

The Coffee Club

The 90 Day Glow Up

A Coffee Club Podcast guide to becoming the best version of yourself. Ninety days of honest questions, small promises and daily pages.

RESET

REBUILD

BECOME

Let's talk
about it
THE COFFEE CLUB



Welcome to your *next 90 days.*

This is not a challenge to become a completely different woman. It is an invitation to become more honest, intentional, confident and consistent as the woman you already are.

Over the next ninety days, you will clear what drains you, rebuild the habits that support you and practise living at the standard of the person you want to become. Some days will feel transformative. Others will ask you to complete one small task and keep one small promise. Both matter.

Use this workbook with honesty rather than perfection. If you miss a day, continue. If a prompt feels difficult, take your time. If an action is not safe or appropriate for your circumstances, adapt it. Progress is not cancelled by an imperfect week.

With love, Laila & Nadia



THE COFFEE CLUB PROMISE

For ninety days, I will stop waiting to feel completely ready. I will meet myself honestly, keep returning after imperfect days and build a life that feels as good privately as it looks publicly.

SIGNED

DATE I BEGIN

MY DAY 90 DATE

One page a day. *One honest week at a time.*

Every day

Complete one daily page. Most actions take between ten and thirty minutes.

- 1 **MORNING**
Set how you want to feel and one thing you will do for you.
- 2 **TODAY'S ACTION**
Do it, then tick it off.
- 3 **THE COFFEE CLUB QUESTION**
A few truthful lines are enough.
- 4 **CHECK IN**
Circle a number for mood, energy, confidence and sleep. Notice patterns, not judgement.
- 5 **DAILY HABITS**
Tick what you kept, including your three non negotiables.
- 6 **EVENING**
What went well, what you need tomorrow and one thing you are grateful for.

Every week

Open each week with the note from us and your weekly plan. Complete the coaching exercise early in the week, and the weekly reflection before moving into the next theme.

Milestones

Review your progress on Days 30, 60 and 90. Your answers are evidence, not a grade.

If you miss a day

Continue from where you are. Do not restart as punishment.

Using it on a tablet

Every page links back to the contents and your 90 day tracker, so you can jump around in apps such as GoodNotes or Notability.

Inside *this workbook.*

BEFORE YOU BEGIN

YOUR STARTING POINT	Rate your life today	6
THREE NON NEGOTIABLES	Your daily anchors	9
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MILESTONES

DAY 30 REVIEW	Reset complete	71
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RESET · DAYS 1 TO 35

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BECOME · DAYS 64 TO 90

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The seven *glow up* pillars.

Every day in this workbook touches at least one of these. Notice which ones you avoid and which ones come easily.

01

Mind

Thoughts, confidence and emotional wellbeing

02

Body

Movement, nourishment, sleep and energy

03

Appearance

Style, grooming and presentation

04

Environment

Home, phone and physical surroundings

05

Relationships

Boundaries, friendship and love

06

Purpose

Career, creativity and personal ambition

07

Money

Spending, saving and financial confidence

Which pillar needs you most right now?

Where are you *right now*?

Circle a number from 1 to 10 for each area. Use the first number that feels true rather than the number you think you should choose.

MENTAL WELLBEING	12345678910	WHY I CHOSE THIS _____
PHYSICAL ENERGY	12345678910	WHY I CHOSE THIS _____
CONFIDENCE	12345678910	WHY I CHOSE THIS _____
RELATIONSHIP WITH MY BODY	12345678910	WHY I CHOSE THIS _____
DAILY ROUTINES	12345678910	WHY I CHOSE THIS _____
HOME AND ENVIRONMENT	12345678910	WHY I CHOSE THIS _____
RELATIONSHIPS AND BOUNDARIES	12345678910	WHY I CHOSE THIS _____
MONEY CONFIDENCE	12345678910	WHY I CHOSE THIS _____
CAREER AND PURPOSE	12345678910	WHY I CHOSE THIS _____
JOY AND FULFILMENT	12345678910	WHY I CHOSE THIS _____

BEFORE YOU BEGIN

The honest *life audit.*

Answer quickly and honestly. Nobody else needs to read this.

WHAT CURRENTLY FEELS GOOD IN MY LIFE?

WHAT FEELS HEAVY, NEGLECTED OR OUT OF ALIGNMENT?

WHAT AM I PRETENDING NOT TO KNOW?

WHAT DO I WANT MORE OF?

WHAT DO I WANT LESS OF?

WHAT WOULD MAKE THE NEXT NINETY DAYS GENUINELY MEANINGFUL?

BEFORE YOU BEGIN

Meet your *Day 90 self.*

HOW DOES SHE SPEAK TO HERSELF?

WHAT DOES SHE DO MOST MORNINGS?

HOW DOES SHE CARE FOR HER BODY?

WHAT DOES SHE NO LONGER TOLERATE?

HOW DOES SHE USE HER TIME, MONEY AND ATTENTION?

WHAT IS SHE BRAVE ENOUGH TO BEGIN?

HOW DO PEOPLE FEEL IN HER PRESENCE?

MY IDENTITY STATEMENT

I am becoming a woman who...

My three *non negotiables*.

Choose small commitments that remain possible on ordinary and difficult days. These are your anchors, not another way to punish yourself. You will tick them off on every daily page.

1

NON NEGOTIABLE 1

WHY IT MATTERS TO ME

2

NON NEGOTIABLE 2

WHY IT MATTERS TO ME

3

NON NEGOTIABLE 3

WHY IT MATTERS TO ME

GOOD EXAMPLES

Ten minutes outside before my phone. Water before coffee. In bed by 11pm. One kind sentence to myself.

BEFORE YOU BEGIN

A letter to my *Day 90 self.*

Tell her what you hope for, what you are scared of and what you promise to keep doing. Seal it with today's date and read it again on Day 90.

WRITTEN ON

The 90 day *tracker*.

Colour in a circle each day you show up for yourself, even imperfectly. Tap a number to jump to that day.

WEEK 01	1	2	3	4	5	6	7
WEEK 02	8	9	10	11	12	13	14
WEEK 03	15	16	17	18	19	20	21
WEEK 04	22	23	24	25	26	27	28
WEEK 05	29	30	31	32	33	34	35
WEEK 06	36	37	38	39	40	41	42
WEEK 07	43	44	45	46	47	48	49
WEEK 08	50	51	52	53	54	55	56
WEEK 09	57	58	59	60	61	62	63
WEEK 10	64	65	66	67	68	69	70
WEEK 11	71	72	73	74	75	76	77
WEEK 12	78	79	80	81	82	83	84
FINAL SIX	85	86	87	88	89	90	

 Showed up fully
  Showed up a little
  Missed, and came back

01

The Honest Reset

You cannot change a life you are unwilling to look at honestly.



A note *from us.*

Before we touch your routine, your wardrobe or your goals, we need the truth. Not the polished answer you give when someone asks how you are. The real answer. Maybe you are doing well but still feel disconnected. Maybe everybody relies on you and you are quietly exhausted. Maybe you keep saying you will start when life calms down, even though life never does. None of that makes you lazy or ungrateful. It means something needs your attention. This week is not about fixing everything. It is about noticing without judging. Think of us sitting across from you with coffee saying: be honest, babe. What is working? What is draining you? What have you outgrown? You do not need a dramatic breakdown to give yourself permission to change.

With love, Laila & Nadia

A LITTLE REMINDER FOR WEEK 1

You are not behind. You are simply at the moment where pretending no longer feels comfortable. That is where change begins.

Read it again. Slowly this time.

This week's *plan.*

WEEK STARTING

THEME

The Honest Reset

THIS WEEK I AM FOCUSING ON

THREE INTENTIONS

1

2

3

WHAT MIGHT GET IN THE WAY, AND MY PLAN IF IT DOES

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOURISH	☐	☐	☐	☐	☐	☐	☐
PHONE BOUNDARY	☐	☐	☐	☐	☐	☐	☐
PROMISE KEPT	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 1	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 2	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 3	☐	☐	☐	☐	☐	☐	☐

The truth table

*Complete each sentence quickly. Do not write the answer that sounds nicest.
Write the one that makes you exhale.*

I KEEP TELLING EVERYONE I AM FINE, BUT...

