The Warrior Woman's Guide To Creative Reinvention Build Me Series - Ebook #1

Welcome To Your New World Of Reinvention

Welcome, Warrior Woman

I'm so glad you're here.

If you've found your way to this guide, it's because a quiet voice inside you is ready for something more. Maybe you're tired of that inner critic that keeps you small, or perhaps you've simply reached a moment when you're ready to rewrite the story you tell yourself. Either way, this is where reinvention begins — not in grand gestures, but in gentle awareness, compassion and daily courage to take those first steps.

This isn't about "fixing" yourself - you're not broken. You're becoming! This is about reconnecting to the truth of who you already are — creative, capable, and deeply worthy of the life that calls to you. You desire a transformation that aligns you with your soul's purpose.

The butterfly is a symbol of rebirth & reinvention

As you move through these pages, take your time. Notice what surfaces. Let the prompts meet you where you are. Each reflection, each reframe, each moment of gratitude is an act of quiet rebellion against the old voice of doubt. With every entry, you'll strengthen a new inner dialogue — one rooted in kindness, purpose, and power.

This guide is Part One of The Warrior Woman's Guide to Creative Reinvention — a holistic path to help you rebuild from the inside out: first the self, then the environment, and finally, the business that reflects your true essence. You are not alone on this journey.

Thousands of women are walking this same path — turning pain into purpose, fear into focus, and creativity into freedom. So, take a deep breath. Exhale what no longer serves you. Your new chapter begins here — and you're already doing beautifully.

Let's find our way together!

Jo, Founder of Warrior Women Hope.

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Printable Version

Please note: To do the written exercises you will need to print it off or use a separate notebook

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Notice The Triggers

TIP: Print copies of empty exercise pages so you can build on the practice of being kind to yourself!

Today is:	Mon | Tue | Wed | Thu | Fri | Sat | Sun	Date:

What Were My Triggers Today?	What Negative Thought Did I Have?
Pay attention to when negative self-talk appears. Is it during work, social interactions, or when trying something new? Write these down.	
◯ *e.g. I didn't get the raise I was promised.*	*e.g. my boss doesn't appreciate me..*
◯ *e.g. my best friend cancelled on me*	*e.g. I'm not that important to her.*
◯	
◯	
◯	
◯	
◯	
◯	
◯	

How Did It Make Me Feel?	What Did I Do To Stop It?
e.g. As if I need more autonomy + control	*e.g. x3 deep breaths & remembered my wins*
e.g. Unloved - our frienship doesn't matter	*e.g. reflected - (I cancelled a while back too)*

Name The Voice

Today is:	Mon | Tue | Wed | Thu | Fri | Sat | Sun	Date:

Who was it - Critic? Doubter?	It's only a thought - reframe this!
Separate yourself from the negativity by labeling it (e.g., "the critic," "the doubter") This helps you see it as a thought pattern, not your identity.	
◯ *e.g. "I'm not ready for this" (fearful)*	*e.g. "Take courage in the presence of fear"*
◯ *e.g."I'm not good enough" (doubter)*	*e.g. "I'll give this my best shot anyway"*
◯	
◯	
◯	
◯	
◯	
◯	
◯	

How did it make me feel? Draw it!	What action did I take?

Reframe With Compassion

Ask yourself: "If my best friend said this about herself, what would I say back?" Replace criticism with encouragement.

Let's look at some common negative thoughts that we can realise (notice that we're thinking it) then release & replace.

Reframe them into positive, encouraging thoughts that will raise our vibrational frequency & make us feel better about outselves and the world aroud us.

1. From "*What's wrong with me*?" to "*What's possible for me?*" Too often we internalize failure & setbacks as personal flaws. but reinvention begins when you stop blaming yourself and start asking, "*What's next? What could this become*?" Possibility becomes your fuel & you stop chasing perfection.

2. From "I missed my chance" to "*This is my turning point*." Age, illness, divorce, or career stagnation can feel like endings - but Reinvention starts when you see your story not as over, but as ripe for rewriting.

3. From "I have to do this alone" to *"I am supported and seen*." Isolation kills momentum; *community* is a necessity - whether that's family, friends or your 'tribe'. Surrounding yourself with aligned support will help you succeed.

4. From "I'm too much / not enough" to *"I'm exactly what's needed*." Self-doubt and comparison are creativity's biggest enemies. Reinvention asks you to own your unique voice, your lived experience, and trust that your story has value *because of any struggles you have overcome* - not in spite of them.

