
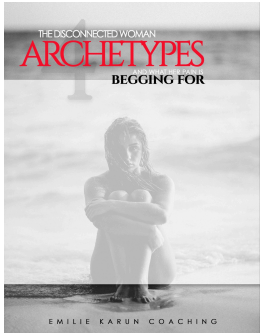



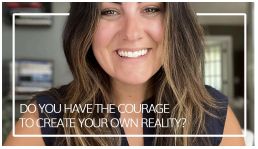
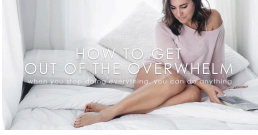
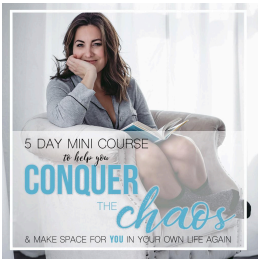















Phase 1: Disrupt the Status Quo & Dare to See Things Differently			The Essentials Level Monthly Membership	The Expansion Level Annual Mastermind
Reclaim it All Audio Series + Disconnected Feminine Archetype PDF <i>(4 part audio series approx. 30 minutes each)</i>	 	<p>Before we dive into anything else, start here.</p> <p>You can't change what you can't see. This training will give you language for the invisible habits and beliefs that have been running your life, so the rest of the work in The Revolution actually sticks.</p> <p>First, review the Archetype Overview PDF to get a clear, concise breakdown of the 4 patterns that may be quietly shaping your choices, energy, and sense of self (download from the right side bar)</p> <p>Then, listen to the Reclaim It All Audio Series—4 short, potent audios that bring these patterns to life and help you feel exactly where you've been stuck... and what you're ready to reclaim.</p> <p>Each of these four short audios reveals a specific survival pattern many high-achieving women carry.</p> <p>You may find yourself in one, or in all of them.</p> <p>Understanding the disconnected feminine archetypes is how you begin to see what needs to shift.</p>	x	x
Why Success Doesn't Satisfy <i>(31:57 minute audio training)</i>		<p>Before you chase the next milestone, listen here. You've checked the boxes. Built the life. Hit the goals. And yet, something still feels off.</p> <p>This short audio breaks down the three core reasons why success leaves high-achieving women unsatisfied, and what must shift before the fulfillment you've been chasing can finally land.</p>	x	x
11 Myths the Modern MomBoss Needs to Drop Right Now <i>(pdf)</i>		<p>11 Myths the Modern Mom Boss Needs to Drop Right Now Before you can fully step into your power, you've got to clear out the lies you've been living by.</p> <p>This PDF exposes the 11 most common myths holding busy, ambitious women back—from balance and perfection, to worthiness and hustle. For each myth, you'll see why it's complete bullshit, and what new power belief to anchor into instead.</p>	x	x





<p>Claiming Your Unreasonable Big Desires</p> <p><i>(19:37 video clip)</i></p>		<p>Stop playing by rules that were never yours.</p> <p>You've been taught to want what's "reasonable," to tone it down, to ask for just enough so no one calls you greedy or unrealistic. This is exactly how women end up with lives that look fine on paper but feel flat in their bones.</p> <p>This training invites you to name the thing you really want—the dream you've shoved to the back of your mind because it felt "too much."</p> <p>We're not here to negotiate with your soul. We're here to listen to her.</p>	<p>x</p>	<p>x</p>
<p>How to Create Your Own Reality</p> <p><i>(26:39 video clip)</i></p>		<p>Nothing is inherently good or bad—it's the meaning you assign that makes it so.</p> <p>This training shows you how to reclaim your power by understanding that every event is neutral, and it's your interpretation, decision, and story that shape your reality.</p> <p>First, watch the How to Create Your Own Reality video training to see how your perspective and choices are literally creating the life you're living.</p> <p>Then, notice how your current stories are shaping the way you feel, act, and experience success.</p> <p>Finally, begin practicing new interpretations that align with the life you actually want to create.</p>	<p>x</p>	<p>x</p>
<p>Get Out of the Overwhelm + Conquer the Chaos Mini Course Workbook</p> <p><i>(20:58 video clip + Conquer the Chaos PDF)</i></p>		<p>Before we go any further, you need this reset.</p> <p>Overwhelm isn't just a feeling—it's a state that keeps you reactive, scattered, and convinced you don't have time for change. If we don't shift it now, everything else in The Revolution will feel harder than it needs to.</p> <p>In this training, you'll get practical tools and mindset shifts to quiet the noise, clear the mental clutter, and create the breathing room you've been craving—without dropping everything you care about.</p> <p>Think of this as your emergency exit from the hamster wheel. Once you see what's truly eating your time and energy, you'll</p>	<p>x</p>	<p>x</p>


		finally have space for the changes you've been wanting to make.		
Break Up with Busy Webinar <i>(21:17 video webinar replay)</i>		Busy isn't a badge of honor—it's a straightjacket. This training frees you from the cycle so you can live from fullness, not frantic.	x	x
How to Say No Webinar + How to Uncover 10 Extra Hours a Week Workbook PDF <i>(29:53 video webinar replay)</i>	 	<p>Before you overload your calendar again, start here.</p> <p>Every "yes" is also a "no"—to your energy, your time, your peace.</p> <p>This training will help you break free from the weight of others' expectations and see why saying no is not selfish, but essential.</p>	x	x
How to Hire Help as a Busy Mom Webinar <i>(42:38 video webinar replay)</i>		<p>You weren't meant to do it all alone.</p> <p>The belief that you can't afford help—or don't deserve it—isn't about money. It's about worthiness, guilt, and old stories that have kept you overextended.</p> <p>This training uncovers the roots of those patterns and shows you how to create the support you need, both financially and practically.</p>	x	x




