



TAKE *Your* POWER BACK

HOW TO COME BACK INTO YOUR POWER AFTER HITTING ROCK
BOTTOM WHILE BEING IN AN UNHEALTHY RELATIONSHIP.

BY: ALEXUS MARIE

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WHY I CREATED THIS GUIDE.

I made this guide **for the woman** who is currently feeling *mentally stuck, lost*, and *confused*.

She is ready to *stop feeling low self-esteem* and start feeling confident again.

This guide is for the **woman/stay-at-home mom** who has lost herself in a relationship + mother-hood and she's financially dependant on a man to provide for her.

This guide is for the woman who know's she has given up her power and she is ready to re-discover herself again and is ready to build herself back up.

This guide is your reminder that self-love is the best love you can give yourself because when you care for and love yourself,

you will be able to care for and love others.

Why I created this E-guide



I know what it's like to hit rock bottom — when survival mode becomes your normal. I've felt the deep pain of betrayal, especially when it came from those closest to me. I've experienced what it's like to depend on others when all you want is to be self-sufficient, because deep down you know you're meant for more. I've lived in environments that drained my energy and made escape feel impossible. I've carried the guilt of being a mother who wanted to give her children the world — while silently suffering inside.

I've known the heartbreak of conditional love from having a narcissistic parent. I've gone from having financial freedom to having nothing in the bank. I've shared space with people whose negative energy was so heavy it infected my spirit. I've been mentally abused in ways that shattered my confidence. I've questioned my entire purpose, felt trapped in uncertainty, and battled depression, anxiety, and the shadows of my past. I've compared myself on social media until I didn't recognize my own worth. I've had seasons where I was unstoppable — only to later feel like I had no identity at all. I know what temporary defeat feels like.



FOR THE WOMAN WHO FORGOT HER POWER

Hi, I'm Alexis Marie. I created this PDF download for the woman who is me — a powerful, intuitive woman who temporarily forgot just how powerful she really is. This is for the woman who is ready to stop repeating the same cycles year after year. The woman who's ready to rise — even if she has no idea how. The woman who knows deep down, "There has to be more to life than this." In September 2021, I burned out. My life began to fall apart. I was overworking, disconnected from myself, and spiritually out of alignment. And most importantly, I had stopped putting my faith in God. That was the beginning of my divine intervention.



THE TURNING POINT

For nearly 4 years, I surrendered to a spiritual journey — a divine pause that taught me how to trust in God again.

In isolation,
I was reintroduced to my intuition.

I learned to manifest through energetic alignment with Source.

I started reconnecting
with my higher self.

This journey didn't just get me
“unstuck.”

It changed my entire life.

Now, my mission is to guide powerful women like you — back to your intuition, — back to your faith, — and back to your purpose.

