



Your Life, Your Way: The Empowerment Journal from Aspire Life Coaching

Dear friend,

Do you ever look at a strong, confident woman, and think: *"What's her secret? How come she's so together... yet I feel like a train wreck most of the time?"*

Many women just "settle" in life. They go through the motions, living up to the expectations of others, but never really acknowledging what's essential to *them*. Too often, I hear women putting themselves down, saying things like:

- *I could never do that - I'm just not smart enough.*
- *I'm so (fat/unattractive/clumsy/other)...*
- *My marriage is falling apart... but it's no use trying.*
- *I hate my job... but at least it's a paycheck.*

At Aspire Life Coaching, we empower women of all ages to Aspire Fearlessly. Women who Aspire Fearlessly don't let fears and negative perceptions stand in the way of their dreams. Instead, they go after what they want - and live the life they desire!

Do you ever ask yourself: How can I become a *better* me? How can I become more...

calm - in my manner of carrying and conveying myself, handling life's challenges - and especially, the way I feel on the inside as I go about my day.

balanced - able to coordinate different aspects of my life, and give each one the attention it deserves. Balanced between giving to others, and responding to my own needs.

assertive - asking for what I want, and getting it - but not in a way that oppresses or belittles others. Offering my opinions and ideas, without cringing for fear of being "wrong."

healthy - enjoying the physical and emotional well-being that comes from nurturing one's body and spirit. Looking and feeling good because I treat myself well.

secure - knowing what my values are so that I'm able to make choices I can live with, without second-guessing myself all the time. Happy to let others "be themselves" in my presence.

authentic - actively choosing the lifestyle, friends, associates and activities that matter most to me - instead of letting the pieces just fall where they may.

tenacious - having the courage to pursue my wildest dreams - and the persistence to see my goals through to completion.

The Empowerment Journal: Become Your Most Authentic, Most Confident, Most Empowered Self!

At Aspire Life Coaching, we offer one-on-one coaching that changes women's lives. Our coaching sessions illuminate the path of self-discovery for many women. But we also realize that individual coaching only scratches the surface. If you're really serious about giving your life a makeover, then you've got to probe deeper. **The Empowerment Journal** will help you do just that - and do it on your own!

What is the Empowerment Journal?

The Empowerment Journal is not an online quiz or pdf download. It is an actual, physical journal to hold with your own two hands, write down your private musings, and engage in mental exercises that help define who you are. It is a place to come to terms with your past, and begin to set plans for the future. The Empowerment Journal supports you with a daily empowerment practice. On its printed pages, you will find detailed explanations of the **Six Passages to Empowerment**. You will also find tips on how to apply these passages in your own life. If you study/write in your journal on a consistent basis, you will discover that the tools and skills you need to succeed have been with you all along! In journaling, you will master how to use them - for a more confident, more authentic, and more empowered you.

Beautifully designed, the Empowerment Journal is a 5.5 x 8.5 bound book. It comes with embossed tabs and a leatherlike, black stitched cover and photograph holder. Once you place your online order with Aspire Life Coaching, you will receive your very own Empowerment Journal by mail.

Below is an excerpt from the Empowerment Journal:

...Your Empowerment Journal has secrets to share with you. Secrets that have been locked inside of you for many years. Today you have taken a big step toward unlocking these secrets, and reclaiming your personal power. As you become initiated into the practice of regular journaling, or chronicling of your thoughts and feelings, you will begin to experience a higher level of clarity and self-awareness.

*The foundation of your Empowerment Journal rests upon **six passages to empowerment** that have transformed the lives of many women. These six passages are:*

◆ Diligence ◆ Intention ◆ Truth ◆ Gratitude ◆ Compassion ◆ Trust

The Empowerment Journal Is a Gift That You Can Give Yourself.

Do you enjoy writing down your thoughts and exploring your feelings? Do you crave a daily ritual that will put you in a reflective state and bring you peace? If so, the Empowerment Journal may be just the tool you need to open up your mind and spirit! With regular journaling, you can enjoy:

- Private time to become reacquainted with your long-forgotten self
- Permission to emote freely on paper, without fear of judgment or negative consequences
- Exercises to unlock your full potential as you traverse the Six Passages of Self Empowerment
- Creative freedom in a "structured" format that encourages daily journaling
- A space to revisit "the rough spots" and heal old hurts/put painful issues to bed
- The ability to identify your core values - and cultivate a life around this belief system
- The tools and inspiration you need to grow, change, and live a more fulfilling life... your way!

[Purchase an Empowerment Journal for yourself or a friend](#)

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