5 Things You Must Give Up to Have it All <i>(13:17 video clip)</i>		<p>If you want it all, you can't cling to everything.</p> <p>This short training lays out the five things you must release in order to create the life you actually want.</p> <p>From guilt to outdated stories, you'll see how holding on is what's been keeping you stuck—and how letting go unlocks the freedom and success you've been chasing.</p>	x	x
How to Release Mom Guilt for Good Webinar <i>(29:41 video webinar replay)</i>		<p>Guilt isn't proof you're a good mom—it's proof you've been living by someone else's rules.</p> <p>This training breaks down where guilt really comes from and shows you how to eliminate it for good. By rewriting the "shoulds" and creating beliefs that actually align with who you are, guilt doesn't need to be managed—it simply disappears.</p>	x	x
Fuck the Fairy Tale Webinar <i>(33:40 video webinar replay)</i>		<p>The fairytale was never real—and it's been keeping you small.</p> <p>This training dismantles the myth of "happily ever after" and the lie that if you just get it right, you'll finally be worthy, approved of, and free.</p> <p>You'll see how chasing perfection and permission has kept you in a fantasy that doesn't exist—and how to step into a life that actually does.</p>	x	x
9 Signs You've Lost Yourself in Motherhood <i>(42:47 video training)</i>		<p>Motherhood doesn't mean disappearing.</p> <p>This training reveals the nine most common ways women lose themselves in motherhood—subtle signs that you've put everyone else first and left yourself behind.</p> <p>You'll see how this shows up in your daily life, why it's costing you more than you realize, and how reclaiming you is the best gift you can give your children.</p>	x	x
Overflow Into Your Family <i>(32:00 video training)</i>		<p>Your family doesn't need a burned-out version of you.</p> <p>This training shows you why giving to yourself first is the most loving thing you can do for the people you care about most. When you manage your energy, enjoy your own life, and prioritize what fuels you, that overflow naturally spills into your family in ways you can't always see—but they can always feel.</p>	x	x






<p>More than a Mom Webinar</p> <p><i>(28:03 video webinar replay)</i></p>		<p>You were a woman before you were a mother.</p> <p>This training helps you release the belief that your only value is in giving to others, so you can reconnect with the woman inside who is craving more.</p> <p>You'll learn the six signs your soul is trying to get your attention, how to pay attention to the persistent feelings of misalignment, and how to follow the divine breadcrumbs toward your true path and purpose.</p>	<p>x</p>	<p>x</p>
<p>How to Quiet the Outside Noise (and find our own truth)</p> <p><i>(32:59 video training)</i></p>		<p>The loudest voices aren't always the truest.</p> <p>This training teaches you how to turn down the outside noise so you can finally hear your own.</p> <p>Through three clear steps, you'll see what beliefs and voices have been running your life, how to release them, and how to reconnect to the clarity, confidence, and trust already inside you.</p>	<p>x</p>	<p>x</p>
<p>Manage Like a Mother Courses</p> <p> Modules inside:</p> <ul style="list-style-type: none"> • Module 1: Getting Out of the Overwhelm • Module 2: Accepting Balance is Bullshit • Module 3: Learning to Do Things Differently • Module 4: Planning Like a Boss • Module 5: Delegating & Eliminating Shit You Hate • Module 6: Breaking the Self-Abandonment Cycle • Module 7: Managing Your To-Do List & Aligning Your Calendar • Module 8: Setting & Holding Boundaries Like a Boss • Bonuses 		<p>An 8 module program designed to help the busy mom get out of overwhelm, get crystal clear on her top priority, take control of her time and energy, set boundaries with confidence, and become a true #momboss of her calendar—so you can spend more time on what matters, less time running in circles, and make serious progress toward your biggest goals.</p>	<p>x</p>	<p>x</p>
<p>Phase 2: Remember Who You Are and Reconnect with the Guide-ess</p>			<p>The Essentials Level Monthly Membership</p>	<p>The Expansion Level Annual Mastermind</p>



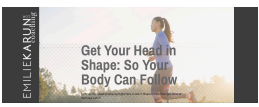

<p>Daily Spiritual Workout Beginner's Guide PDF</p> <p>(PDF guide)</p>		<p>Your spirit needs reps too.</p> <p>Just like your body gets stronger with consistent workouts, your soul builds strength through daily practice.</p> <p>This guide shows you how to create a simple, sustainable spiritual routine that deepens your connection to yourself through journaling, meditation, and tuning in.</p>	<p>x</p>	<p>x</p>
<p>Little eBook of Self Care</p> <p>(PDF guide)</p>		<p>Self-care isn't cliché—it's survival.</p> <p>This guide gives you 51 real ways to rest and recharge that go far beyond bubble baths, chocolate, and wine.</p> <p>Each idea is simple, practical, and designed to refill your energy so you can show up as the woman, mother, and leader you want to be.</p>	<p>x</p>	<p>x</p>
<p>101 Powerful Daily Journal Prompts</p> <p>(PDF guide)</p>		<p>Your journal is your most powerful manifesting tool.</p> <p>This PDF gives you 101 prompts designed to help you tune in, get honest, and call forth the most meaningful, authentic, and abundant life you desire.</p> <p>Each prompt opens a door to deeper clarity, alignment, and self-connection, so you can stop circling in your head and start creating from your truth.</p>	<p>x</p>	<p>x</p>
<p>Breather Crash Course</p> <p>(5 module course)</p> <p>Modules inside:</p> <ul style="list-style-type: none"> Module 1: Making Space for Real Change Module 2: Learning to See & Receiving the Abundance Around You Module 3: Embracing Non-Negotiable Self Care 		<p>The Breather Crash Course is a 5-part series designed to help you pause, reset, and reconnect with yourself.</p> <p>Each module guides you into creating space, receiving abundance, prioritizing self-care, clarifying your desires, and taking aligned action—so you can breathe again and move forward with energy and clarity.</p>	<p>x</p>	<p>x</p>