GET TO KNOW ME



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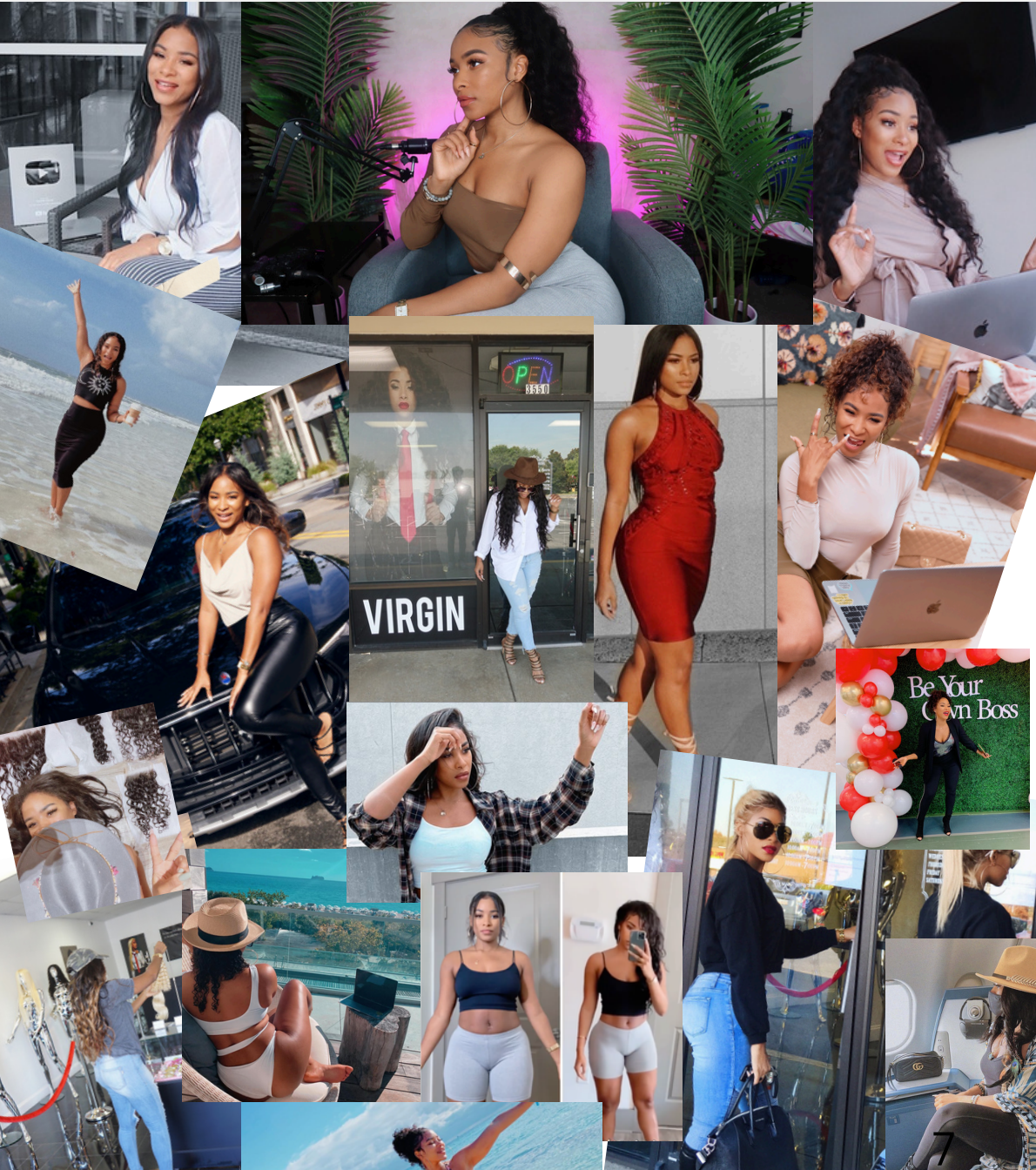
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HOW MY SPIRITUAL AWAKENING JOURNEY STARTED

My spiritual awakening journey started in year 2015 when the **“idea”** came to me and my mom **to start a hair extensions company.** At the time, I was a single mom of a 2-year-old, I worked at Delta Airlines, and I decided to believe in the business that we started and **trusted my intuition** to quit my career job **after 6 months of starting our business.**



From trusting in the ideas and my inner wisdom which was being given to me by God—yet at that time I had no idea what “intuition” was. Well, at least I didn’t remember at that point along my journey because I was still spiritually asleep.

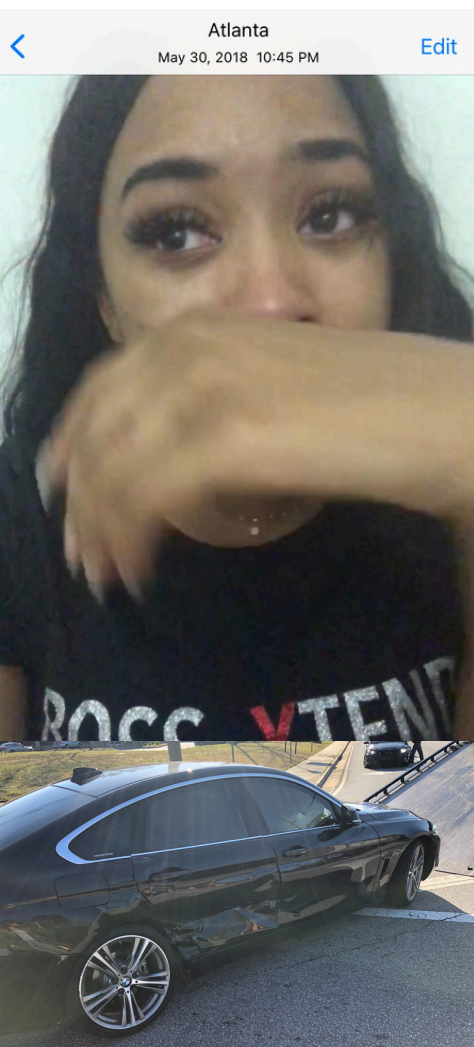
The company that we had started quickly grew to making over **\$1 million - 18 months after launching our business...**This business lasted for me from years 2016 - 2019. But still continued on as a family business until the pandemic.