THE PART OF MY LIFE THAT NEEDS ATTENTION IS...

I FEEL MOST LIKE MYSELF WHEN...

I FEEL FURTHEST FROM MYSELF WHEN...

The truth table

IF NOTHING CHANGED FOR ANOTHER YEAR, I WOULD FEEL...

THE TRUTH I AM FINALLY READY TO ADMIT IS...

WHAT THIS EXERCISE HAS MADE ME REALISE

Tell the truth

Notice what is working and what is quietly asking to change.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Complete the life audit and circle the area that needs your attention most.

☐ DONE

THE COFFEE CLUB QUESTION

What am I pretending is fine when I know it needs to change?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Name the weight

Mental load feels heavier when it remains unnamed.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Write every worry, responsibility and unfinished task currently taking up space in your mind. ☐ DONE

THE COFFEE CLUB QUESTION

Which burden have I normalised carrying?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Meet your patterns

Awareness creates choice.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Identify five habits that keep you stuck and what usually triggers each one.

☐ DONE

THE COFFEE CLUB QUESTION

What do I repeatedly do when I feel overwhelmed?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Choose what matters

Not everything deserves equal urgency.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Select the three areas of your life that would create the greatest positive change if improved.

☐ DONE

THE COFFEE CLUB QUESTION

What am I calling urgent because I am avoiding what is important?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR

Clear one corner

Visible order can give your mind somewhere to breathe.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Reset one small space you use every day and remove everything that does not belong.

☐ DONE

THE COFFEE CLUB QUESTION

How does my environment affect the way I feel about myself?

MOOD

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

ENERGY

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

CONFIDENCE

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

SLEEP

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Set three non negotiables

A standard becomes real when it guides ordinary days.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose three small commitments you can keep even during a difficult week.

☐ DONE

THE COFFEE CLUB QUESTION

Which promise to myself would rebuild the most trust?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Begin gently

A lasting transformation does not require self punishment.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Plan one restorative hour with no productivity goal attached.

☐ DONE

THE COFFEE CLUB QUESTION

Can I improve my life without treating myself as a problem to fix?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Pour your coffee *and be honest.*

The Honest Reset

MY BIGGEST WIN THIS WEEK WAS...

THE MOMENT I FELT MOST LIKE MYSELF WAS...

WHAT DRAINED ME?

WHAT ENERGISED ME?

A BOUNDARY I NEED IS...

THE HABIT I KEPT WAS...

WHAT I LEARNED ABOUT MYSELF...

MY FOCUS FOR NEXT WEEK...

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

02

Clear the Noise

Create space before attempting to create a new life.



A note *from us.*

You cannot hear yourself when your life is constantly shouting. The notifications, the group chats, the open tabs in your brain, the clothes you do not wear, the plans you do not even want to attend, it all takes energy.

We are not asking you to disappear into the mountains and become a minimalist. We are asking you to notice how much of your capacity is being used by things that do not deserve it. This week, we are making room. Some things need completing. Some need cancelling. Some need muting. And some need a very simple no. Clearing the noise may feel uncomfortable because busyness can protect us from our own thoughts. Let the quiet come anyway. There may be a version of you underneath it who has been trying to speak for a long time.

With love, Laila & Nadia

A LITTLE REMINDER FOR WEEK 2

Not everything needs a better system. Some things simply need to leave.

Read it again. Slowly this time.

This week's *plan.*

WEEK STARTING

THEME

Clear the Noise

THIS WEEK I AM FOCUSING ON

THREE INTENTIONS

1

2

3

WHAT MIGHT GET IN THE WAY, AND MY PLAN IF IT DOES

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOURISH	☐	☐	☐	☐	☐	☐	☐
PHONE BOUNDARY	☐	☐	☐	☐	☐	☐	☐
PROMISE KEPT	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 1	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 2	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 3	☐	☐	☐	☐	☐	☐	☐

The life edit

Sort what is taking up space. You are not committing to a perfect clear out; you are deciding what deserves continued access to you.

SOMETHING TO COMPLETE

SOMETHING TO CANCEL

SOMETHING TO MUTE

SOMETHING TO DONATE

The life edit

SOMETHING TO DELEGATE

SOMETHING TO STOP EXPLAINING

SOMETHING TO MAKE SPACE FOR

WHAT THIS EXERCISE HAS MADE ME REALISE

Edit your feed

Your attention is part of your environment.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Mute or unfollow accounts that trigger comparison, pressure or unnecessary spending.

☐ DONE

THE COFFEE CLUB QUESTION

Who am I becoming through what I consume every day?

MOOD

1

2

3

4

5

6

7

8

9

10

ENERGY

1

2

3

4

5

6

7

8

9

10

CONFIDENCE

1

2

3

4

5

6

7

8

9

10

SLEEP

1

2

3

4

5

6

7

8

9

10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
- ☐ Phone boundary ☐ Promise kept ☐ NN 1
- ☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR

Silence the interruptions

Constant access fragments your energy.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Turn off every nonessential notification for the next seven days.

☐ DONE

THE COFFEE CLUB QUESTION

What am I afraid will happen if I am not immediately reachable?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Empty the mental inbox

Unfinished tasks become background noise.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Complete, delegate, schedule or consciously release ten open tasks.

☐ DONE

THE COFFEE CLUB QUESTION

Which unfinished task is taking more energy than completing it would?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Declutter your wardrobe

What surrounds you should support the person you are now.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Remove anything damaged, uncomfortable or connected to a version of you you have outgrown.

☐ DONE

THE COFFEE CLUB QUESTION

What am I keeping because of guilt rather than love or usefulness?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Practise digital quiet

Boredom creates room for your own thoughts.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Spend the first and last hour of today without social media.

☐ DONE

THE COFFEE CLUB QUESTION

What thoughts appear when I stop consuming everyone else's life?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR

Make a stop doing list

Growth often begins through subtraction.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Write five things you can stop, reduce, automate or delegate.

☐ DONE

THE COFFEE CLUB QUESTION

What would become possible if I stopped trying to do everything?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Create a calm evening

Tomorrow begins with the way you close today.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Prepare your space, clothes and priorities before bed, then spend twenty quiet minutes offline.

☐ DONE

THE COFFEE CLUB QUESTION

What helps my body understand that the day is over?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Pour your coffee *and be honest.*

Clear the Noise

MY BIGGEST WIN THIS WEEK WAS...

THE MOMENT I FELT MOST LIKE MYSELF WAS...

WHAT DRAINED ME?

WHAT ENERGISED ME?

A BOUNDARY I NEED IS...

THE HABIT I KEPT WAS...

WHAT I LEARNED ABOUT MYSELF...

MY FOCUS FOR NEXT WEEK...

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

03

Return to Yourself

Learn who you are without everybody else's expectations.



A note *from us.*

A lot of women can tell you what everybody around them needs, likes and expects, then completely freeze when asked what they want. That is not because you have no identity. It is because you have become excellent at adapting. This week is about meeting yourself again without an audience. Not the most productive version. Not the easiest person to love. Not the woman who looks impressive online. Just you. What makes you laugh? What makes time disappear? What do you miss? You may feel silly doing something purely because you enjoy it. Do it anyway. Joy does not have to earn its place by becoming a business, a post or a useful skill. You are allowed to like something simply because it feels like yours.

With love, Laila & Nadia

A LITTLE REMINDER FOR WEEK 3

Your glow up is not becoming more acceptable. It is becoming more recognisable to yourself.

Read it again. Slowly this time.