<ul style="list-style-type: none"> Module 4: Connecting with Your Dreams and Desires Module 5: Taking Inspired Action 				
Self Love Lessons <i>(21 mini-daily audio lessons)</i>		<p>Self Love Lessons A 21-day course with 21 individual self-love lessons designed to help you reconnect with yourself one day at a time.</p> <p>Each lesson includes a short audio training, an inspirational quote, a daily affirmation, a specific journal prompt, and a simple homework assignment you can complete within your busy day—so self-love becomes a lived practice, not just a concept.</p>	x	x
Self Love to Success Webinar <i>(42:53 video webinar replay)</i>		<p>You don't build success by pushing harder—you build it by loving yourself deeper.</p> <p>In this training, you'll learn the 6 secrets of self-love that successful women know and practice daily. You'll discover how to separate the voice of your inner critic from your true self, and how to foster, nurture, and prioritize the most important relationship you'll ever have—the one with you.</p>	x	x
Reviving the Woman Course + Bonuses  Modules inside: <ul style="list-style-type: none"> Opening Workshop (3-Hour Replay): Understanding identity and the power of how we see ourselves Training #1: Meeting the Guide-ess The lost art of the soft, feminine woman—and why coming home to her changes the way you mother, love, lead, and experience life. Training #2: Self-Leadership Without a Map Learn how to discern the voice of the Guide-ess within from fear and conditioning, hold yourself through discomfort, and expand your capacity without efforting or control. 		<p>If there is one course that will change your relationship with yourself forever, it's this one.</p> <p>Reviving the Woman is the backbone of self-connection—a 4-week courtship that brings you home to the woman you've put on the back burner for far too long. For the woman behind the mother who longs to know herself deeper, trust herself more, and stop feeling torn between the roles she fills and the woman she wants to be.</p> <p>This is where sacrifice and self-abandonment end, and softness, sensuality, and space begin. Instead of chasing peace in all the wrong places, you'll discover clarity and overflow when you let the woman within lead.</p>	x	x



<ul style="list-style-type: none">• Training #3: Living as a Woman First Practical tools for balancing your feminine relationship with the realities of a busy schedule. Set boundaries, say no, have hard conversations, and navigate the resistance that arises when you stop suffering alongside everyone else.•				
Phase 3: Walk Like a Woman Who Knows Her Worth			The Essentials Level Monthly Membership	The Expansion Level Annual Mastermind
<p>Becoming the Fuck Yes Woman Private Podcast</p> <p><i>(6 part private podcast series)</i></p> <p>🔊 Episodes inside:</p> <ul style="list-style-type: none">• Episode 1: You Deserve a Fuck Yes Life. Are You Living It? Why YOU deserve a fuck yes life—and the steps you can take TODAY to start living it.• Episode 2: Yes You DO Want the Dream Body, Income, Love Life + Career The real secrets to having it all—and how to stop settling for anything less.• Episode 3: It's Not Your Fault, I'm Pissed & You Should Be Too The infuriating lies we've been taught that keep women small—and how to take back your power.• Episode 4: Habits of the Fuck Yes Woman (What She Knows That You Don't) The everyday habits that unlock your happiest, most authentic, most powerful self.• Episode 5: Why Some Women Have It All and Others Settle The harsh truth about why some women thrive and others don't—and how to make sure you're in the right camp.• Episode 6: The Decision That Changes Everything The single decision that changed my life—and how it can change yours, too.		<p>Stop settling. Start living your full-body fuck yes life.</p> <p>This 6-episode private podcast will show you how to step into the woman who can carry her biggest dreams and create the body, business, love, and life she truly wants—without apology and without settling.</p>	x	x

<p>The Empowered Woman Course</p> <p><i>(5 module course + workbooks)</i></p> <p>Modules inside:</p> <ul style="list-style-type: none"> • Module 1: Reviving the Guide-ess Within • Module 2: Releasing Indoctrination, Cultivating Imagination • Module 3: Reclaiming the Divine Feminine • Module 4: Fortifying Your Unshakable Core 		<p>Wake up your power. Reclaim your life.</p> <p>The Empowered Woman is a 4-part series designed to help you wake up your power, reclaim control, and never feel powerless again. Each training helps you dismantle old conditioning, reconnect with your divine feminine, and fortify an unshakable core—so you can step into the unstoppable powerhouse you were always meant to be.</p>	<p>x</p>	<p>x</p>
<p>Resolution Revolution</p> <p><i>(21 day audio training + manifestation challenge)</i></p>		<p>Your most epic year starts here.</p> <p>Resolution Revolution is a 21-day visioning + manifestation challenge designed to activate your powers of imagination, visualization, believing, and receiving—so you can attract everything you desire and co-create the life you've been craving.</p> <p>Over three powerful weeks, you'll learn how to work with vibrational alignment, law of attraction, and your inner guidance system to not just set goals—but magnetize them.</p>	<p>x</p>	<p>x</p>
<p>Feeling Good is the Work{shop}</p> <p><i>(summer camp replay)</i></p>		<p>Hot, healthy, wealthy, rich bitch summer... camp edition.</p> <p>Rediscover the fun and freedom of summer break, learn to find & follow the magic you're missing, and fall in love with life right now, so you can experience the most epic summer ever!</p> <p>This program was originally run as a live summer camp, packed with trainings, themes, camp counselor talks, and a community vibe you could <i>feel</i>. Now you get instant access to the full replay—so you can re-watch the lessons, soak up the energy, and recreate your own version of that carefree, feminine fun in your everyday life.</p>	<p>x</p>	<p>x</p>



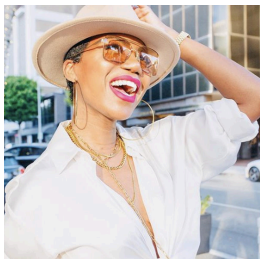
<p>enough.</p> <p>(5 module course)</p> <p> Modules inside:</p> <ul style="list-style-type: none"> • Pre-Work: My Relationship with Enoughness • Lesson 1: The Domestication of the Wild Woman + the Legacy of Fear • Lesson 2: The Search for Power in All the Wrong Places & the Price We Pay for Success • Lesson 3: Our Innate Longing for Significance, Influence, and a Purposeful Existence • Lesson 4: The Descent • Lesson 5: Living as a Woman Who Already Knows She's Worthy 		<p>You've spent too long trying to prove yourself, perform for approval, and earn your worth. This course is your invitation to drop the hustle for validation and start living from the unshakable knowing that you are already enough.</p> <p>Through a series of powerful lessons, you'll confront the stories of fear, perfectionism, and domestication that have kept you small—and reclaim the audacity of living as a woman who knows she is inherently worthy.</p>	x	x
<p>You Glow Girl</p> <p>(5 module course)</p>		<p>For when you're ready to feel radiant, magnetic, and unapologetically alive.</p> <p>This 5-part course is your invitation to turn up the heat by stepping into your feminine power—feeling free, sexy, and irresistible while activating your ability to receive more. By upgrading the little things and glowing up differently, life is going to show up for you in ways that blow your mind.</p>	x	x
<p>Becoming the Woman</p> <p>(21:30 video)</p>		<p>You don't become her by waiting until you feel ready—you become her by stepping into her shoes now.</p> <p>In this training, you'll learn how to navigate the conflict between your highest self and your human self, face the discomfort of growth, and finally live <i>as the woman who...</i> instead of the one who keeps resisting her own becoming.</p>	x	x
<p>Turning Your Fear Into Fire</p> <p>(5 lesson workbook PDF + journal prompts)</p>		<p><i>Fear doesn't have to hold you back—it can fuel you forward. This workbook will help you transform your anxiety and uncertainty into a unique opportunity for growth, clarity, and power. You'll learn to see emotions as guidance, name and tame your fears, and step into a life lived with more intention, certainty, and trust.</i></p>	x	x