HOW I ENTERED MY FIRST SPIRITUAL AWAKENING...

In the years 2016 to 2018, I attracted a narcissist—someone about whom I knew nothing at the time. It wasn't until I started seeing signs revealed to me in YouTube videos while I was going through this unhealthy relationship cycle that I began to understand.

I had attracted a man who saw the success I had achieved for myself, and little did I know that he was a user. I was unaware of the red flags when dating a guy. His charming ways were what won me over, as they do for many innocent women who get sucked into the wrong types of relationships.

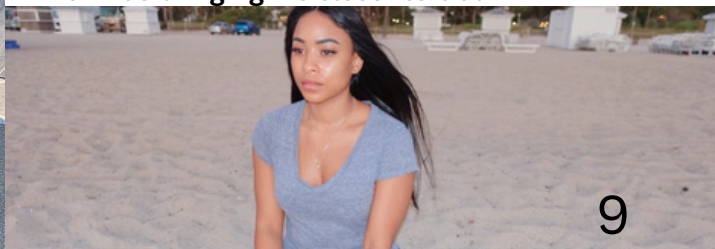


This relationship had lasted for nearly 2 years. It was a cycle of him getting drunk and becoming very toxic and verbally and physically abusive.

At that point in my journey, I had a temper and was easily reactive to triggers because I had no self-control at that time, and BOYYYYYY would he know how to trigger my weaknesses and get under my skin.

Well, this was an unhealthy, toxic, argumentative cycle that continued for nearly 2 years until I felt an intuitive urge to leave the situation and did just that after having a toxic and heated fight due to a buildup of so many things that had hit the fan at once.

While being in that relationship, I gained a friend whose purpose was to bring me to her church—and that's how I started my spiritual awakening journey, where I started to seek a deeper purpose in my life, which was bringing me closer to God.



By year 2019

I had manifested a new relationship and was pregnant by month 3.

Little did I know, I was repeating the same patterns that I had from my previous relationship because I had attracted this relationship due to not having enough self-love. At the time, when I was manifesting a new relationship, I was manifesting from a place of “needing a man to complete me” in order to feel loved. This is how I attracted another narcissistic relationship that was similar to my ex.



In the beginning, from day one of our relationship, all of the red flags that I needed to see were honestly being shown to me. However, I totally ignored them because I was infatuated with his charm and his looks, which made me avoid what would later be the red flags that I should have paid attention to when he was telling me about his past.

2 weeks after meeting him, he was living in my apartment. I never told him he could move in, but because he was always over at my place, he found himself living with me, and that was due to my lack of boundaries.

**By month 3, I was pregnant.
By month 6, we were in a pandemic.**

At that time, I was thriving in my career financially and was telling him about the financial success that I was achieving. He was also complaining about his job and saying how he was being mistreated.

At the time, I was following a lot of social media influencers who were working with their partners and thought it would be a great idea for us to work together too!

This was a HUGE mistake!

He quit his job and quickly became depressed.

My online course sales started to take off like a rocket, and he saw what was happening, which made him jealous and intimidated by my success because he was not in his power and was relying on me to support him while we worked together. Yet he had no entrepreneurial skills, and I was not the best teacher and leader at that time because

I was not great at communication. This created a HUGE clash and explosive arguments; he would trigger my weaknesses, and I would insult and belittle him as a man. Over time, this created a toxic and unhealthy relationship to the point where one day... The toxic arguments behind the scenes started to affect and lower my energy.

My journey with ... DEPRESSION & ANXIETY



By the year 2021, I fell into a deep depression after becoming energetically depleted. From toxic arguments in my personal relationship due to my partner at the time not being happy in his career, to dealing with postpartum issues and having no boundaries between my personal life and career, I burned myself out energetically into exhaustion. From there, I went into what is known in the spiritual community as a spiritual divine intervention. This phase took me on a spiritual awakening journey where I was learning how to strengthen my faith and connect with God.