This week's *plan.*

WEEK STARTING

THEME

Return to Yourself

THIS WEEK I AM FOCUSING ON

THREE INTENTIONS

1

2

3

WHAT MIGHT GET IN THE WAY, AND MY PLAN IF IT DOES

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOURISH	☐	☐	☐	☐	☐	☐	☐
PHONE BOUNDARY	☐	☐	☐	☐	☐	☐	☐
PROMISE KEPT	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 1	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 2	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 3	☐	☐	☐	☐	☐	☐	☐

The real me page

Finish these without checking whether the answers are impressive, practical or easy to explain.

I FEEL MOST ALIVE WHEN...

I COULD TALK FOR HOURS ABOUT...

SOMETHING I MISS ABOUT THE OLD ME IS...

SOMETHING I NEVER WANT TO RETURN TO IS...

The real me page

I SECRETLY WANT TO TRY...

IF NOBODY JUDGED ME, I WOULD...

MY LIFE NEEDS MORE...

WHAT THIS EXERCISE HAS MADE ME REALISE

Remember what you enjoy

Joy is useful information.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

List twenty things that make you feel alive, curious, peaceful or playful.

☐ DONE

THE COFFEE CLUB QUESTION

What did I love before I became concerned with being impressive?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Take yourself for coffee

Your own company should not feel like a waiting room.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Have a solo coffee without scrolling and observe what you notice.

☐ DONE

THE COFFEE CLUB QUESTION

What do I learn about myself when nobody else is directing the moment?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Reclaim an old interest

Parts of you may be waiting rather than gone.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Spend thirty minutes on something you used to enjoy.

☐ DONE

THE COFFEE CLUB QUESTION

Which version of me deserves to be welcomed back?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Define your values

A clear life is built from clear values.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose five values and write one behaviour that would express each of them.

☐ DONE

THE COFFEE CLUB QUESTION

Does my calendar reflect what I say matters?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Separate want from should

A borrowed dream can still look beautiful.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Divide a page into I Want and I Think I Should, then write honestly.

☐ DONE

THE COFFEE CLUB QUESTION

Which goal belongs to me and which goal belongs to an audience?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Write your identity statement

Identity guides decisions more reliably than motivation.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Complete: I am becoming a woman who... and describe how she acts on an ordinary Tuesday.

☐ DONE

THE COFFEE CLUB QUESTION

What would my next version do consistently rather than occasionally?

MOOD

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

ENERGY

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

CONFIDENCE

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

SLEEP

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

TODAY I KEPT

☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR

Spend an hour unperformed

You are allowed to exist without documenting yourself.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Do something meaningful today without photographing or sharing it.

☐ DONE

THE COFFEE CLUB QUESTION

Who am I when nobody is watching?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Pour your coffee *and be honest.*

Return to Yourself

MY BIGGEST WIN THIS WEEK WAS...

THE MOMENT I FELT MOST LIKE MYSELF WAS...

WHAT DRAINED ME?

WHAT ENERGISED ME?

A BOUNDARY I NEED IS...

THE HABIT I KEPT WAS...

WHAT I LEARNED ABOUT MYSELF...

MY FOCUS FOR NEXT WEEK...

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

04

Build the Foundation

A glow up cannot survive on motivation alone.



A note *from us.*

Here is the slightly annoying truth: the life you want will be built on very ordinary days. Not only on the Monday when you feel inspired, have a new water bottle and decide to change everything before breakfast. Real change is quieter. It looks like going to bed when you said you would. Moving your body even when the workout is not dramatic. Resetting the kitchen. Keeping one promise. We are not creating a routine that would look good in a montage. We are creating one that works when you are tired, busy or not in the mood. Your plan should support your life, not become another standard you use to make yourself feel inadequate. Choose the version you can repeat. Boring consistency will take you further than one perfect week.

With love, Laila & Nadia

A LITTLE REMINDER FOR WEEK 4

*The routine that changes your life is the one
you can still do when nobody is clapping.*

Read it again. Slowly this time.

This week's *plan.*

WEEK STARTING

THEME

Build the Foundation

THIS WEEK I AM FOCUSING ON

THREE INTENTIONS

1

2

3

WHAT MIGHT GET IN THE WAY, AND MY PLAN IF IT DOES

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOURISH	☐	☐	☐	☐	☐	☐	☐
PHONE BOUNDARY	☐	☐	☐	☐	☐	☐	☐
PROMISE KEPT	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 1	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 2	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 3	☐	☐	☐	☐	☐	☐	☐

Your realistic routine

Create a minimum, standard and ideal version. On difficult days, the minimum still counts.

MORNING MINIMUM

MORNING STANDARD

MORNING IDEAL

EVENING MINIMUM

Your realistic routine

EVENING STANDARD

EVENING IDEAL

ONE PROMISE I CAN KEEP EVERY DAY

WHAT THIS EXERCISE HAS MADE ME REALISE

Design your morning anchor

A good morning needs one reliable beginning, not a perfect routine.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose a ten minute sequence you can repeat most mornings.

☐ DONE

THE COFFEE CLUB QUESTION

What would make my mornings feel supportive instead of rushed?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Protect your sleep

Energy is the foundation beneath every other goal.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Set a realistic bedtime and create a thirty minute wind down alarm.

☐ DONE

THE COFFEE CLUB QUESTION

Which evening choice is borrowing energy from tomorrow?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Plan your movement

Movement works best when it fits your real life.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Schedule four movement sessions and decide the easiest version of each.

☐ DONE

THE COFFEE CLUB QUESTION

How do I want to feel in my body after I move?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Make nourishment easier

Preparation reduces the number of choices tired you must make.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Plan three balanced meals and prepare one useful ingredient in advance.

☐ DONE

THE COFFEE CLUB QUESTION

What does caring for my future energy look like?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Create a five minute reset

Small resets prevent chaos from becoming your default.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose five tasks that restore order in five minutes and complete them tonight.

☐ DONE

THE COFFEE CLUB QUESTION

What tiny action changes the feeling of my space?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Plan the week you have

A realistic plan is kinder and more effective than an idealised one.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Map fixed commitments first, then add rest, movement and one personal goal.

☐ DONE

THE COFFEE CLUB QUESTION

Where am I planning for fantasy energy rather than my actual capacity?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Keep the smallest promise

Self trust grows through evidence.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose one promise so achievable that excuses are unnecessary, and keep it today.

☐ DONE

THE COFFEE CLUB QUESTION

How does it feel to become someone I can rely on?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Pour your coffee *and be honest.*

Build the Foundation

MY BIGGEST WIN THIS WEEK WAS...

THE MOMENT I FELT MOST LIKE MYSELF WAS...

WHAT DRAINED ME?

WHAT ENERGISED ME?

A BOUNDARY I NEED IS...

THE HABIT I KEPT WAS...

WHAT I LEARNED ABOUT MYSELF...

MY FOCUS FOR NEXT WEEK...

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

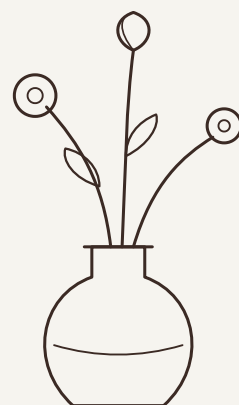
CONFIDENCE

1 2 3 4 5 6 7 8 9 10

05

The Body Reset

Care for your body from respect, not punishment.



A note *from us.*

Your body has carried you through every version of your life. It does not need another season of being spoken to like an enemy. This week is not about shrinking yourself into worthiness. It is about energy, strength, nourishment, rest and learning to notice what your body needs before it has to scream. You can want to change your body and still respect it now. Both things can be true. Move because you want to feel capable. Eat because you deserve fuel. Rest because recovery is not a reward for reaching exhaustion. And please stop postponing care until everybody else has been looked after. Your body is not the least urgent person in the room.

With love, Laila & Nadia

A LITTLE REMINDER FOR WEEK 5

*Your body is not a before picture. It is where
your whole life is happening.*

Read it again. Slowly this time.