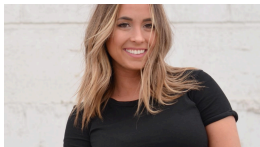
Facing the Fear of Success (28:24 video)		<p><i>Procrastination, confusion, and feeling stuck aren't always signs of failure—they're often symptoms of fearing what happens if you actually succeed.</i></p> <p><i>In this training, you'll discover why success can feel threatening to your subconscious, how sneaky self-sabotage disguises itself as "not ready," and the steps to move through fear so you can finally let yourself rise.</i></p>	x	x
Never Envy Another Woman Again Webinar (54:28)		<p><i>Envy isn't proof something's wrong with you—it's proof of what you really want. But too often, comparison keeps us stuck looking outside ourselves instead of owning our own exceptional path.</i></p> <p><i>In this training, you'll learn 6 strategies to stop comparing, stop seeking direction from others, and start using envy as information to clarify what you truly desire—so you can create the life you were meant to live.</i></p>	x	x
Get Your Head in Shape so Your Body Can Follow Webinar (31:32 webinar replay)		<p>Struggle, dread, and lack will never create the body you want. Transformation starts in your mind, not in another bad diet or punishing routine.</p> <p>In this training, you'll uncover the hidden fitness beliefs and old stories that keep you stuck, release the pressure-filled mindset that sabotages you, and learn how to align your thinking with ease, possibility, and sustainable results.</p>	x	x
Fit Mom Mindset Makeover (1:01 webinar replay)		<p><i>You don't get the body you love by punishing yourself with diets, deprivation, or workouts you hate. You get it by shifting your mindset, fueling your body with love, and building strength from the inside out.</i></p> <p><i>In this training, you'll learn the 5 things you must give up to create lasting, sustainable change—and step into the body of a woman who feels strong, sexy, and confident in her own skin.</i></p>	x	x





<p>Claim Your Best Life Now</p> <p>(4 module course)</p> <p> Modules inside:</p> <ul style="list-style-type: none"> • Module 1: The Power of Focus • Module 2: The Power of Contrast • Module 3: The Power of Intention • Module 4: The Power of Claiming It 		<p>This course isn't just for when everything's going well—it's for the moments when it feels like nothing is working, life is falling apart, and you're stuck in struggle.</p> <p>Inside, you'll learn how to shift your focus, reframe challenges, and use even the unexpected and unwanted as fuel to create the life you actually want.</p> <p>Through four powerful modules, you'll uncover how to work with contrast, align your intentions, and finally claim your desires as done—so you can stop fighting reality and start living your best life now.</p>	<p>x</p>	<p>x</p>
<p>Unleash (original)</p> <p>(5 module course)</p> <p> Modules inside:</p> <ol style="list-style-type: none"> 1. Unbecoming Who the World Wants You to Be 2. Aligning to What Is Within You 3. Fuck the Rules—Get Paid 4. Bend Time + Space 5. Activate Your Magnetism 		<p>This 5-part program is all about lighting the match. It's bold, unapologetic, and designed to help you torch the “good girl” conditioning, burn the rules, and stop asking permission.</p> <p>Inside <i>Unleash</i>, you'll learn how to unbecome who the world wanted you to be, align with your truth, and activate the magnetic woman you know you were made to be.</p>	<p>x</p>	<p>x</p>
<p>Unleash 2.0</p> <p>(6 module course)</p> <p> Modules inside:</p> <ol style="list-style-type: none"> 1. Good Girl Conditioning: The Lies We Swallowed, and the Power Paradox That Keeps Us Small 2. Honoring Our Story While Challenging the Narrative 3. The Emotional Bondage That Keeps Us Caged 4. Know Your Worth, Raise the Standards, & Anoint Your Damn Self 5. Fear, Faith, and Running Towards the Fire 6. Maintenance, Mentorship, and Becoming Magnetic 		<p>This 6-lesson evolution of <i>Unleash</i> goes deeper. It's not just about burning it all down—it's about facing the messy edges that show up after you've outgrown the old you, but the world still wants you small. Inside <i>Unleash 2.0</i>, you'll uncover why letting go of what others think feels so hard, how to believe in yourself when no one else does, and what to actually do when fear, doubt, and self-sabotage show up.</p> <p>Through these lessons, you'll build your “I'm okay even if you don't like me” muscles, raise your standards, and rewrite the old story so you can finally live as the heroine of your own life.</p>	<p>x</p>	<p>x</p>


Navigating the Void Masterclass (39:43 masterclass)		<p>Being stuck “in between” can feel like hell—you’ve outgrown the old, but the new hasn’t revealed itself yet. This training shows you how to move through that limbo with clarity instead of panic.</p> <p>Inside <i>Navigating the Void</i>, you’ll discover the 3 phases of the void, what’s actually happening when life feels uncertain, and how to use this season to prepare yourself for what comes next.</p>	x	x
Uncovering Your Money Making Purpose Bootcamp (5 part bootcamp)		<p>For when you’re ready to remember who the hell you are and let your inner badass take the wheel.</p> <p>This 5-day bootcamp is me, lovingly kicking your ass into your next level — reminding you of the powerful, unstoppable woman within who is ready to come back to life and lead you toward your money-making purpose. She knows what you really want, she knows where you’ve self-abandoned, and she knows how to get your life back on track (and make the millions you crave).</p> <p>She is YOU — the guide-ess you’ve forgotten how to hear, trust, and follow. This bootcamp will help you access her, harness her, and let her lead.</p>	x	x
BONUSES VIDEOS + INTERVIEW SERIES			The Essentials Level Monthly Membership	The Expansion Level Annual Mastermind