For four years, I was in a state of spiritual isolation where I was learning how to trust my intuition, move my body, and rely on God and my team of angels and spiritual guides for divine support. During this phase, I looked crazy to the outside world. I went through the worst judgment and was criticized by people who were supposed to be closest to me, as well as by outside people from when I had a larger social media following. I was humiliated and embarrassed, not to mention the fact that I had built public success for myself and lost it all—not because I was not worthy of having it, but because I fell into a deep, dark depression due to not protecting my energy. And most importantly, I was not trusting my intuition.

I had gone through a season where I was spiritually called to let go of everything due to stress. Nothing in my life was working because my energy was vibrating at such a low frequency that I wasn't able to do what used to work for me, and at the time, "I had no idea what was happening to me."

I had fallen into a dark hole, and that's how I became financially dependent on a man—not because I wanted to, but because I felt stuck and trapped in my own thoughts as well as my environment.

Fast forward to after being forced to let go of everything—driven by fear and negative thoughts. It had taken control over my mindset, and it was hard for me to think clearly.

I would get these amazing ideas on how to get unstuck, yet I wasn't trusting my own ideas. Because I didn't trust myself, I kept falling into this constant cycle of depression, which kept me energetically stuck and reliving a cycle of feeling like I was trapped in my environment.

Also, the successes from my past kept circulating in my mind, and I had thoughts of feeling like a failure. I didn't realize at the time that I was hit with temporary defeat, which is what Napoleon Hill called that phase in the book "Think And Grow Rich."

I was in the temporary defeat stage and desperately needed a way to get out!

By being depressed, not only did it negatively affect me in many ways—from my hair thinning and falling out to me aging much faster due to stress—but I had stopped taking care of myself. I had no beauty or hygiene care routine, not because I didn't want to, but because I was living out of stress and survival, and my motivation to take care of myself like I once did was gone. I wasn't in my feminine energy, glowing and looking as beautiful as I once did because I was in a depression.

And of course, being in a relationship with a man who needed my love and attention in order for him to feel validated (the mirror of how I attracted him—because when I met him, at the time, I felt like I needed to be in a relationship to feel loved and validated) negatively impacted my relationship because I was not affectionate and loving like I once was due to being stressed. He was no longer loving or caring towards me. We were out of harmony.

At this point in my journey, I needed to make a change, and one day I kept feeling the intuitive urge to put myself on a 21-day challenge...

MY JOURNEY ON HOW I GOT MYSELF UNSTUCK AFTER HITTING ROCK BOTTOM



I went from being successful and fearless to ending up in a relationship with a narcissist who sucked the life out of me because I didn't protect my energy or have any boundaries.

I relived a karmic, unhealthy, stuck cycle for nearly four years, battling with depression until I finally allowed myself to surrender control and trust God to guide me. That's when my intuition urged me to put myself on a 21-day spiritual challenge.

Little did I know that challenge would not only give me the clarity that I needed to get unstuck but would lead me to discover my purpose.

And in this guide, I am going to share with you the 5 steps that helped me to come back into my power.

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SIGNS YOU'RE IN AN UNHEALTHY RELATIONSHIP.

SIGNS YOU'RE IN AN UNHEALTHY RELATIONSHIP.

- You are currently feeling like your relationship is toxic.
- He is not a family man; he is disrespectful and acts like a single, aggressive man.
- He's not someone you see yourself marrying.
- He insults you and always threatens to kick you out to go back and live with your parents if you depend on him financially.
- You hate being in your relationship, and the only reason why you are still there is that you are financially dependent on him and have nowhere to go.
- He doesn't care about arguing in front of children.
- You feel like you must protect your energy.
- You keep repeating the same cycles for years; he says he will change yet continues to do the same things over and over, and you're to blame.
- He says insulting things to try to make you react; he targets your weaknesses as a form of manipulation and mental abuse.
- He's not the same man that you originally fell in love with.
- You know you have to make a change and focus on yourself mentally, spiritually, emotionally, physically, and financially.
- He belittles you and calls you names, degrading you as a woman and as a mother.
- He talks down to you and is honestly only nice when he wants sex from you.
- He's threatening you and thinks that you are stuck financially and that you can't do anything without him, so he feels like he can treat you however he wants.
- You are done being belittled and insulted by a disrespectful man. He is an energy drainer. His love is conditional.

Do any of these sound familiar?

