



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

By Keitha Lashawn

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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

ing over. You are becoming.

ng this guide, it's likely that you've spent years recycling the same mindset, habits, and limitations. As
won't automatically improve; instead, progress comes from alignment and changing outdated
ne reset you seek isn't just a button to press; it's an action you must take.

een preoccupied with everything around you, yet never paused long enough to truly discover who you
you've tried to hold onto the wrong things, leaving you stuck in a pit stop with no direction.
you remain tied to familiar comfort zones without taking that leap of faith.

can stem from a lifetime of setbacks, broken promises, unhealthy relationships, a dysfunctional
erty, and limitations. It's time to conclude this season and pivot toward the woman you were meant to
you may never see the light at the end of the tunnel or uncover your true purpose.

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

& Grace,

Fierce & Determined LLC



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By Keitha Lashawn

About Me

Keitha Lashawn Profit: Personal Development Coach

Founder of Bold, Fierce, and Determined LLC Coaching Services

My mission is to empower individuals to embrace their next chapter with clarity and self-love through a transformative approach that values mindset, identity, emotional empowerment, and financial stability. I graduated from the University of Houston Downtown, focusing on business and personal development coursework, and I also hold a real estate license from the state of Texas.

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

Keitha Lashawn



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www.boldfierceanddetermined.com

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01 The Identity Inventory

The Honest Look Inward

Acknowledging Our Current State for Healing

Before we can embark on the journey to healing, it's essential to recognize our present situation. Take a moment to reflect on your life and identify areas for improvement that can help you progress to the next phase. This requires a sincere and introspective examination of yourself. Utilize the feedback from your recent failures and consider how others perceive you; this information can significantly aid in your self-development.

Answer these questions with complete honesty—remember, no one is watching, and there are no "right" answers.*



Self-Reflection Questions

If you were to describe yourself without referencing your job title, your role as a parent or partner, or your obligations to others, how would you present yourself?

Reflect on a moment before you started to feel "overwhelmed." What was one activity or hobby that made you lose track of time? When was the last time you allowed yourself to indulge in it?

Consider the one aspect of your current daily routine that feels more like an "obligation" than a choice.

When was the last time you just took time and slowed down and gather your self together

You are the Lighthouse not the storm

Imagine yourself as a lighthouse—steady, rooted, built with purpose. You were never designed to chase storms or swim into dark waters. Your only sacred responsibility has always been to keep your light clear, warm, and visible. That light is your truth, your wisdom, your presence, your energy. It's the part of you that guides, not by force, but by simply being.

But over the years, life taught you something different. You learned to sprint into the storm. You learned to throw yourself into the waves, trying to rescue every ship with your bare hands. You believed that if you didn't run out there—if you didn't overextend, overgive, overprove—someone would sink. Someone would be disappointed. Someone would leave. And so you abandoned your tower, again and again, until the storms became your normal.

And while you were out there fighting the ocean, your own light dimmed. Not because you were weak, but because no lighthouse can shine while it's out in the water trying to be a lifeboat.

Today, we go back to the tower.

Not in shame. Not in defeat. But in remembrance.

You climb the steps slowly, feeling the weight of all the years you spent trying to be everything for everyone.

You place your hand on the railing, steadying yourself as you rise. And when you reach the top, you realize something powerful: the ships were never meant to be saved by your sacrifice. They were meant to be guided by your glow.

It's time to get aligned!

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.

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



*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

Most of us struggle with boundaries because we've been taught—quietly, subtly, over years—that saying no is unkind. That protecting our time is selfish. That choosing ourselves is somehow a betrayal of others. But the truth is simpler and far more generous: A boundary is an act of kindness to your future self. It is a promise that you will not abandon yourself again.

The Moment of Realization

Imagine this:

You're standing in your kitchen, or maybe at your desk, or maybe in the doorway of someone else's urgency. Someone asks you for something—something you've said yes to a hundred times before. Something that drains you, pulls you away from your own needs, or leaves you resentful afterward.

You feel that familiar tug of guilt.

That whisper: If I don't do it, who will?

That old reflex: It's easier to say yes than deal with the discomfort of no.

But today, something shifts.

Today, you pause long enough to hear your own heartbeat.

Today, you remember that your time is not a community resource.

Today, you choose a different script.



Your “Not My Task” Script

You take a breath—slow, steady, grounding.

And you say:

“I appreciate you thinking of me, but I don’t have the emotional capacity to take that on right now.”

It’s gentle.

It’s firm.

It’s honest.

And most importantly—it’s yours.

You feel the weight lift, not because the task disappeared, but because you finally stopped carrying what was never meant for you.

The Physical Boundary: Creating Your No-Demand Zone

Later that day, you create a physical boundary to match your emotional one.

Not a fortress.

Not a locked room.

Just a space that belongs to you—fully, unapologetically.

Maybe it’s a single chair by the window.

Maybe it’s the corner of your bedroom where the light falls softly.

Maybe it’s a cushion on the floor, a spot on the porch, or the end of the couch no one else ever sits on.

Wherever it is, you claim it.

You sit down.

You let your shoulders drop.

You let your breath deepen.

You let the world exist without asking anything from you.