This week's *plan.*

WEEK STARTING

THEME

The Body Reset

THIS WEEK I AM FOCUSING ON

THREE INTENTIONS

1

2

3

WHAT MIGHT GET IN THE WAY, AND MY PLAN IF IT DOES

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOURISH	☐	☐	☐	☐	☐	☐	☐
PHONE BOUNDARY	☐	☐	☐	☐	☐	☐	☐
PROMISE KEPT	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 1	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 2	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 3	☐	☐	☐	☐	☐	☐	☐

Body respect plan

Move away from punishment. Build a care plan based on how you want to feel and function.

I WANT MY BODY TO FEEL...

MOVEMENT I GENUINELY ENJOY

FOOD THAT GIVES ME STEADY ENERGY

THE SLEEP BOUNDARY I NEED

Body respect plan

CARE I HAVE POSTPONED

A BODY COMMENT I AM RETIRING

A RESPECTFUL REPLACEMENT THOUGHT

WHAT THIS EXERCISE HAS MADE ME REALISE

Replace punishment with care

Your body is not an emergency project.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Write five ways you can support your body that are unrelated to changing its size.

☐ DONE

THE COFFEE CLUB QUESTION

How would I care for my body if I already respected it?

MOOD

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

ENERGY

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

CONFIDENCE

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

SLEEP

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Track your energy

Energy can reveal more than appearance.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Note when your energy rises and drops today, along with sleep, food, stress and movement.

☐ DONE

THE COFFEE CLUB QUESTION

What is my body repeatedly trying to tell me?

MOOD

1

2

3

4

5

6

7

8

9

10

ENERGY

1

2

3

4

5

6

7

8

9

10

CONFIDENCE

1

2

3

4

5

6

7

8

9

10

SLEEP

1

2

3

4

5

6

7

8

9

10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
- ☐ Phone boundary ☐ Promise kept ☐ NN 1
- ☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Day 30. *Look how far you've come*

Day 30

Pause here. You have been living inside the changes, which can make them difficult to see. Collect the evidence before you keep moving.

WHAT HAS CHANGED IN THE WAY I THINK?

WHICH HABIT NOW FEELS EASIER?

WHAT HAVE I STOPPED TOLERATING?

WHERE AM I STILL RESISTING CHANGE?

WHAT AM I GENUINELY PROUD OF?

WHAT WILL I PROTECT DURING THE NEXT PHASE?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Move for strength

Strength changes how you experience yourself.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Complete a movement session focused on capability rather than calories.

☐ DONE

THE COFFEE CLUB QUESTION

Where in my life do I want to feel stronger?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Eat with attention

Presence can turn nourishment into care.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Eat one meal seated, slowly and without a screen.

☐ DONE

THE COFFEE CLUB QUESTION

What changes when I listen instead of rushing?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Speak differently

Your body hears the way you describe it.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Catch one cruel body thought and replace it with a neutral, truthful statement.

☐ DONE

THE COFFEE CLUB QUESTION

Would I speak to someone I love the way I speak to myself?

MOOD

1

2

3

4

5

6

7

8

9

10

ENERGY

1

2

3

4

5

6

7

8

9

10

CONFIDENCE

1

2

3

4

5

6

7

8

9

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SLEEP

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TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
- ☐ Phone boundary ☐ Promise kept ☐ NN 1
- ☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Rest on purpose

Rest is part of the work, not evidence that you failed.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Take a genuine recovery period without earning it first.

☐ DONE

THE COFFEE CLUB QUESTION

Why do I find rest difficult, and whose approval am I seeking?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Care for future you

Preventive care is self respect in practical form.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

List any health, dental or wellbeing appointments you have delayed and schedule what is possible.

☐ DONE

THE COFFEE CLUB QUESTION

What care have I postponed because everyone else came first?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Pour your coffee *and be honest.*

The Body Reset

MY BIGGEST WIN THIS WEEK WAS...

THE MOMENT I FELT MOST LIKE MYSELF WAS...

WHAT DRAINED ME?

WHAT ENERGISED ME?

A BOUNDARY I NEED IS...

THE HABIT I KEPT WAS...

WHAT I LEARNED ABOUT MYSELF...

MY FOCUS FOR NEXT WEEK...

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

06

The Outer Glow

Presentation can become an act of self respect.



A note *from us.*

Wanting to look good is not shallow. Sometimes getting dressed, doing your hair or putting on the perfume you save for special occasions changes the way you carry yourself. The problem begins when beauty becomes another test you can fail. This week is about presentation as care, not correction. We want you to create a version of getting ready that feels like you, not a costume copied from somebody else's feed. Your wardrobe should fit your real body and real days. Your routine should make life easier. Use the good things. Wear the outfit. Stop waiting until you lose weight, have somewhere important to go or feel more deserving. Today is part of your life too.

With love, Laila & Nadia

A LITTLE REMINDER FOR WEEK 6

*You do not need an occasion to show up as
someone worth noticing.*

Read it again. Slowly this time.

This week's *plan.*

WEEK STARTING

THEME

The Outer Glow

THIS WEEK I AM FOCUSING ON

THREE INTENTIONS

1

2

3

WHAT MIGHT GET IN THE WAY, AND MY PLAN IF IT DOES

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOURISH	☐	☐	☐	☐	☐	☐	☐
PHONE BOUNDARY	☐	☐	☐	☐	☐	☐	☐
PROMISE KEPT	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 1	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 2	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 3	☐	☐	☐	☐	☐	☐	☐

Your signature style map

Build a style identity that feels recognisable, repeatable and realistic for your actual life.

MY THREE STYLE WORDS

COLOURS I FEEL BEST IN

MY EASIEST CONFIDENCE OUTFIT

MY SIGNATURE BEAUTY DETAIL

Your signature style map

WHAT I KEEP BUYING BUT NEVER WEAR

WHAT MY WARDROBE IS MISSING

HOW I WANT TO FEEL WHEN I ENTER A ROOM

WHAT THIS EXERCISE HAS MADE ME REALISE

Choose three style words

Personal style becomes easier when it has a clear filter.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose three words you want your clothes to communicate and collect ten reference images.

☐ DONE

THE COFFEE CLUB QUESTION

How do I want to feel when I enter a room?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Build five reliable outfits

Ease is a luxury you can create.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Photograph five complete outfits that fit well and suit your actual life.

☐ DONE

THE COFFEE CLUB QUESTION

Which clothes make me feel most like myself?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Edit your beauty routine

A routine should support you rather than become another demand.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Create a simple daily and weekly beauty routine using what you already own.

☐ DONE

THE COFFEE CLUB QUESTION

Which rituals help me feel cared for rather than corrected?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

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TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Use the good things

Your real life is worthy of your favourite things.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Wear or use something you have been saving for a more special occasion.

☐ DONE

THE COFFEE CLUB QUESTION

What am I postponing until I feel more deserving?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Create your signature

A signature detail makes getting ready feel intentional.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose one repeatable detail such as scent, jewellery, lip colour or hairstyle.

☐ DONE

THE COFFEE CLUB QUESTION

What small detail makes me feel immediately put together?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Get ready for yourself

Being seen by yourself still counts.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Get ready with care even if nobody else will see you today.

☐ DONE

THE COFFEE CLUB QUESTION

How does my posture change when I feel considered?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Maintain instead of rescue

Small maintenance prevents stressful overhauls.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Create a monthly list for wardrobe, grooming and personal care.

☐ DONE

THE COFFEE CLUB QUESTION

Which small act of maintenance would make life easier?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Pour your coffee *and be honest.*

The Outer Glow

MY BIGGEST WIN THIS WEEK WAS...

THE MOMENT I FELT MOST LIKE MYSELF WAS...

WHAT DRAINED ME?

WHAT ENERGISED ME?

A BOUNDARY I NEED IS...

THE HABIT I KEPT WAS...

WHAT I LEARNED ABOUT MYSELF...

MY FOCUS FOR NEXT WEEK...