- 
- **When your partner comes around, do you pick up on their negative energy towards you?**

If so, you are not going crazy. Even if that person has not verbally expressed their inner thoughts, their energy says it all.

- 
- **Do you cringe when they try to kiss or touch you?**

You're not wrong; that's just your body rejecting the negative spirits/entities that are attached to them.

- 
- **If you say one thing that you know is true, does your partner try to "gaslight" you by making you feel like you are always the cause of the problem?**

A lot of times, they are never at fault... "In their head."

- 
- **When they are not around you, does your energy feel lighter?**

If so, chances are you are just feeling their energy because you may be empathic and sensitive to other people's emotions and energy.

- 
- **Does this person put on a persona around other people, yet when they are home, they are a totally different person?**

That's because they mask who they truly are.

What if my relationship is not toxic and I am with someone who loves me, but because I am financially dependent on him, it's just out of balance and the love connection needs to be restored again?

- **Balance just needs to be restored.**
- **You need to feel happy with yourself first.**
- **You need to feel and know that you are living in your purpose.**
- **You need to have your own financial independence outside of just him being a provider—you need to know that you can provide for yourself too, which helps you to feel more confident and in your power!**
- **You must work on your self-esteem, which positively impacts your sex drive and automatically improves the relationship.**

That's where investing in a course, book, or mentor can help you save 4 years of your life from repeating karmic unhealthy relationship cycles, so you can become the highest, most confident, and greatest version of yourself over the next 6-12 months!

HOW TO KNOW IF A RELATIONSHIP IS FOR YOU?

If a man shows that he is there for you, and he supports your transformation as well as supports your growth and is encouraging your evolving journey.



He is for you!

If a man is supporting you and he is a good man at heart.- But the two of you have things that you both need to work on so that the relationship can work



He is for you.- Because no relationship is perfect.

If both of you are doing the healing and inner work that is required to change and evolve—even if it's not at the same time—but you are both doing transformational spiritual healing on yourselves, counseling, therapy, working out, communicating, reading, and investing in personal and self-development course trainings, dating & getting to know each-other again as new versions of yourselves etc.



This is how relationships that are truly meant to be transform into harmonious unions.

BOUNDARIES

YOU MUST SET BOUNDARIES FROM:

- **Anything** or **anyone** that **drains** your **energy**.
- If you have **parents** who like to **overstep** their **boundaries** and **who** do not **respect** you for **who you are**.
- If you have a **partner** who likes to **trigger** you to get **angry** or who **likes** to **argue**.
- If you have a **problem** with saying **no** or feel bad about saying no to people **who ask for things from you a little too much**.
- If you have **unhealthy habits** that are currently holding you back from **accomplishing** goals or causing you to have **anxiety/depression**.
- If you have a **parent** who tries to make you feel guilty for their actions with their manipulative behavior.
- **Anyone** who is aware of **their actions** and **choose** to continue **emotional, mental** or even **physical** abuse towards you.
- If you have a **parent** or **parents** who want to **live through you** and **do not respect** the fact that **you have your own identity**.
- **Negative entertainment, drama & social media content that puts you in fear, comparison or depression**.
- **People** who like to **gossip** and **complain** about the same **BS** - Stay **FAR** away from these people.

I must clarify: "I am not a therapist. If you believe that you need to consult a therapist to address the emotions you are experiencing, please trust your intuition and take the necessary steps for your healing journey."

HOW TO START TAKING BACK YOUR ENERGY AFTER BEING DRAINED FROM A TOXIC SITUATION OR PERSON.

If you feel like you are in a relationship where you are walking on eggshells, do yourself a favor and put yourself on a 21-day spiritual fast and move your body challenge.

Whether you follow any of my workouts or you follow another coach or app, just move your body for the next 21 days- There are so many **FREE** youtube workout programs that can help you get started at home if money is tight right now. - **no excuses** you **must move your body to get energetically and vibrationally unstuck out of depression and sadness.**

On the days where you don't have energy- **Go for a walk out in nature in your neighborhood** or at your local park .

Detox negative energy from your body by eating higher vibrational foods.

Look into the Daniel Fast, which is popular. Mediterranean style eating. etc... No meats or fried food.

LET GO OF DRAINING RELATIONSHIPS, PEOPLE AND SITUATIONS.

There will be times in your life when you must do a complete audit of your life regarding people, situations, and things.

