



A FEARLESS WOMAN'S GUIDE TO
SELF-LOVE, ALIGNMENT &
PURPOSE

By Keitha Lashawn

Copyright & Intellectual Property Notice

© 2026 Keitha Lashawn | Bold, Fierce & Determined. All rights reserved.

This guide was created with the intention of supporting your personal journey toward self-love and alignment. The content, frameworks (including the Lighthouse Audit), and designs within this document are the intellectual property of Keitha Lashawn.

How to use this guide: You are encouraged to print this for personal use and share your journey on social media (tagging @BoldFierceDetermined). However, no part of this publication may be reproduced, resold, or used for commercial purposes without explicit written permission.

A Note on Ethics: Healing is a sacred process. I ask that you honor the integrity of this work by not redistributing this file digitally. Instead, invite others to join our community and download their own copy at www.boldfierceanddetermined.com.

Thank you for respecting the heart and soul poured into these pages.

Welcome

You aren't starting over. You are becoming.

If you're holding this guide, it's likely because you've spent a long season being the "everything" for everyone else. You've been the fixer, the listener, the planner, and the rock. But in the process of holding, it all together, you may have noticed a quiet, heavy truth: You've lost track of the woman at the center of it all.

I know that feeling. I know the weight of "functional burnout"—where you're still doing all the things, but your spirit feels distant, tired, and uninspired.

I want you to take a deep breath right now.

This guide isn't another "to-do" list. It's not a set of demands. It is a sanctuary. It is an invitation to stop performing and start listening to your own heart again. At 40, 50, and beyond, we aren't "aging out"—we are stepping into our most sovereign, powerful, and authentic era yet.

This is your reset. We are going to take an honest, introspective look at what you're carrying and give you permission to drop the weights that were never yours to begin with. You have the lived experience, the wisdom, and the fire—now, let's give you the peace to go with it.

I am so honored to walk this path with you.

With Boldness & Grace,

Keitha Lashawn

Founder, Bold, Fierce & Determined



About Me

I am Coach Keitha Lashawn,
Founder of Bold, Fierce, and Determined Coaching Services.

My mission is to empower women to embrace their next chapter with clarity and self-love through a transformative approach that honors mindset, identity, and emotional empowerment.



Let's connect:

Subscribe for weekly live sessions and resets. Website:

www.boldfierceanddetermined.com

Instagram: @BoldFierceDetermined

[SUBSCRIBE](#)

I know this journey intimately. I know what it feels like to grow up learning how to survive instead of how to feel safe.

I know what it's like to become strong out of necessity—and then forget how to be soft with yourself.

This guide is not about rewriting your past. It's about releasing what no longer belongs to you and giving yourself permission to become who you were always meant to be.

You are not behind. You are not broken. You are becoming.

With love and intention

Contents

Page 1: Cover (Use your new "Bold & Soft" portrait).

Page 2: Welcome/Your Story (The "Starting from Experience" message).

Page 3-4: The Introspective Audit (The questions/checklists).

Page 5: The Day 1 Win (The Lighthouse Audit).

Page 6-8: The Pillars of Emotional Healing.

Page 9: The "Becoming" Manifesto.

Page 10: Call to Action (Big links to your

By Keitha Lashawn

01 The Identity Inventory

The Honest Look Inward

Before we can heal, we have to acknowledge where we are. Take a moment with a cup of tea and your favorite pen.

Answer these questions with total honesty—no one is watching, and there is no "right" answer.

1. **The "Role" Reveal:** If you were to introduce yourself without using your job title, your role as a mother/spouse, or your responsibilities to others, how would you describe yourself?
2. **The Joy Audit** Think back to a time before you felt "overwhelmed." What was one activity or hobby that used to make you lose track of time? When was the last time you gave yourself permission to do it?
3. **The Energy Leak** What is the one thing in your current daily life that feels like an "obligation" rather than a choice? How does your body feel (tightness in chest, heavy shoulders, etc.) when you think about doing it?
4. **The Silent Wish** If you had 48 hours where no one needed anything from you, what is the very first thing you would do for yourself?

The Ritual of Release

Imagine yourself as a lighthouse. Your only job is to keep your light clear and shining. But over the years, you've tried to run out into the storm to save every ship yourself. Today, we go back to the tower.

Step 1: The Heavy List

In the space below, write down everything currently draining your energy. Don't judge it—just get it out of your head.

Examples: My adult son's financial stress, the tension at work, my physical exhaustion, guilt about a past mistake.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Step 2: The Filter

Look at each item above. Ask yourself: "Do I have the power to change this outcome today?"

Inside the Lighthouse: If the answer is YES (e.g., your boundaries, your rest, your reactions), circle it.

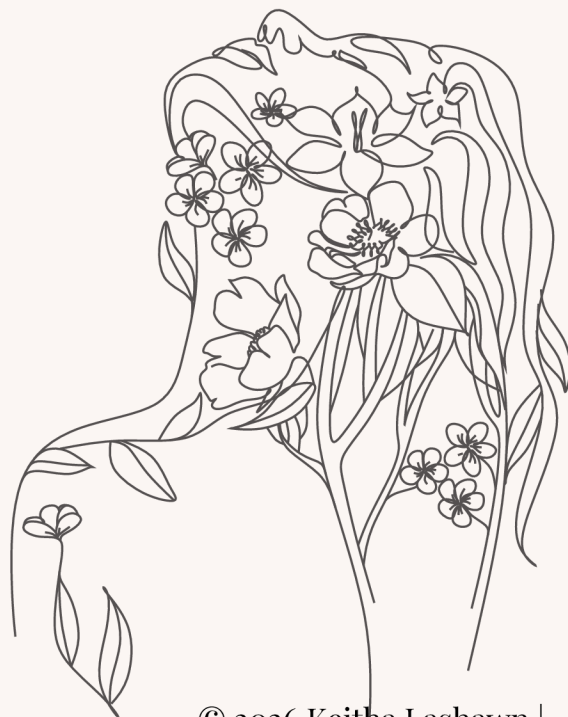
In the Storm: If the answer is NO (e.g., other people's choices, the past, the economy), draw a line through it.