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

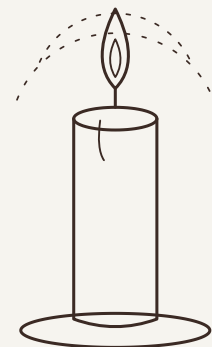
CONFIDENCE

1 2 3 4 5 6 7 8 9 10

07

Confidence in Action

Confidence comes after evidence.



A note *from us.*

Confidence is not a personality type reserved for loud women. It is trust in your ability to handle what happens next. You build it by doing things while your voice shakes, making a decision without polling the entire group chat and surviving the possibility that someone may misunderstand you. This week, we are collecting evidence. Every time you speak, ask, decide or finish something difficult, you give your brain proof that you can rely on yourself. You do not have to feel fearless first. In fact, if you wait for fear to disappear, you may wait forever. Let confidence be the result, not the entry requirement.

With love, Laila & Nadia

A LITTLE REMINDER FOR WEEK 7

*Do it nervous. Confidence can meet you on
the other side.*

Read it again. Slowly this time.

This week's *plan.*

WEEK STARTING

THEME

Confidence in Action

THIS WEEK I AM FOCUSING ON

THREE INTENTIONS

1

2

3

WHAT MIGHT GET IN THE WAY, AND MY PLAN IF IT DOES

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOURISH	☐	☐	☐	☐	☐	☐	☐
PHONE BOUNDARY	☐	☐	☐	☐	☐	☐	☐
PROMISE KEPT	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 1	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 2	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 3	☐	☐	☐	☐	☐	☐	☐

The confidence evidence file

Write specific proof. Your brain may dismiss vague praise, but it struggles to argue with real examples.

A DIFFICULT THING I SURVIVED

A DECISION I MADE WELL

A TIME I SPOKE UP

SOMETHING I TAUGHT MYSELF

The confidence evidence file

A COMPLIMENT I USUALLY DISMISS

A RISK THAT CHANGED ME

WHAT THIS EVIDENCE SAYS ABOUT ME

WHAT THIS EXERCISE HAS MADE ME REALISE

Do the avoided thing

Action turns fear into information.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Complete one task you have been delaying for at least a week.

☐ DONE

THE COFFEE CLUB QUESTION

What has avoidance cost me so far?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Speak once

Your voice strengthens through use.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Share your opinion in a moment when you would normally stay quiet.

☐ DONE

THE COFFEE CLUB QUESTION

What do I fear people will think when I take up space?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Receive the compliment

Receiving is a form of confidence.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Answer every compliment today with a simple thank you.

☐ DONE

THE COFFEE CLUB QUESTION

Why do I rush to disprove kind things said about me?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Stop unnecessary apologies

Not every need, boundary or question requires an apology.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Replace sorry with thank you or a direct sentence at least once today.

☐ DONE

THE COFFEE CLUB QUESTION

What am I apologising for that requires no apology?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

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TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Build the evidence file

Confidence becomes believable when you collect proof.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Write twenty examples of courage, growth, competence or resilience from your life.

☐ DONE

THE COFFEE CLUB QUESTION

What have I survived or achieved that I rarely give myself credit for?

MOOD

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10

ENERGY

1

2

3

4

5

6

7

8

9

10

CONFIDENCE

1

2

3

4

5

6

7

8

9

10

SLEEP

1

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10

TODAY I KEPT

- ☐ Water
 ☐ Move
 ☐ Nourish
☐ Phone boundary
 ☐ Promise kept
 ☐ NN 1
☐ NN 2
 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Decide without polling

Self trust requires practising independent decisions.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Make one reversible decision without asking anyone else what they think.

☐ DONE

THE COFFEE CLUB QUESTION

What answer do I already know before I seek reassurance?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Take one brave step

Bravery can be small and still change your direction.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose one action that creates a healthy level of discomfort and do it today.

☐ DONE

THE COFFEE CLUB QUESTION

What becomes possible when I stop waiting to feel ready?

MOOD

1

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3

4

5

6

7

8

9

10

ENERGY

1

2

3

4

5

6

7

8

9

10

CONFIDENCE

1

2

3

4

5

6

7

8

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SLEEP

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TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
- ☐ Phone boundary ☐ Promise kept ☐ NN 1
- ☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Pour your coffee *and be honest.*

Confidence in Action

MY BIGGEST WIN THIS WEEK WAS...

THE MOMENT I FELT MOST LIKE MYSELF WAS...

WHAT DRAINED ME?

WHAT ENERGISED ME?

A BOUNDARY I NEED IS...

THE HABIT I KEPT WAS...

WHAT I LEARNED ABOUT MYSELF...

MY FOCUS FOR NEXT WEEK...

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

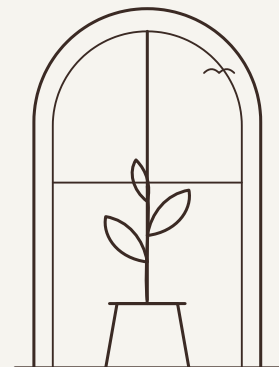
CONFIDENCE

1 2 3 4 5 6 7 8 9 10

08

Boundaries and Relationships

Your glow up will expose what no longer fits.



A note *from us.*

A glow up changes your relationships because you stop volunteering for roles that exhaust you. The peacemaker. The fixer. The person who always replies, always understands and never needs anything. Boundaries can feel rude when people benefited from you having none. That does not make the boundary wrong. This week, notice how your body responds to people. Who makes you soften? Who makes you prepare a defence before anything has happened? We are not asking you to cut everybody off after one bad day. We are asking you to stop ignoring patterns. Healthy relationships can survive a respectful no, an honest conversation and a version of you who no longer abandons herself to keep the atmosphere comfortable.

With love, Laila & Nadia

A LITTLE REMINDER FOR WEEK 8

The right people do not need you exhausted in order to feel loved.

Read it again. Slowly this time.

This week's *plan.*

WEEK STARTING

THEME

Boundaries and Relationships

THIS WEEK I AM FOCUSING ON

THREE INTENTIONS

1

2

3

WHAT MIGHT GET IN THE WAY, AND MY PLAN IF IT DOES

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOURISH	☐	☐	☐	☐	☐	☐	☐
PHONE BOUNDARY	☐	☐	☐	☐	☐	☐	☐
PROMISE KEPT	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 1	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 2	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 3	☐	☐	☐	☐	☐	☐	☐

The relationship energy audit

Think in patterns, not isolated moments. Your answers are information, not instant verdicts.

PEOPLE WHO MAKE ME FEEL CALM

PEOPLE WHO LEAVE ME DEPLETED

WHERE I OVERGIVE

WHERE I NEED TO ASK DIRECTLY

The relationship energy audit

A BOUNDARY I KEEP AVOIDING

WHAT I NEED MORE OF IN FRIENDSHIP

HOW I WANT PEOPLE TO FEEL AROUND ME

WHAT THIS EXERCISE HAS MADE ME REALISE

Notice your nervous system

Your body gives useful information about connection.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

List the people who leave you calm, energised, tense or depleted.

☐ DONE

THE COFFEE CLUB QUESTION

How does my body feel when this person's name appears on my phone?

MOOD

1

2

3

4

5

6

7

8

9

10

ENERGY

1

2

3

4

5

6

7

8

9

10

CONFIDENCE

1

2

3

4

5

6

7

8

9

10

SLEEP

1

2

3

4

5

6

7

8

9

10

TODAY I KEPT

☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Find the resentment

Resentment often points toward an unspoken boundary.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose one resentment and identify the request or limit beneath it.

☐ DONE

THE COFFEE CLUB QUESTION

What have I agreed to while privately wishing I had said no?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Say a clean no

A respectful no does not need a courtroom defence.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Decline one request that conflicts with your priorities or capacity.

☐ DONE

THE COFFEE CLUB QUESTION

Why do I believe disappointment is more dangerous than self abandonment?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Ask directly

Clear requests create healthier relationships than silent tests.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Ask for something you need without hinting, overexplaining or apologising.