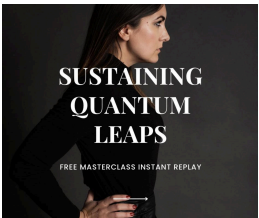
Sophie Josephina - Reclaiming the Wild Feminine <i>(1:25:17 video interview)</i>		<p>What happens when you let the wild feminine lead?</p> <p>In this conversation, we dive into polarity, power, and the dance between science and spirituality, the mystical and the practical, the dark and the light within us.</p>	x	x
Nicole Syverson - How to Follow the Magic <i>(1:47:59 video interview)</i>		<p>In this conversation, Nicole and I dive into the power of the body as the gateway to healing. We talk about how trauma gets stored in the nervous system, why trying to “think” your way through struggle doesn’t work, and how to actually feel and release emotions so they don’t run your life.</p> <p>Nicole shares practical tools for regulating your nervous system, reconnecting with your body, and learning to trust your own wisdom. We explore what it really means to reclaim your power, stop abandoning yourself, and create transformations that last — not just quick fixes that fade.</p>	x	x
April Davis - Uncensored Sex, Power & Pleasure with April Davis <i>(1:25:52 video interview)</i>		<p>In this conversation, April and I dive into the real sex talk you always needed but never got — from turning yourself on, to asking for what you need in bed, to spicing up long-term relationships, and even how to talk to your kids about pleasure and empowerment without shame.</p>	x	x





Ranya Ahmed - What the Heck is Human Design? <i>(1:12:52)</i>		<p>With over 10 years of experience in training and coaching, Ranya breaks Human Design down in a way that is practical, empowering, and deeply transformative.</p>	x	x
Christy Primmer - Cultivating Confidence <i>(1:01:12 video interview)</i>		<p>This clip is part of the Hot Happy Empowered Moms Extravaganza series I hosted in 2020, where I brought together powerhouse women to share their expertise on living bold, unapologetic lives.</p> <p>In this conversation, I sat down with Christy Primmer — mom, wife, author, TV host of Women Who Lead, and fierce advocate for women owning their worth. Christy teaches fierce + fabulous women how to get Confident AF and create the life and business they desire.</p>	x	x
Marie Claire Cates - Spiritual 7 Figure CEO Audacious Belief + Big Confidence <i>(1:34:12 video interview)</i>		<p>This interview is part of the Calm Down Level Up series I hosted in 2021 as a celebration of my 40th birthday, where I brought together powerhouse women to share the beliefs, actions, and habits that create an epic life.</p> <p>In this conversation, I sat down with Marie Claire Cates — 7-figure spiritual CEO, beauty business mogul, and living proof that nothing is impossible. Marie Claire immigrated from Haiti as a teen mother raising her son Dominique (who is autistic and epileptic). She walked through welfare, homelessness, bankruptcy, shame, and feeling unworthy... and rose to become the CEO of a million-dollar Beverly Hills beauty business generating over \$200K/month.</p> <p>And that's not even the best part. Marie Claire's audacious faith and contagious energy will inspire you to believe you can have anything you want — no matter where you are starting from today.</p>	x	x


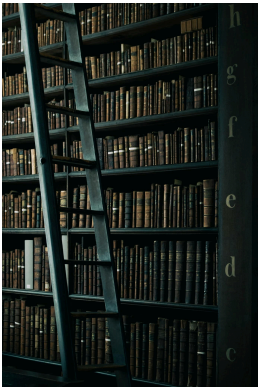


<p>Darla Delayne - Courageous Leaps in the Direction of Your Dreams</p> <p><i>(1:33:18 video interview)</i></p>		<p>In this conversation, I sat down with Darla Delayne — founder of SHE'S C.E.O., master teacher, and high-level coach with 35+ years of experience helping powerhouse business owners skyrocket growth without working harder. Darla has taught me everything I know about courage: how to take bold action toward your dreams even when you have zero evidence it will work.</p> <p>As a mom of four who has lived a wildly multi-passionate life — from education psychology to real estate, mortgage loans, direct sales, acting in NYC, and more — Darla knows what it means to go after what you want instead of settling for what you “should” want. She’s obsessed with time — how to feel the abundance of it, bend it, stretch it, and use it as a portal for creating the life you really want.</p>	x	x
<p>Cori Strong - Seeing Yourself with New Eyes</p> <p><i>(28:36 video interview)</i></p>		<p>In this conversation, I sat down with Cori Strong — boudoir photographer and advocate for women reclaiming their power, passion, and purpose through the lens. Cori’s work is about so much more than photos. She creates safe, sacred spaces for women to explore their sensuality, celebrate who they are, and see themselves in a way society rarely reflects back.</p> <p>We talked about why boudoir photography is so powerful, the lies women are told about what needs to be “fixed,” and the freedom that comes when you choose to love yourself exactly as you are. This is about rekindling the romance with yourself and falling head over heels with the exceptional woman you already are.</p>	x	x
<p>Lyndsey Paradis - Harnessing Your Power to Manifest</p>		<p>In this conversation, I sat down with Lyndsey Paradis — coach, speaker, and podcaster who helps women live their calling and manifest their biggest dreams. Lyndsey has a gift for showing women how to step out of resistance and return to their natural state of ease and flow, so they can attract more while doing less.</p> <p>We talked about the power of becoming a gentle observer, claiming what you want, and relaxing into the knowing that it’s already done. Lyndsey shares how to harness your energy, decide what you’re calling in, and manifest from a place of alignment and trust.</p>	x	x