For fifteen minutes, this space becomes your No-Demand Zone.

No one gets to need you here.

No one gets to interrupt your peace.

No one gets to pull you back into the cycle of over-giving.

This space is a quiet rebellion.

A sanctuary.

A reminder that you are allowed to rest without earning it.

And as you sit there, something inside you softens.

Something inside you strengthens.

Something inside you whispers:

“This is what it feels like to choose myself.”

Reflection Prompt

- What request do you usually say yes to out of guilt?
- How does it drain you?
- How does it feel to imagine saying your script instead?

Write your thoughts here:

Day 2 Complete. You are already lighter.

03

3 Micro-Moments of Joy

Healing rarely arrives in dramatic breakthroughs. More often, it slips in quietly – in the tiny pauses, the gentle choices, the moments where you let yourself breathe again.

Think of today as a soft reset. Not a transformation you have to earn, but a moment you get to receive.

Today is about noticing the “soul-fillers” – the small, sensory joys that take less than five minutes but shift your entire inner landscape. These micro-moments are like emotional vitamins: subtle, nourishing, and surprisingly powerful.

The Joy Menu: A Story of Returning to Yourself

Imagine this:

You’ve been moving through your day on autopilot – doing, helping, managing, holding.

Your mind is full, your shoulders tight, your breath shallow.

Then something inside you whispers,

“Pause. Just for a moment.”

You listen.



Your Joy Menu

Check the three that feel like a “deep exhale” for your soul today:

- 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

Write the one micro-moment you’re choosing to gift yourself:

Let this be your reminder:

Joy doesn’t have to be big to be real.

Healing doesn’t have to be loud to be powerful.

You are allowed to feel good in small, steady ways.

Day 2 Complete. You are already lighter



The Three Pillars of Keeping Your Lighthouse Light Alive

Your lighthouse — that inner glow that guides you through storms, transitions, and new beginnings — doesn't shine by accident. It shines because you tend to it. Because you choose, again and again, not to abandon yourself.

These three pillars are the foundation stones beneath your feet as you step into your next chapter.

Think of them as the practices that keep your light steady, even when the waves rise.

Pillar 1: Radical Self-Compassion

Some days, the sea is calm.

Some days, the storm feels like it's sitting right on your doorstep.

Healing is not a straight line; it's a tide. It comes in, it goes out, and every shift teaches you something about who you are becoming.

There will be moments when your inner critic tries to take the wheel — whispering that you should be further along, stronger, faster, “better.” But that voice is not truth; it's an echo of old expectations.

The Practice

When you hear yourself say,

“I should have...”

pause and gently replace it with:

“I am learning to...”

This small shift turns shame into growth, pressure into possibility.

The Goal

To treat yourself with the same fierce loyalty, tenderness, and devotion you've poured into everyone else for years.

Your healing begins the moment you decide you are worthy of your own softness.

Pillar 2: Emotional Sovereignty

Your peace is your responsibility — not in a burdensome way, but in a liberating one.

For years, you may have absorbed the emotions of others like a sponge: their stress, their disappointment, their chaos, their expectations. You carried weights that were never yours, believing that doing so made you strong, helpful, or needed.

But sovereignty means this:

You get to decide what enters your emotional space.

The Practice

Ask yourself each day,

“Is this my weight to carry?”

If the answer is no, visualize yourself placing it down — gently, intentionally, without guilt.

Imagine the relief in your shoulders.

Imagine the breath that returns to your lungs.

The Goal

To stop giving energy to situations you cannot control.

To reclaim your emotional landscape as your own.

To walk through your days with clarity instead of heaviness.

🧠 Pillar 3: Intentional Presence

You cannot build a new life while staring into the rearview mirror.

Your next chapter requires your presence — not the version of you replaying old stories, not the version of you bracing for what might go wrong, but the version of you who is here, right now, breathing, sensing, noticing.

Presence is where your power lives.

The Practice

Find one micro-moment each day to be fully here.

It could be:

The warmth of your coffee against your palms

The sound of your breath as it steadies

The wind brushing your skin

The way sunlight lands on your floor

Let that moment anchor you.

Let it remind you that life is happening now — not in the past you've survived, not in the future you're imagining, but in this breath.

The Goal

To root yourself in the present long enough to see the path unfolding in front of you.

To trust that clarity grows in stillness, not in overthinking.

🌟 Closing Reflection

These pillars are not rules. They are invitations. invitations to return to yourself.

To honor your energy. To stay grounded as you rise. To keep your lighthouse shining — not for others, but for you.

Day 3 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,

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Keitha Lashawn ✓



You place your hand on your heart, and you ask yourself a simple question:

What would feel like a deep exhale right now?

Not what you should do.

Not what's productive.

Not what someone else needs.

Just... what would bring you a flicker of joy?

You scan your inner landscape, and suddenly the smallest things feel like invitations:

- A warm sunbeam calling your name
- A song you haven't heard in years
- The scent of a candle that reminds you of a calmer version of yourself
- A book that lets you escape without needing to learn or perform
- The cool earth beneath your bare feet

These aren't luxuries.

They're lifelines.

They're reminders that joy doesn't have to be earned — it can be chosen.

