



**HER LIFE POWERED  
REDISCOVERING YOU**

Somewhere along the way, many women/men become everything to everyone else and lose sight of themselves.

Answer honestly.

What used to light me up?

What makes me feel most alive?

What do I miss about myself?

What do I wish I had more time for?

What would I do if nobody was judging me?

Which part of me is asking to come back?

HLP Remember This

You do not need to become someone new.

You simply need to reconnect with who you have always been.

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