☐ DONE

THE COFFEE CLUB QUESTION

Do I give people a fair opportunity to understand what I need?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Choose calm company

Peace is an important form of chemistry.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Spend intentional time with someone around whom you do not have to perform.

☐ DONE

THE COFFEE CLUB QUESTION

Who allows me to be fully myself without earning the atmosphere?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Reduce access

Love does not require unlimited availability.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Create one practical limit around calls, messages, visits or emotional labour.

☐ DONE

THE COFFEE CLUB QUESTION

Who has access to me beyond what the relationship has earned?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Become a better friend

Standards apply to what you give as well as what you receive.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Offer one thoughtful act of support without abandoning your own capacity.

☐ DONE

THE COFFEE CLUB QUESTION

How do I want people to feel after spending time with me?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

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TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Pour your coffee *and be honest.*

Boundaries and Relationships

MY BIGGEST WIN THIS WEEK WAS...

THE MOMENT I FELT MOST LIKE MYSELF WAS...

WHAT DRAINED ME?

WHAT ENERGISED ME?

A BOUNDARY I NEED IS...

THE HABIT I KEPT WAS...

WHAT I LEARNED ABOUT MYSELF...

MY FOCUS FOR NEXT WEEK...

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

09

Money and Independence

Financial awareness is part of becoming your best self.



A note *from us.*

Money can make even confident women want to close the banking app and pretend everything is fine. But avoiding the numbers does not protect you; it keeps you powerless. This week is about looking without shame. You are not a bad person because you overspent, avoided saving or were never taught how to manage money. We are starting where you are. A budget is not a punishment. It is a plan for what matters. Saving is not only about a future emergency; it is about giving future you choices. And while cutting waste matters, we also want you to think about earning. You have skills, experience and ideas that may be more valuable than you have allowed yourself to believe.

With love, Laila & Nadia

A LITTLE REMINDER FOR WEEK 9

*Financial confidence begins the moment you
stop looking away.*

Read it again. Slowly this time.

This week's *plan.*

WEEK STARTING

THEME

Money and Independence

THIS WEEK I AM FOCUSING ON

THREE INTENTIONS

1

2

3

WHAT MIGHT GET IN THE WAY, AND MY PLAN IF IT DOES

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOURISH	☐	☐	☐	☐	☐	☐	☐
PHONE BOUNDARY	☐	☐	☐	☐	☐	☐	☐
PROMISE KEPT	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 1	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 2	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 3	☐	☐	☐	☐	☐	☐	☐

Your money truth page

Use estimates if exact numbers feel overwhelming, then return with the real figures when you are ready.

MONEY CURRENTLY MAKES ME FEEL...

MY BIGGEST AVOIDABLE LEAK

WHAT I WANT TO SAVE FOR

A REALISTIC MONTHLY SAVING AMOUNT

Your money truth page

A MONEY BELIEF I INHERITED

A SKILL I COULD EARN FROM

MY NEXT HONEST MONEY ACTION

WHAT THIS EXERCISE HAS MADE ME REALISE

Look at the numbers

Clarity is more empowering than avoidance.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Review the last thirty days of spending without judging yourself.

☐ DONE

THE COFFEE CLUB QUESTION

What story do my transactions tell about my priorities?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Name your money feelings

Money decisions are often emotional decisions.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Write the first five feelings that arise when you think about money and trace where they began.

☐ DONE

THE COFFEE CLUB QUESTION

Which money belief did I inherit rather than choose?

MOOD

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

ENERGY

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

CONFIDENCE

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

SLEEP

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Create a kind budget

A useful budget makes room for life and priorities.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Create simple amounts for needs, future, joy and flexibility.

☐ DONE

THE COFFEE CLUB QUESTION

What would make a budget feel supportive rather than restrictive?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Cancel the leaks

Small repeated expenses deserve attention.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Cancel, downgrade or question anything you no longer value.

☐ DONE

THE COFFEE CLUB QUESTION

Where is money leaving my life without improving it?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Day 60. *Look how far you've come*

Day 60

Pause here. You have been living inside the changes, which can make them difficult to see. Collect the evidence before you keep moving.

WHAT HAS CHANGED IN THE WAY I THINK?

WHICH HABIT NOW FEELS EASIER?

WHAT HAVE I STOPPED TOLERATING?

WHERE AM I STILL RESISTING CHANGE?

WHAT AM I GENUINELY PROUD OF?

WHAT WILL I PROTECT DURING THE NEXT PHASE?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Pay future you

Saving turns intention into security.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose a realistic automatic savings amount, even if it is small.

☐ DONE

THE COFFEE CLUB QUESTION

What would financial safety allow me to feel or do?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Imagine more income

Earning deserves as much creativity as cutting back.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

List ten ways your existing skills, knowledge or network could create value.

☐ DONE

THE COFFEE CLUB QUESTION

Where am I underestimating what I can offer?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Have the conversation

Financial confidence grows through honest discussion.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Discuss one money goal, concern or boundary with the relevant person.

☐ DONE

THE COFFEE CLUB QUESTION

Which financial conversation have I avoided because it makes me uncomfortable?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Pour your coffee *and be honest.*

Money and Independence

MY BIGGEST WIN THIS WEEK WAS...

THE MOMENT I FELT MOST LIKE MYSELF WAS...

WHAT DRAINED ME?

WHAT ENERGISED ME?

A BOUNDARY I NEED IS...

THE HABIT I KEPT WAS...

WHAT I LEARNED ABOUT MYSELF...

MY FOCUS FOR NEXT WEEK...

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

10

Purpose and Ambition

Stop treating your dreams as optional.



A note *from us.*

Some dreams stay on the vision board because bringing them into real life would make them vulnerable. Once you try, people can see you. They can have opinions. You might fail. You might also succeed and have to become someone who can hold a bigger life. This week, we are moving from vague ambition to a real next step. You do not need the entire plan. You need one meaningful goal, a reason that belongs to you and time in your calendar. Stop giving your dream the leftovers of your energy while everybody else's priorities receive the best of you. Even one protected hour says: this matters, and so do I.

With love, Laila & Nadia

A LITTLE REMINDER FOR WEEK 10

Stop calling it a dream when what it really needs is an appointment in your calendar.

Read it again. Slowly this time.

This week's *plan.*

WEEK STARTING

THEME

Purpose and Ambition

THIS WEEK I AM FOCUSING ON

THREE INTENTIONS

1

2

3

WHAT MIGHT GET IN THE WAY, AND MY PLAN IF IT DOES

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOURISH	☐	☐	☐	☐	☐	☐	☐
PHONE BOUNDARY	☐	☐	☐	☐	☐	☐	☐
PROMISE KEPT	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 1	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 2	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 3	☐	☐	☐	☐	☐	☐	☐

The one goal plan

Choose one goal for the next ninety days. Make it specific enough that you will know when you have moved forward.

MY ONE GOAL

WHY IT MATTERS TO ME

WHAT SUCCESS LOOKS LIKE

WHAT COULD GET IN THE WAY

The one goal plan

WHAT I CAN DO THIS WEEK

WHO OR WHAT COULD SUPPORT ME

THE FIRST ACTION AND DATE

WHAT THIS EXERCISE HAS MADE ME REALISE

Write the one year vision

A direction can exist before every detail is known.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Describe an ordinary day in your life one year from now.

☐ DONE

THE COFFEE CLUB QUESTION

What do I want my life to feel like, beyond how it looks?

MOOD

1	2	3	4	5	6	7	8	9	10
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ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Choose one meaningful goal

Focus allows effort to accumulate.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose one goal that would make the next ninety days meaningful.

☐ DONE

THE COFFEE CLUB QUESTION

Which goal would still matter if nobody applauded it?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
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SLEEP

1	2	3	4	5	6	7	8	9	10
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TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR

Break it down

A dream becomes workable when it has a next action.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Divide your goal into monthly milestones and one action for this week.