Nicole Syverson - The Power of Pleasure		<p>In this conversation, I sat down with Nicole Syverson — trauma-informed life coach, yoga teacher, and healer — to talk about one of her favorite topics: pleasure. Nicole teaches that disconnection, overwhelm, and struggle are not random problems, but symptoms of being cut off from our pleasure. Pleasure isn't just about sex — it's about joy, satisfaction, contentment, and the deep state of being alive and turned on by your own life. Nicole shares how reconnecting with pleasure allows us to reclaim our sacred, sexy, and powerful selves.</p>	x	x
How to Plan a Life Changing Family Road Trip		<p>Family trips don't have to feel like chaos. This 2-hour training breaks down the nitty-gritty of pre-planning, mapping, executing <i>and</i> actually enjoying a multi-stop family road trip. You'll learn how to plan for success while still leaving room for magic, so the unexpected feels like adventure instead of stress.</p>	x	x
How to Witness Your Thoughts - Inside Out Analogy <i>(12:57 video clip)</i>		<p>A quick lesson using Pixar's <i>Inside Out</i> to show how to create space between your true self (your guide-ess) and your thoughts, so you can observe them instead of being ruled by them.</p>	x	x
The Power of Enjoying the Journey 🌀 <i>(5:53 video clip)</i>		<p>A short reminder that feeling good <i>is</i> the work—money can add happiness, but a miserable journey will never lead to a beautiful destination. Stop chasing outcomes and start falling in love with here and now.</p>	x	x
Why We Must Meet Our Edges & How to Go Beyond Your Comfort Zone <i>(15:51 video clip)</i>		<p>Growth lives in the discomfort. This clip unpacks why the cave you fear to enter holds the treasure you seek, how the void shapes the woman you're becoming, and why there are no shortcuts to places worth going (and staying).</p>	x	x
PHASE 4 - THE MASTERMIND			The Essentials Level Monthly Membership	The Expansion Level Annual Mastermind
The Academy (originally the Badass Bossmom Academy) <i>(12 module course)</i>  Modules inside: Week 1: Aligning With Your Purpose-Driven Life — Remember		<p>If there's one program that will call you into your boldest, most unapologetic self, it's this one.</p> <p>Originally launched as the <i>Badass Bossmom Academy</i>, The Academy is designed to build you into a powerful, courageous, and confident woman capable of creating and carrying all of your big dreams. This is where you stop second-guessing yourself and finally become the woman you've always known</p>		x

<p>who you were before the world told you who to be.</p> <p>Week 2: Following the Divine Breadcrumbs — Build trust in yourself and confidently follow your desires.</p> <p>Week 3: Uncovering Who You Are Meant to Serve — Get clear on your unique gifts and purpose.</p> <p>Week 4: Vibrational Alignment + Law of Attraction 101 — Manifestation and co-creation made simple.</p> <p>Week 5: Shifting Your Money Mindset — Break old money patterns and step into overflow.</p> <p>Week 6: Feel Worthy of Money & Success — Release old stories and allow bigger opportunities.</p> <p>Week 7: Allowing & Receiving Your Money Miracles — Open up to receiving without guilt or attachment.</p> <p>Week 8: Balancing the Masculine & the Feminine — Heal your overworked masculine and embody your feminine.</p> <p>Week 9: Shifting Your Identity for Quantum Leaps — Live as your next-level self now.</p> <p>Week 10: Falling in Love With the Journey — Embody joy now instead of waiting to arrive.</p> <p>Week 11: Failing Fast + Resisting Fear — Use fear as fuel to keep momentum.</p> <p>Week 12: Creating Your Own Custom Blueprint — Pull it all together into your unique path forward.</p>		<p>you were meant to be—so you can figure out how to have it all, at the same time.</p> <p>Instead of waiting for “someday,” you’ll learn how to align with your purpose, trust your desires, and lead yourself in a way that makes success inevitable.</p> <p>You don’t have to choose between motherhood, money, marriage, or meaning. You get to have it all.</p>		
<p>4 Secrets of the 6 Figure Bossmom Masterclass</p> <p><i>(2:06:51 video)</i></p>		<p>4 Secrets of a 6 Figure Bossmom is the masterclass I created in the exact days I was calling in my first six-figure year—before I had the evidence, but when I <i>knew</i> it was already mine. Inside, I share the faith, mindset, and manifestation practices that carried me from “impossible” to \$105K in my business by New Year’s Eve. These are the lessons I wish I had when I started—how to hold belief when things fall through, act as if before results arrive, and collapse timelines by anchoring into unshakable knowing.</p>		<p>x</p>

Getting Paid to be You Masterclass <i>(1:36:48 video)</i>		<p>You don't grow your business by following someone else's formula—you grow it by owning who you are and letting that be enough.</p> <p>In this training, you'll learn how to attract clients, build a potent personal brand, and create a profitable business without burning out, chasing trends, or doing shit you hate. Instead of hiding behind strategy, you'll discover how your authenticity is the most magnetic business plan there is.</p>		x
Manifestation Magic Beginner's Guide <i>(PDF)</i>		<p>Manifestation doesn't have to be complicated. This quick-start guide walks you through the simple yet powerful process of asking, releasing, and allowing—so you can become an energetic match for what you want. Inside, you'll learn how to remove resistance, shift your beliefs into alignment, and let the universe deliver.</p>		x
Sustaining Quantum Leaps Masterclass <i>(1:02:22 video)</i>		<p>Big growth doesn't have to be rare or random—you can learn to leap again and again.</p> <p>In this training, you'll discover how quantum leaps actually work, what separates linear progress from exponential growth, and how to bend time and space so success compounds. You'll learn how to navigate the “tests” the universe throws at you, how to know when it's time to elevate, and why momentum guarantees your arrival no matter what.</p>		x




