

The Soft Power Reset: A Free 5-Day Email Series



THRIVE THROUGH IT

A SOFT POWER RESET FOR FOUNDERS
ON THE EDGE OF BURNOUT

This 5-day email sequence is a gentle invitation to pause, breathe, and come back to yourself—without losing momentum.

You're doing big things—while carrying even bigger emotions.

The Soft Power Reset is here to guide you back to your center.

Over 5 soul-nourishing days, you'll receive a short, powerful email designed to help you:

- Reclaim your energy and presence
- Name what's really going on (without shame)
- Reconnect with your purpose
- Create a soft plan forward
- Rise in a way that feels true to you

This is not your typical “grind through it” pep talk.

It's a nervous-system-honoring, spirit-restoring series created for founders, creatives, and change-makers who are building while healing.

You'll receive...

- 🌿 Daily insights and simple rituals to reconnect to your power
- ✨ Audio affirmations to rewire your mindset

-  A powerful journaling prompt each day
-  A loving nudge to keep going—even when it's hard

Sign up below to begin. You don't need to push harder. You need to come home to yourself.

Let's rise together—with softness and power.

[YES, I'M IN - Click here to Sign Up!](https://www.leahpatterson.com/5-day-soft-reset-signup)
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About Leah

I'm Leah Patterson—founder of Rooted Resilience Strategies and a business advisor who's lived through burnout and built from rock bottom. This sequence is the exact kind of support I needed in my hardest seasons. Now I offer it to you.

www.leahpatterson.com | [@resilientsoulmama](https://www.instagram.com/resilientsoulmama)