



STEP INTO YOUR
QUEEN

RECLAIM
YOURSELF
CREATE A LIFE
YOU LOVE

STEP INTO YOUR QUEEN

COME HOME TO YOURSELF

A gentle guide to self-trust, boundaries
and choosing yourself again

BY LUISA

THIS IS NOT ANOTHER LIST OF THINGS TO FIX.

You already carry so much wisdom. The hard part is not always knowing what to do. It is remembering yourself in the moments when old habits, fear or guilt take over.

These pages are an invitation to slow down. To notice without judging. To meet yourself with patience. And, little by little, to come home to the woman you have always been.

You are not behind. You are
becoming.

BEFORE THE WORLD TOLD YOU WHO TO BE...

There was a voice inside you that knew what felt right. It may have become quiet beneath expectations, responsibilities and the need to be accepted - but it never disappeared.

Coming home begins by listening again.

FAMILIAR DOES NOT ALWAYS MEAN TRUE.

A thought can feel true simply because
you have repeated it for years.

'I am too much.'

'I should keep everyone happy.'

'I cannot trust myself.'

Your thoughts speak. You decide
which ones lead.

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A BRIGHTER YO
BOLDER CHO
A KINDER YO

WHOSE VOICE IS THIS?

When a harsh thought appears, pause before believing it.

1 Is this what I truly believe?

2 Is this fear trying to protect me?

3 Is this an old rule I learned long ago?

4 What would a kinder voice say instead?

Awareness is already a beginning.

YOU CAN THANK AN OLD PATTERN AND STILL LET IT GO.

Many of your patterns began as protection: staying quiet, pleasing others, over-explaining, making yourself smaller. They helped you belong or feel safe.

You do not need to shame the woman who learned them. You can thank her - and choose differently now.

Compassion makes change possible.

GUILT DOES NOT ALWAYS MEAN YOU DID SOMETHING WRONG.

Sometimes guilt is simply the feeling of doing something new. Saying no. Asking for space. Choosing yourself. Disappointing someone instead of abandoning yourself.

A boundary can be loving and still feel uncomfortable.

The discomfort does not make it wrong.

CLEAR. KIND. ENOUGH.

- Thank you for thinking of me, but I cannot this time.
- I need some time before I answer.
- That does not work for me.
- I have changed my mind.
- I care about you, and I still need this boundary.

You do not owe a paragraph for every no.

SELF-TRUST IS NOT ALWAYS FEELING SURE.

It is knowing that you can listen to yourself, make the best choice you can today, and adjust if you need to.

Confidence often comes after the choice - not before it.

You do not need certainty to take the next honest step.

WHEN YOU DO NOT KNOW WHAT TO DO...

You do not have to solve your whole life. Begin with one honest question:

**WHAT DO I NEED
RIGHT NOW?**

Start there.

Not what will please everyone. Not what looks perfect.
What feels honest, kind and true for you?

YOU DO NOT BECOME HER ALL AT ONCE.

You embody her in small moments.

- The pause before an automatic yes.
- The kinder thought after a mistake.
- The truth spoken without a long explanation.
- The rest you allow before you are exhausted.
- The choice that feels like you.

This is how you come home: one choice at a time.

KNOWING BETTER DOES NOT MEAN DOING BETTER IS EASY.

Good advice can sound simple. But awareness asks you to notice a conditioned reaction while it is happening - and then create space for a new response.

That takes practice. Some days you will catch the pattern. Some days you will see it afterwards. Both are progress.

Please be patient with the woman who is learning.

DEAR WOMAN

YOU ARE ALLOWED TO BE HUMAN.

You are allowed to need time.

To get it wrong.

To begin again.

To protect your peace.

To change your mind.

To choose a life that feels like yours.

You are still worthy. Always.

COME BACK TO YOURSELF.

What have I been feeling but not saying?

Where am I asking for permission?

What am I ready to stop carrying?

What would choosing myself look like today?

IF THESE WORDS FELT LIKE HOME...

Sometimes we know something needs to change, but we cannot hear ourselves clearly through all the noise.

Through Step Into Your Queen, I offer women a warm, honest space to reconnect with themselves, strengthen their boundaries and trust their own voice again.

CURIOUS ABOUT WORKING TOGETHER?

Send me a DM. No pressure - just a conversation.

@STEP_INTO_YOUR_QUEEN



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RECLAIM
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CREATE A LIFE
YOU LOVE

You were never lost.
**YOU WERE FINDING
YOUR WAY HOME.**

STEP INTO YOUR QUEEN

RAVER YOU
AL
EATE
P INTO YOUR QUEEN

More
You
Brighter
World
♡