<p>Drop the Struggle Masterclass</p> <p> Lessons inside:</p> <p>Lesson 1: The Illusion of Control — Why chasing circumstantial success and “power through effort” will never give you the results you crave.</p> <p>Lesson 2: Who Are You Without the Work — Detach your identity from struggle so you can feel worthy of success without proving yourself.</p> <p>Lesson 3: Learning to Let It Be Easy — The exact process to release the old way, do less, and achieve more with new self-leadership skills.</p>		<p>If you're exhausted from working harder, striving endlessly, and still not feeling like it's enough — this masterclass will change everything.</p> <p><i>Drop the Struggle</i> shows you why the hustle, control, and addiction to busyness is actually keeping you from the results you want — and teaches you how to finally let it be easy. You'll learn how to release guilt, quiet your racing brain, and shift into a new model of success where effort isn't the proof of worth, and struggle is no longer required.</p> <p>It's time to stop overworking for scraps and start building the life and business you crave by doing less and receiving more.</p>		<p>x</p>
<p>Shifting into Must Energy Training</p> <p>(12:25 video clip)</p>		<p>There's a world of difference between wanting something and deciding it's non-negotiable.</p> <p>In this training, you'll learn how to shift out of wishful “want” energy into the power of “must” energy—the frequency that makes your desires inevitable. You'll discover how to cut off every backup plan, get unavailable for anything less than exactly what you want, and embody the energetic certainty that collapses timelines and turns possibility into reality.</p>		<p>x</p>
<p>Setting Aligned Manifestation Goals Masterclass</p> <p>(1:02:33 video clip)</p>		<p>Manifestation isn't about forcing outcomes—it's about aligning with the desires that are truly yours.</p> <p>In this training, you'll learn how to set aligned manifestation goals that actually work. You'll discover the difference between what your ego wants and what your soul is calling you toward, how to recognize and follow the heart-led desires that always come true, and what often sets us up for failure before we even begin. This is everything you need to design your own manifestation experiment with clarity, alignment, and power.</p>		<p>x</p>

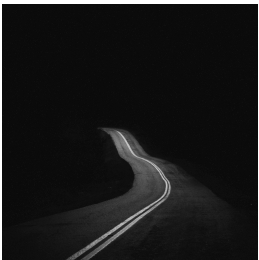
<p>Manifestation Resources+ Recommendations</p> <p><i>(PDF)</i></p> <p> What's inside:</p> <p>A curated list of books, teachers, and courses I personally recommend</p> <p>Resources on manifestation, spirituality, God, money, and trust</p> <p>Tools to support your alignment, expansion, and abundance journey</p> <p>A guide you can return to whenever you're ready for deeper study</p>		<p>Your environment shapes your belief in what's possible.</p> <p>This PDF is a curated collection of my favorite books, teachers, and courses on manifestation, God, trust, spirituality, money, and more. It's not an exhaustive list, but it's a powerful place to start exploring the wisdom, perspectives, and practices that can expand your faith and deepen your journey.</p>		<p>x</p>
<p>Kabbalah Concepts to Help with Manifestation</p> <p><i>(35:07 video clip)</i></p>		<p>Kabbalah is the ancient mystical tradition that unlocks the hidden structure of the universe—and with it, the deepest truths about manifestation.</p> <p>In this training, I share the wisdom Kabbalah has revealed to me about alignment and creation. You'll learn how to expand your vessel to receive more light, why returning to the source is the path back to abundance, and how both ancient mystics and modern teachers are pointing us to the same timeless truth: we are co-creators with the Divine.</p>		<p>x</p>
<p>The Magic Missing Piece</p> <p><i>(5:16 video clip)</i></p>		<p>The real secret isn't about "how"—it's about <i>who</i>.</p> <p>In this training, you'll discover the magic missing piece in manifestation: remembering that you are the creator. You'll learn how to take your power back when results don't show up right away, the mistakes most of us make when timelines don't match our expectations, and how to hold your energy steady in the trust fall of "already done." When you stop disconnecting from your power, manifestation accelerates—and everything begins to move faster.</p>		<p>x</p>

<p>Resolution Revolution 21 Day Manifesting Challenge</p> <p>📅 Modules inside (21 days of visioning + manifestation practices):</p> <p>Vibrational Alignment + Manifestation Basics — learn how to raise your vibe and attract from alignment.</p> <p>Creating Your Vision — design an aligned, purpose-driven vision for your year.</p> <p>Tuning Into Guidance — use your internal guidance system to tell when you're moving toward or away from your goals.</p> <p>Holding the Vision, Letting Go of Control — how to allow the Universe to surprise and delight you.</p> <p>Following the Divine Breadcrumbs — recognizing signs, synchronicities, and inspired actions.</p> <p>The Emotional Guidance Scale — raising your vibration incrementally and intentionally.</p> <p>Manifestation for Moms — why it's different and how to overcome the unique challenges.</p> <p>Avoiding Common Manifestation Mistakes — what keeps most people stuck and how to bypass it.</p>		<p>If you've ever felt stuck setting the same goals year after year without seeing them materialize, this is where everything changes.</p> <p>Resolution Revolution is a 21-day challenge designed to open you up to a new level of dreaming, believing, and receiving. Through daily visioning and manifestation practices, you'll learn how to activate your imagination, align with your inner being, and co-create your most epic year yet. This isn't about forcing resolutions—it's about becoming magnetic to the guidance, inspiration, synchronicities, and miracles that are already waiting for you.</p>		<p>x</p>
<p>The Exception Master Manifestation Course</p> <p>📅 Modules inside:</p> <p>🌟 Week 1: Energetic Basics, Law of Attraction, and Emotional Guidance System 101 — Understand the true foundation of energy and manifestation.</p>		<p><i>The Exception</i> takes you way beyond the basics of energy and alignment to show you how to become a woman who believes, receives, and achieves unlike anyone else. This isn't about “trying harder” or waiting for permission — it's about unlearning the lies you've been told and embodying the version of you who co-creates miracles with God, money, and the universe.</p>		<p>x</p>

<p>🌟 Week 2: Why Mainstream Manifestation Doesn't Really Work (Here's What Does) — Cut through the fluff and learn what actually creates results.</p> <p>🔥 Week 3: What You're Getting Wrong About the Energy of Abundance — Release misconceptions and align with the truth of overflow.</p> <p>💖 Week 4: Harnessing the Limitless Power of the Present Moment — Unlock the only place creation ever really happens: now.</p> <p>🔥 Week 5: Walking With Your Fears — Transform fear into a portal for courage, expansion, and possibility.</p> <p>🚫 Week 6: Becoming the Exception — Embody the woman who defies logic and lives her own extraordinary life.</p>		<p>This is for the extraordinary woman who is done with ordinary results and ready to create a life beyond her wildest dreams.</p> <p>Simply put: you're going to become <i>The Exception</i> — to every rule, limitation, and logical result you've been told to believe.</p>		
<p>MOMentum Masterclass</p> <p>(1:15:24 video)</p>		<p>Momentum isn't built on hustle—it's built on consistency, clarity, and compounding effort.</p> <p>In this masterclass, you'll learn what it really takes to create momentum in your online business, why most women struggle to sustain it, and the key shifts that allow you to build long-term success without burning out.</p> <p>You'll discover how compounding action adds up over time, creating serious traction that lets you go further, faster, with less effort—simply by focusing on the right things consistently.</p>		<p>x</p>
<p>MOMentum Course</p> <p>📅 Modules inside:</p> <p>Simplifying Your Show-Up Strategy — Learn to show up in a way that feels good and sustainable, not like another "should" on your list.</p>		<p>MOMentum: 30 Days to Create Massive Momentum in Your Business</p> <p>If you've ever felt like you're wasting time, spinning your wheels, or working harder than you should for results that never stick—this course was built for you.</p> <p>MOMentum is a 30-day course designed to help you simplify, streamline, and finally create the consistency required to grow</p>		<p>x</p>

