mantra

*"My past was my classroom. My future is my canvas."*

# DAY 6: T – THRIVE

Living Out Loud

# UNAPOLOGETICALLY

## Daily Affirmation

*"When I stop shrinking to fit in, I start thriving as my full self."*

## Today's Teaching: Permission to Take Up Space

Thriving unapologetically means living like you believe you deserve good things —because you do. It means creating a life that feels like yours, not someone else's expectation of what your life should look like.

Maybe you've been apologizing for wanting more, for having dreams, for taking time for yourself. Maybe you've been waiting for someone to give you permission to be happy, to be ambitious, to be fully yourself.

The permission isn't coming from anyone else, beautiful. **You have to give it to yourself.**

You are not here to fit in. You are here to stand out. You are not here to make everyone comfortable. You are here to make yourself proud.

## Reflection Prompt

**If you stopped apologizing for who you are, what would change?** What would you do differently? What would you say YES to? What would you say NO to? What would you stop explaining or justifying?

## Today's Micro-Action

**Do one thing today that's purely for your joy.** Dance to your favorite song. Buy yourself flowers. Call a friend who makes you laugh. Take a bubble bath. Wear that dress you've been saving. Choose joy without justification.

## Today's Mantra

*"I am not available for a life that feels too small for my soul."*

# DAY 7: INTEGRATION AND NEXT STEPS

Carrying Your S.H.I.F.T. Forward

## Daily Affirmation

*"You didn't just survive the storm—you became the storm. And now, you rise.  
Unapologetically."*

## Today's Teaching: This Is Just the Beginning

Take a deep breath and let this truth settle in: You have already shifted.

Every journal entry, every moment of reflection, every micro-action you've taken this week is proof that you're not the same woman who started this journey seven days ago.

You've remembered how to stand tall. You've begun the sacred work of healing. You've reignited your confidence. You've focused forward instead of backward. And you've given yourself permission to thrive.

But here's the thing about transformation: it doesn't end here. This is just the beginning of your bold new chapter.

## Reflection Prompt

**Looking back over these seven days, what feels different?** What have you remembered about yourself? What are you ready to claim? What are you no longer available for?

## Today's Micro-Action

**Write your "I am" statement**—a declaration of who you're becoming. Start with "I am..." and let your truth flow. This is your manifesto for living out loud.

Examples:

- "I am a woman who takes up space without apology."
- "I am worthy of my own time, attention, and care."
- "I am powerful beyond measure and ready to show the world."

## Today's Mantra

*"I am the shift. I am the legacy. I am the answer."*

# WHERE DO YOU GO FROM HERE?

Beautiful soul, if this 7-day journey has awakened something in you, don't let that fire die out. Your growth is too powerful to pause here.

## Ready for Deeper Transformation?

### 🔥 The Full S.H.I.F.T. Coaching Program

A comprehensive 12-week journey designed to take your healing, confidence, and clarity to the next level. Includes weekly group coaching, the complete S.H.I.F.T. workbook, and a supportive sisterhood of women who get it.

### 💎 1:1 VIP Coaching with Tricia Marie

Ready for personalized guidance? Let's create a custom transformation plan just for you. Limited spots available

### 📖 Download the Complete S.H.I.F.T. Workbook

Go deeper with exercises, prompts, and tools to support your ongoing journey.

## Stay Connected

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Tag your S.H.I.F.T. moments with #OwnYourShift so we can celebrate with you!



# A FINAL WORD

You are not who life tried to break. You are who life made stronger.

Keep showing up. Keep choosing you. Keep rising.

Your unapologetic, thriving life is waiting.

Now go out there and live it boldly.

With love, fire, and fierce belief in you,

*Tricia Marie*

Coach. Mentor. Woman on a Mission.



Tricia Marie is a transformational life coach, peer mentor, and motivational speaker with over 20 years of experience empowering women to rise with confidence, clarity, and purpose.

As a wife, mother, and survivor of adversity, she brings both compassion and candor to her work—helping others heal deeply, lead boldly, and live **UN.apologetically.**