If the people in your life like to gossip, or if you feel less than after being around or speaking to them.

If you feel like you overextend or give of yourself and you are not getting anything in return and your energy is low.

It's okay to remove or isolate yourself from certain people who do not add value to you.

If you are growing and evolving and people want you to remain the old version of who you used to be.

Give yourself permission to reinvent yourself unapologetically—anyone who is meant to stay in your life will. And if they are not—or they feel some type of way because you are choosing to change—then that has nothing to do with you.

Distancing yourself from relationships and people or completely removing yourself from those who no longer align with the version of yourself that you are becoming is a part of life. Not everyone can rise with you, and not everyone will want to grow and rise with you, and that is okay. But do yourself a favor and never settle for less than what you deserve.

TIPS & ADVICE

**GET STRONGER BY
CONTROLLING YOUR EMOTIONS.
MASTERING YOUR WEAKNESS.**

What to do when you are living in an environment with a toxic person yet you have nowhere else to go.

This is the moment where you have to allow yourself to put pride aside and ask for the closest help that you have.

Avoiding someone who lives with you and whose energy is so draining and negative is one of the most uncomfortable situations to experience.

“Especially when you are working on yourself and you are trying so hard to keep your vibration up to a level where you can receive clarity from source—through your intuition.

When you are living in a home or surrounded by an environment with someone who is projecting their negativity or energy onto you, it's best to ignore them as much as possible because the honest truth is that they are looking to get a reaction out of you. If you are in a relationship with a toxic man who needs your emotional energy to thrive, sometimes that man will do things that will irritate the heck out of you just so that he can get a reaction from you—DON'T REACT.

Just simply become aware of what is really happening around you by observing. Because the moment you react to their little narcissistic traps is the moment that you are now playing their game.

The best way to overcome this situation is by focusing on and making yourself a priority.

It's also challenging when you are empathic to energy, meaning you are someone who is very sensitive to feeling other people's true feelings and emotions around you. Despite whether they say anything to you or not, you can feel what people are feeling.

JUST BECAUSE HE IS A PROVIDER DOES NOT GIVE HIM THE RIGHT TO SPEAK TO YOU WITH DISRESPECT.

There's just so much more that goes into a relationship than just paying bills.

There's one thing about appreciation: to appreciate what God is doing in our lives, even if it's through people who are supporting us.

But there's a thin line when understanding appreciation versus settling for less than what you deserve.

Just because a man is paying bills does not mean he is a provider.

If someone makes you feel like crap because you need their support during a certain season of your life, even if they do not voice it but their actions show it, that does not mean you have to settle in a situation where you do not feel a connection.

Mastering your weaknesses and becoming stronger.

When you find yourself reliant on a man to take care of you, especially a man who is operating from a wounded masculine energy where he is “seeking to control or seeking to have power over you that is not his right,” it can be problematic. If you are with someone who is the provider in the relationship and he is disrespectful towards you in any way because of your current financial situation, you must learn to become stronger.

IF A MAN FEELS LIKE HE HAS POWER AND CONTROL OVER A WOMAN THROUGH “MONEY,” that’s not love.

If a woman is 100% reliant on a man for financial support, he may start to think that he has power and control over the situation, which is 100% false.

A toxic man will try to belittle you or make you feel inadequate with his energy towards you and then will try to play the nice guy when he wants sex from you. This is not love—this is an emotional roller coaster that needs to have balance restored.

If a man knows your weak spots, he will trigger those spots the most to make you vulnerable and weak.

It’s typically where you are actually strong, but he will start to target those areas so he can break you down with his insults.

You must become mentally strong to the point where nothing that anyone says to you will make you react or respond in a way that will dim your light and lower your vibrational energy.

Arguing and having toxic debates and arguments is the #1 draining thing.

It takes a huge toll on your energy and the way you feel.

Negative energy starts to attract to you because of the energy that you are dealing with from giving

low-vibrational people and situations your light.

YOUR ENERGY IS SACRED

CONTROL YOUR EMOTIONS.

The quickest way to lose your power is by giving your energy to people who like to argue or who enjoy seeing you down.

If you are dealing with someone in a relationship, family, friends, or even if you have a social media following or coworkers who prefer to get a negative reaction or response from you, it's time to set boundaries and stop feeding into low vibrational energy.