5. From "I need a plan" to *"I need a purpose."* Purpose is what sustains you when any challenge arises; the 'new' Warrior Woman stops chasing and starts building something aligned with her values. Purposeful reinvention has the power to answer the call of our deepest longings - & will bring you back 'in flow'.

The Warrior Woman's Guide to Creative Reinvention is an invitation, a mirror & a map for your '*What's Next?*'. Your creativity didn't disappear — it's just waiting for you to return to it.

Release & Replace

TODAY I RELEASE...	TODAY I REPLACE IT WITH...
"Today, I release control over an outcome"	*"I trust that my life is unfolding naturally"*

Acknowledge Your Results - It's A Win!

✔ Your 'Win' Checklist Keep going - you don't have to be perfect!

SUN	MON	TUE	WED	THU	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Anchor With Affirmations

Week: e.g. "I deserve a life & livelihood that truly lights me up."

MONDAY	TUESDAY

WEDNESDAY	THURSDAY	FRIDAY

SATURDAY	SUNDAY

What I am Thankful For This Week

Write or draw the things that you are grateful for right now - in these moments.

MONDAY	TUESDAY

WEDNESDAY	THURSDAY	FRIDAY

SATURDAY	SUNDAY

Practice Gratitude
(The Frequency Of Abundance)

PEOPLE & PERSONAL

ONE GREAT IDEA

MEMORIES

PLACES

MATERIAL THINGS

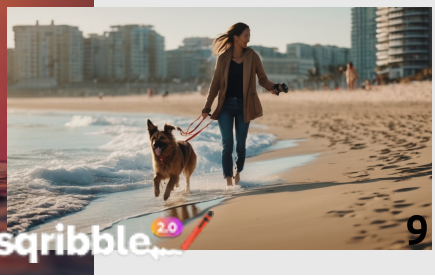
PRACTICE CONSISTENCY
The Quiet Steps To Success

TODAY I AM GRATEFUL FOR

I LAUGHED TODAY BECAUSE

THESE PEOPLE BROUGHT ME JOY

THESE INSPIRED ME TODAY



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Night Journal & Morning Preparation

Mon | Tue | Wed | Thu | Fri | Sat | Sun

JOYFUL MOMENTS

WHAT MADE ME SMILE TODAY

MY THOUGHTS

LESSONS LEARNED TODAY

TOMORROW WILL BE A GREAT DAY BECAUSE...

We hope you enjoyed this ebook from Build Me in 'The Warrior Woman's Guide To Creative Reinvention' Series.

Closing Reflection & Wider Support

As you come to the end of this guide, take a moment to notice what has softened, shifted, or simply become more visible within you. Negative self-talk often forms quietly, over time, and it cannot dissolve through force or fixing — only through awareness, compassion and *gentle interruption*. By bringing attention to your thoughts about yourself, you've already begun to create space for something kinder to emerge. Good job!

There is no expectation to silence every inner voice, nor to feel differently straight away. This work unfolds gradually, meeting you in ordinary moments; a pause, a breath, a choice to respond with care rather than criticism. Even the smallest acts of self-recognition can begin to change the way you 'speak' to yourself - and this is key to building a better way forward for you and yours.

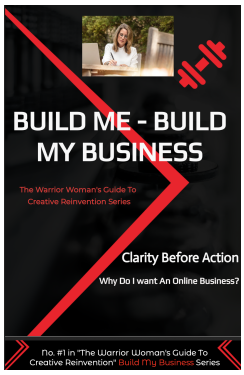
If you return to these reflections again, let it be because you feel supported, not because you feel lacking. You are not behind, and you are not broken. You are learning to listen differently — and that, in itself, is a powerful form of self-leadership.

May this guide serve as a quiet companion whenever you need it, reminding you that your inner world deserves the same patience, respect, and gentleness you so often offer others.

When you're ready...this guide is part of a wider, supportive series designed to meet you where you are. You're warmly invited to explore the full 'Creative Reinvention' Collection here including both the Build Me and Build My Business guides.

FREE Companion Guide

You may also like to explore '**Clarity Before Action**' - a free companion guide from the Build My Business series within the Creative Reinvention Collection. Created to gently support your "What's Next?" - whenever it feels right for you.



♥ We hope you discovered some useful insights in this guide!

♥ In choosing to take care of yourself, you have laid solid foundations for your "what's next" - a new chapter & we wish you well. To your success - whatever that is for you.

thank you

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