☐ DONE

THE COFFEE CLUB QUESTION

What is the smallest visible step forward?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Update your proof

Your materials should reflect who you are becoming.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Update one page, profile, CV, portfolio or introduction that represents your work.

☐ DONE

THE COFFEE CLUB QUESTION

Where is an outdated version of me still speaking on my behalf?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Make the connection

Opportunity often begins with a clear message.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Contact one potential collaborator, client, mentor or community.

☐ DONE

THE COFFEE CLUB QUESTION

What could happen if I allowed myself to ask?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Work on what is yours

Your own dream needs protected time.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Spend one uninterrupted hour building something that belongs to your future.

☐ DONE

THE COFFEE CLUB QUESTION

Do I give my ambition my best energy or only what remains?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Meet the fear beneath delay

Procrastination often protects us from a feeling.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Name the fear beneath one delayed goal and design a smaller experiment.

☐ DONE

THE COFFEE CLUB QUESTION

Am I afraid of failing, succeeding or being seen trying?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Pour your coffee *and be honest.*

Purpose and Ambition

MY BIGGEST WIN THIS WEEK WAS...

THE MOMENT I FELT MOST LIKE MYSELF WAS...

WHAT DRAINED ME?

WHAT ENERGISED ME?

A BOUNDARY I NEED IS...

THE HABIT I KEPT WAS...

WHAT I LEARNED ABOUT MYSELF...

MY FOCUS FOR NEXT WEEK...

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

11

Become Visible

You cannot build a bigger life while constantly hiding.



A note *from us.*

You cannot be discovered while making yourself impossible to find. We know visibility is uncomfortable. Posting the idea, entering the room, introducing yourself clearly or asking for the opportunity can feel embarrassingly direct. Do it anyway. Being visible does not mean sharing everything. Privacy and hiding are not the same thing. You are allowed to protect your life while still letting your work, voice and value be seen. This week, practise being present before you feel perfectly packaged. The aim is not to become the loudest person in every room. It is to stop disappearing from rooms where your voice belongs.

With love, Laila & Nadia

A LITTLE REMINDER FOR WEEK 11

*You do not have to share everything. But you
do have to stop hiding the part of you that
wants more.*

Read it again. Slowly this time.

This week's *plan.*

WEEK STARTING

THEME

Become Visible

THIS WEEK I AM FOCUSING ON

THREE INTENTIONS

1

2

3

WHAT MIGHT GET IN THE WAY, AND MY PLAN IF IT DOES

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOURISH	☐	☐	☐	☐	☐	☐	☐
PHONE BOUNDARY	☐	☐	☐	☐	☐	☐	☐
PROMISE KEPT	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 1	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 2	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 3	☐	☐	☐	☐	☐	☐	☐

Your visibility ladder

Start with the least intimidating action and build upward. Courage grows through graduated evidence.

SHARE ONE IDEA PRIVATELY

INTRODUCE MYSELF CLEARLY

POST OR PUBLISH SOMETHING USEFUL

CONTACT ONE NEW PERSON

Your visibility ladder

ATTEND ONE RELEVANT ROOM

MAKE ONE DIRECT ASK

THE VISIBLE ACTION THAT SCARES ME MOST

WHAT THIS EXERCISE HAS MADE ME REALISE

Share the idea

Your voice becomes clearer when it enters the world.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Publish or send one idea before it feels perfectly polished.

☐ DONE

THE COFFEE CLUB QUESTION

What am I withholding because I cannot control the response?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Enter a new room

New environments create new evidence about who you can be.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Attend, book or research one room connected to your interests or goals.

☐ DONE

THE COFFEE CLUB QUESTION

Which room would expand my sense of possibility?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Introduce yourself clearly

A confident introduction is an act of self definition.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Write and practise a two sentence introduction that reflects what you do and care about.

☐ DONE

THE COFFEE CLUB QUESTION

Do I minimise myself to make introductions feel safer?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR

Ask for the opportunity

People cannot respond to a request you never make.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Make one specific, respectful ask related to your next step.

☐ DONE

THE COFFEE CLUB QUESTION

Where am I hoping to be discovered instead of becoming visible?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Document this chapter

You do not have to wait for the after photo to be worthy of remembering.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Take photographs or write a page that honestly captures who you are now.

☐ DONE

THE COFFEE CLUB QUESTION

What about this version of me deserves to be remembered?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Own an achievement

Humility does not require erasing your effort.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Share one achievement without minimising, joking or immediately crediting luck.

☐ DONE

THE COFFEE CLUB QUESTION

What am I proud of when I allow myself to say it plainly?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Be seen unfinished

Visibility before perfection builds resilience.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Let someone trusted see a work in progress and ask for useful feedback.

☐ DONE

THE COFFEE CLUB QUESTION

What could I create if imperfection were allowed to be public?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Pour your coffee *and be honest.*

Become Visible

MY BIGGEST WIN THIS WEEK WAS...

THE MOMENT I FELT MOST LIKE MYSELF WAS...

WHAT DRAINED ME?

WHAT ENERGISED ME?

A BOUNDARY I NEED IS...

THE HABIT I KEPT WAS...

WHAT I LEARNED ABOUT MYSELF...

MY FOCUS FOR NEXT WEEK...

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

12

Raise Your Standards

Your standards teach you and others how your life should feel.



A note *from us.*

By now, you know that becoming your best self is less about adding more and more about deciding what is no longer acceptable. Standards are not a list of demands for everybody else. They are the rules you follow when nobody is watching: how you speak to yourself, what you do with your time, what you tolerate and what you walk away from. Raising your standards may initially make life feel emptier. The wrong option leaves before the right one arrives. Let the space remain. Do not fill it with the same pattern wearing a different outfit. Your final week is about living one ordinary day as the woman you said you wanted to become. Not performing her. Practising her.

With love, Laila & Nadia

A LITTLE REMINDER FOR WEEK 12

*Your next chapter needs standards strong
enough to protect it.*

Read it again. Slowly this time.

This week's *plan.*

WEEK STARTING

THEME

Raise Your Standards

THIS WEEK I AM FOCUSING ON

THREE INTENTIONS

- 1 _____
- 2 _____
- 3 _____

WHAT MIGHT GET IN THE WAY, AND MY PLAN IF IT DOES

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	☐	☐	☐	☐	☐	☐	☐
MOVE	☐	☐	☐	☐	☐	☐	☐
NOURISH	☐	☐	☐	☐	☐	☐	☐
PHONE BOUNDARY	☐	☐	☐	☐	☐	☐	☐
PROMISE KEPT	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 1	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 2	☐	☐	☐	☐	☐	☐	☐
NON NEGOTIABLE 3	☐	☐	☐	☐	☐	☐	☐

The new standard

Write *what* your new standard looks like in behaviour. Avoid vague words such as *better* or *healthier*.

MY STANDARD FOR SELF TALK

MY STANDARD FOR HEALTH

MY STANDARD FOR WORK

MY STANDARD FOR FRIENDSHIP

The new standard

MY STANDARD FOR LOVE

MY STANDARD FOR MONEY

WHAT I WILL NO LONGER NEGOTIATE

WHAT THIS EXERCISE HAS MADE ME REALISE

Define the new standard

Standards need behaviours, not only beautiful words.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Write your new minimum standard for health, work, love, friendship and self talk.

☐ DONE

THE COFFEE CLUB QUESTION

What am I accepting that the next version of me would refuse?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Notice the mismatch

Discomfort can reveal where your life no longer fits.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Identify three places where your actions, environment or relationships contradict your standards. ☐ DONE

THE COFFEE CLUB QUESTION

Where am I settling because change would require courage?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Have the overdue conversation

Avoidance preserves the problem, not the peace.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Prepare and begin one calm conversation you have been postponing.

☐ DONE

THE COFFEE CLUB QUESTION

What truth can I express clearly without becoming cruel?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Upgrade one ordinary thing

Your daily life matters more than occasional luxury.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Improve one frequently used space, tool, routine or habit within your means.