Step 3: The Declaration

Take a deep breath. Look at the items you crossed out—the things in "The Storm." Say this out loud:

"I am the lighthouse, not the storm. I release the need to manage what is not mine."

Day 1 Complete. You are already lighter.



*Your value isn't something to be bargained; it is acknowledged
through your bravery to be true to yourself. Every small step
you take is a defiant act against doubt.*

Keitha Lashawn



02

Do What You Love, Love What You Do



The Script for Peace

Most of us struggle with boundaries because we fear they are "mean." In reality, a boundary is an act of kindness to your future self.

Exercise: The "Not My Task" Script Identify one request you usually agree to out of guilt.

Write a gentle, firm script to reclaim that time.

Example: "I appreciate you thinking of me, but I don't have the emotional capacity to take that on right now."

My Script:

The Physical Boundary

Choose one physical space in your home that is yours alone—even if it's just one chair or a corner of a room. For 15 minutes today, sit there and let it be a "No-Demand Zone."

The Pillars of Emotional Healing

Keeping your lighthouse light shining requires consistent maintenance. These three pillars are your foundation for staying grounded as you navigate your next chapter.

Pillar 1: Radical Self-Compassion

Healing is not a linear process. There will be days when the "Storm" feels closer than others.

The Practice: When you hear your inner critic, replace "I should have..." with "I am learning to..."

The Goal: To treat yourself with the same fierce loyalty you've given to everyone else for years.

Pillar 2: Emotional Sovereignty

You are the only person responsible for your peace. This means learning to distinguish between your feelings and the feelings of those around you.

The Practice: Ask yourself daily, "Is this my weight to carry?" If the answer is no, visualize yourself placing it down.

The Goal: To stop "leaking" energy to situations you cannot control.

Pillar 3: Intentional Presence

A new phase of life cannot be built while looking in the rearview mirror.

The Practice: Find one "micro-moment" each day to be fully present—whether it's the taste of your coffee or the feeling of the wind.

The Goal: To anchor yourself in the now so you can clearly see the path ahead.

Day 2 Complete. You are already lighter.

03 3 Micro-Moments of Joy

Healing doesn't always happen in big leaps; it happens in small, intentional choices.

Today is about identifying the "soul-fillers" that take less than five minutes.

The Joy Menu

Check three activities that feel like a "deep exhale" for you:

Feeling the sun on my face for 60 seconds.

Listening to one song that makes me want to move.

Smelling a specific essential oil or candle.

Five minutes of reading a book that has nothing to do with "work" or "roles."

Stepping outside barefoot on the grass.

My Personal Joy Choice for Today:



Day 2 Complete. You are already lighter



Daily Affirmations for the Fearless Woman

Speak these words over yourself every morning. Not because you have to "fix" anything, but because you are worth the kindness.

On Reclaiming Identity

- I am not defined by the roles I play for others; I am defined by the light I carry within.
- My age is not a limit; it is a library of wisdom and a foundation for my next chapter.
- I give myself permission to evolve, to change my mind, and to grow in new directions.

On Emotional Sovereignty

- My peace is my priority. I am the sovereign of my energy and my space.
- I release the weight of expectations that were never mine to carry.
- It is safe for me to say 'no' to others so that I can say 'yes' to my soul.

On the Journey of Becoming

- I am not starting over; I am starting from experience.
- I trust the timing of my life and the strength of my spirit.
- Today, I choose to be bold, fierce, and determined in the pursuit of my own joy.



The "Becoming" Manifesto

This is your final step. Read this out loud. Sign it. Own it.

I, _____, recognize that I am entering a new phase of my life. I acknowledge the wisdom and strength of the woman I have been, but I am now choosing to become the woman I am meant to be.

I choose peace over performance.

I choose boundaries over burnout.

I choose my own well-being as a priority, not an afterthought.

I am not starting over; I am starting from experience.

Signed: _____ Date: _____



You've done the reset. Now, let's do the work.

The guide you're holding is a powerful first step, but emotional healing and identity reinvention aren't meant to be done in isolation.

Real, lasting transformation happens when you have a partner to help you see the blind spots and a community to remind you of your strength.

If you are ready to move from recovering to reigning in this new phase of life, I invite you to take the next step with me.

How We Can Keep Moving Forward:

Join the Community: Subscribe to the Bold, Fierce & Determined YouTube Channel for your weekly dose of mindset shifts, emotional resets, and "next chapter" inspiration.

<https://www.youtube.com/@coachkeithalashawn>

The 1:1 Identity Audit: Ready for a deeper dive? I offer a limited number of private coaching slots for women who are serious about reclaiming their sovereignty and building a life they actually love.

Apply for a Discovery Call here.

The Weekly Reset: Keep an eye on your inbox! Every week, I'll send you a "Lighthouse Reflection" to help you stay grounded and aligned with the woman you are becoming.

www.boldfierceanddetermined.com

You are not alone on this path. You are bold. You are fierce. And you are determined.

See you in the next chapter,