<p>Aligned Vision + Marketing Plan — Create a vision and marketing plan that speaks directly to your ideal client without the extra fluff.</p> <p>Scheduling + Self-Care Foundations — Build a realistic work schedule that fits your busy life and prioritizes your well-being first.</p> <p>Magnetic Content Creation — Master the basics of branding, positioning, copywriting, and content that speaks to the soul of your ideal client.</p> <p>Working With Fear + Doubt — Understand why your brain resists, and learn how to stay consistent even when it feels like nothing is working.</p>		<p>your business sustainably. Instead of burning yourself out on busy work, you'll learn how to focus on the right actions in the right order, so your efforts compound into real traction.</p> <p>This is where you ditch the doubt, stop starting and stopping, and create the clarity, confidence, and sustainable strategy that gives you momentum you can trust.</p>		
<p>Good Girl's Guide to Breaking the Marketing Rules</p> <p>(PDF)</p>		<p>Marketing doesn't work when you're busy trying to follow everyone else's rules. This PDF helps you throw out the cookie-cutter strategies and build a business that feels like you. Inside, you'll learn how to find your authentic voice, stand out online, and connect with your ideal clients simply by being yourself—no more good girl rules required.</p>		x
<p>The 4 to 6 Mastery Method Masterclass</p> <p>(1:54:13 video)</p>		<p>You don't have to choose between being a present mom and building a wildly profitable business—you can have both.</p> <p>In this video, I break down the 4 things you must master to grow your business from 4 to 6+ figures as a busy mom. No fluff, no algorithm-chasing—just the exact mindset shifts, strategies, and energetic mastery that actually work when you're juggling it all.</p>		x

<p>BOLD AF Course</p> <p>📺 Modules inside:</p> <p>Week One: Know Your Worth (and Add Tax) Take perfection off the pedestal, release the people and patterns holding you back, and learn to celebrate your whole self—including the messy, human parts.</p> <p>Week Two: Turn On Your Big Bitch Energy Shift out of proving and into magnetism. Reconnect with your feminine power, remember what turns you on, and let fun, clients, and cash come to you.</p> <p>Week Three: You Glow Girl Upgrade your standards, environment, and energy so you can glow up and watch your results blow up. Learn vibrational alignment and how to feel your way into everything you desire.</p> <p>Week Four: Own the MFing Room Walk into every space like you belong there. Build a powerful personal brand, self-appoint to your next-level identity, and learn to handle judgment while standing fully in your truth.</p>		<p>BoldAF is a 30-day confidence and erotic empowerment course for the woman who is tired of being disconnected from her feminine power—burnt out, overwhelmed, underpaid, and going through the motions—and ready to reclaim the fiery, magnetic, turned-on woman within.</p> <p>This isn't about doing more. It's about coming back alive. When you know your worth, turn on your Big Bitch Energy, glow from the inside out, and own the room, you become unstoppable—not because you've hustled harder, but because you've embodied the real you.</p>		<p>x</p>
<p>Strong AF Masterclass</p> <p>(1:55:43 video)</p>		<p>StrongAF isn't about muscling through or grinding harder—it's about learning to hold the faith without defaulting to more action when things look uncertain.</p> <p>In this masterclass, you'll learn how to do less, expect more, and expand your capacity to hold fear, discomfort, and uncertainty—the exact capacity required to hold bigger</p>		<p>x</p>
<p>Courageous AF Course</p> <p>📺 Modules inside:</p> <p>Module 1: The Comfort Crisis Why safety feels good but is sabotaging your success—and how to</p>		<p>CourageousAF is your guide to moving through fear, doubt, and uncertainty so you can build the bold, unapologetic, “unreasonable” life you crave. The truth is—the dreams you hold require courage, and this program will help you gain it, hold it, and live by it.</p>		<p>x</p>

<p>stop settling for the comfortable life you don't want.</p> <p>Module 2: The True Nature of Desire Understanding what your desires really mean, why they matter, and how to stop dismissing them as "selfish" or "unrealistic."</p> <p>Module 3: The Seduction of Fear Breaking down how fear works—biologically, socially, and emotionally—so you can stop being paralyzed by it and start moving forward.</p> <p>Module 4: Feeling Ready, Worthy, & Willing Why you'll never feel fully ready (and why that's good news), and how to cultivate the worthiness and willingness to act anyway.</p> <p>Module 5: Choosing Courage The exact process for reframing fear, listening to your intuition, and living a courageous life aligned with your values and your biggest dreams.</p>		<p>Instead of letting fear, criticism, or insecurity dictate your choices, you'll learn how to harness your intuition, override fear's hold on your body and brain, and take the kind of brave action that creates the results you want most.</p>		
<p>Meeting Your Edges + Stretching Your Capacity Training</p> <p><i>(15:51 video clip)</i></p>		<p>You don't grow by staying comfortable—you grow by walking straight into the cave you fear the most.</p> <p>In this training, you'll learn why the treasure you seek always lives just beyond your comfort zone. To get what you don't yet have, you have to become the woman you aren't yet—and that transformation happens in the space between where you are and where you want to be.</p> <p>This is the real work of becoming ready: facing fear, expanding your capacity, and allowing the next version of you to arrive. Don't fear the cave—step into it, and watch who you become.</p>		<p>x</p>