☐ DONE

THE COFFEE CLUB QUESTION

What small upgrade would make everyday life feel more considered?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Replace inconsistency

Reliability is often more transformative than intensity.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose one inconsistent habit and reduce it to a version you can repeat.

☐ DONE

THE COFFEE CLUB QUESTION

What is the sustainable version of the life I keep attempting dramatically?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Protect your future

A standard is proven when keeping it is inconvenient.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Say no to one choice that offers short term comfort but weakens a long term goal.

☐ DONE

THE COFFEE CLUB QUESTION

What does future me need me to protect today?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Live one day at your standard

Your future identity is built through present behaviour.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Plan and live one ordinary day according to your new standards.

☐ DONE

THE COFFEE CLUB QUESTION

What felt natural, and what still requires practice?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

SLEEP

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

TODAY I KEPT

- ☐ Water ☐ Move ☐ Nourish
☐ Phone boundary ☐ Promise kept ☐ NN 1
☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Pour your coffee *and be honest.*

Raise Your Standards

MY BIGGEST WIN THIS WEEK WAS...

THE MOMENT I FELT MOST LIKE MYSELF WAS...

WHAT DRAINED ME?

WHAT ENERGISED ME?

A BOUNDARY I NEED IS...

THE HABIT I KEPT WAS...

WHAT I LEARNED ABOUT MYSELF...

MY FOCUS FOR NEXT WEEK...

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

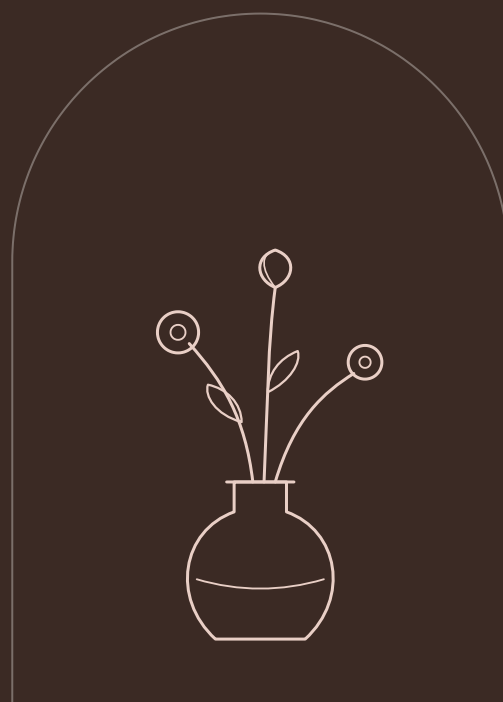
CONFIDENCE

1 2 3 4 5 6 7 8 9 10



The Becoming

Completion is not perfection. It is evidence that you kept returning.



A note *from us.*

Six days left. Completion is not perfection. It is evidence that you kept returning. This last stretch is about looking back honestly, collecting the proof of who you have become and choosing what deserves the next season of your energy. Take your time with these pages. You earned them.

With love, Laila & Nadia

A LITTLE REMINDER

You were never a problem to fix.

Read it again. Slowly this time.

Repeat the life audit

Transformation becomes visible when you compare honestly.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Repeat your original ratings without looking at your first answers, then compare them.

☐ DONE

THE COFFEE CLUB QUESTION

Where have I changed in ways that cannot be captured by appearance?

MOOD

1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

SLEEP

1 2 3 4 5 6 7 8 9 10

TODAY I KEPT

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☐ NN 2 ☐ NN 3

EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR

Collect the evidence

Small changes become powerful when you see them together.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

List every habit, boundary, decision and brave moment from the last eighty five days.

☐ DONE

THE COFFEE CLUB QUESTION

What proof do I now have that I can trust myself?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

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EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Write ninety lessons

Your own experience can become a personal guide.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Write ninety short lessons, truths, reminders or discoveries from this journey.

☐ DONE

THE COFFEE CLUB QUESTION

Which lesson do I want to carry for the rest of my life?

MOOD

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ENERGY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

CONFIDENCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

SLEEP

1	2	3	4	5	6	7	8	9	10
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TODAY I KEPT

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EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Design the next ninety days

Completion is a beginning with better information.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Choose three priorities and the weekly actions that will support them.

☐ DONE

THE COFFEE CLUB QUESTION

What deserves the next season of my energy?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

CONFIDENCE

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EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Write from your future self

Perspective helps you recognise what matters.

THIS MORNING I WANT TO FEEL _____

ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Write a letter from the version of you who continued these changes for one year.

☐ DONE

THE COFFEE CLUB QUESTION

What would she thank me for beginning now?

MOOD

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

ENERGY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

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EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Celebrate who you became

Celebration helps your mind register progress.

THIS MORNING I WANT TO FEEL _____ ONE THING I WILL DO FOR ME _____

TODAY'S ACTION

Create a Day 90 ritual, take a photograph and acknowledge the work you completed.

☐ DONE

THE COFFEE CLUB QUESTION

Who am I now, and what will I never again forget about myself?

MOOD

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

ENERGY

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

CONFIDENCE

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

SLEEP

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EVENING · WHAT I DID WELL

WHAT I NEED TOMORROW

TODAY I AM GRATEFUL FOR _____

Then and *now.*

Day 90

Return to your starting scores and record where you are now. A lower score is not failure; it may reflect greater honesty or a life area that now deserves attention.

AREA

DAY 1

DAY 90

WHAT CHANGED

Mental wellbeing

Physical energy

Confidence

Relationship with my body

Daily routines

Home and environment

Relationships and boundaries

Money confidence

Career and purpose

Joy and fulfilment

THE PROOF I NOW HAVE THAT I CAN TRUST MYSELF

The next *90 days*.

1

PRIORITY 1

THE WEEKLY ACTION THAT SUPPORTS IT

2

PRIORITY 2

THE WEEKLY ACTION THAT SUPPORTS IT

3

PRIORITY 3

THE WEEKLY ACTION THAT SUPPORTS IT

WHAT I WILL CONTINUE

A FINAL NOTE

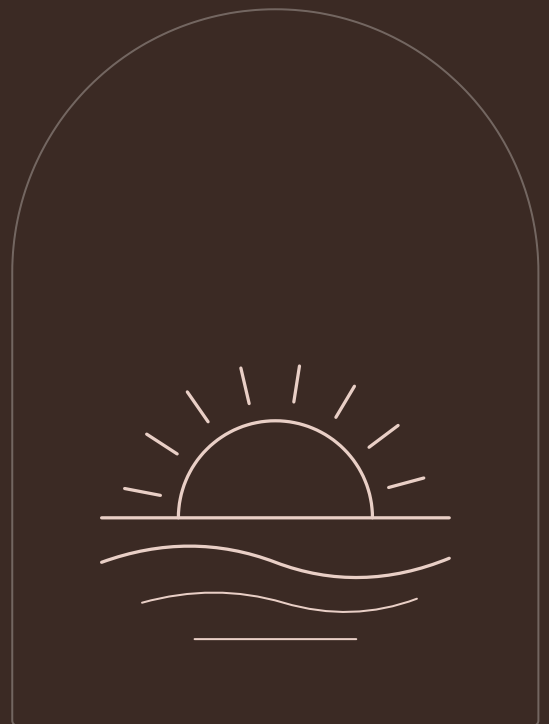
You were never a *problem to fix.*

The glow up was learning to meet yourself with honesty, standards and care.

You completed ninety days of paying attention to your own life. The visible changes matter, but the deepest result is the evidence you created: you can keep promises, make difficult decisions, begin again and choose yourself without abandoning the people you love.

Do not wait for another crisis to return to these pages. Keep the rituals that made you feel grounded. Keep the boundaries that made you feel peaceful. Keep the ambitions that made you feel alive. Your best version is not a finished woman. She is a woman who knows how to return to herself.

With love, Laila & Nadia



The coffee date you don't *cancel*.

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