When you react out of emotion, anger, or irritation, this gives other people the power to manipulate and control you based on your responses out of weakness.

Being overly emotional, sad, depressed, angry, and honestly all over the place gives other people the advantage to play on those emotions.

The way to build up your character is to strengthen your mindset so that you know how to respond instead of react to situations. Once you know how to respond, you are now in control of your own life.

Getting clear on what is draining you

Have you ever been around a person and they just drain the energy out of you?

It's like their presence just disturbs your peace.

Yeah... That's not love.

That's just you feeling and living in survival energy

wishing you had a way out.

So what do you do to get out?

**YOU CHANNEL YOUR PAIN INTO CREATION
AND PUT IT OUT INTO THE WORLD TO
INSPIRE OTHERS NOT TO MAKE THE SAME
STUPID MISTAKES THAT YOU MADE.
NEVER REGRET | JUST VALUABLE LESSONS.**

How to know when it's time to stay or leave a relationship?

You will know from your **intuition** first. "That gut feeling that you get" when something is right or wrong.

You just have to **trust** yourself.

Because **no one** can tell you what relationship is right or wrong since everyone's relationship dynamic is unique and different in many ways.

The best way to know if you are meant to stay with someone is by ***paying attention to your emotions and feelings around that person.***

Difference Between a Twin Flame & Karmic Relationship

Twin Flame	Karmic Relationship
Mirrors your soul for growth	Triggers you for karmic lessons
Can lead to a deep union or separation for growth	Often feels toxic, draining, or painful
Forces you to evolve & heal	Forces you to break toxic cycles
Soul connection, but not always meant to last	Temporary lesson, not meant to last

SELF LOVE & CONFIDENCE

HOW TO SET BOUNDARIES.

It's best to leave an unhealthy relationship with someone who belittles, disrespects, and does not value you.

This type of person will never change. They will show their true colors, then be kind, and then repeat this cycle over and over.

“NOTHING WILL CHANGE.”

The more you think that you can try to make someone change, the more you will start to realize that you are repeating the same cycles over and over.

If a person is truly willing to change, they will do so on their own.

The best advice is to focus on yourself, raise your own vibration, and avoid arguing with a narcissist.

They love to argue, they love to prove their point, and they love feeling like they can make a person get out of character.

It gives them power—feeling as if they have the power to control your emotions.

So just do the opposite by remaining in your power, calm and collected.

This is the way that they will never be able to read you or control you because they won't know how to trigger you anymore.

HOW TO SET BOUNDARIES.

If you are in a situation where you feel stuck with a person who is a narcissist, then it's best to focus on your spiritual practices such as:

- Pray on a consistent basis and ask for God/The Most High and your spiritual guides/The angelic realm to protect you and guide you along your journey.
- Work out/Move your body 4-5 times weekly. Meditate every morning or daily for at least 15 minutes minimum.
- Ground your energy by connecting with nature—walking barefoot in the grass or going to the park frequently.
- Journal to let out your frustration.
- Eat clean, high-vibrational foods that will help you to not drop into a lower vibration.
- Set boundaries with your body and intuitively listen to your body.
- Do what you can with what you have while navigating yourself to get unstuck.
- Reach out to someone that you can.

JOURNAL PROMPTS

HELPING YOU TO GAIN CLARITY

HOW TO JOURNAL & REFLECT SO YOU CAN RECEIVE CLARITY

Date:

Always date your journal entries

I recommend getting a journal so you can reflect back as needed.



How to gain clarity from your intuition:

Step 1.

Before answering each question take as many deep breaths that you feel you need to reach a state of calmness before answering each question so that you can connect to your higher self.

Ask these questions out loud in a private area with just you alone, and write down the first answers that you feel/hear / receive. **DO NOT** force the answer.

Your higher self will give you what you need to know.

~~For example: You write a question down and then you hear or feel the answer.~~

The answer is usually the first thought that appears in your mind. “DON’T OVERTHINK IT.”

If you do not receive an answer at that very moment, it’s because you may be overthinking “too much mind.”

But I will tell you that your answer will come in the form of a thought or an idea—when you are not thinking about it.

For example: You asked yourself a question. You didn’t receive it right away, but you started washing dishes or went to work out, took a shower, etc. And BOOM! You received the answer.

Why? Because your mind was out of the way so you could receive from your intuition.

ENERGY PRACTICE: RECEIVING RESET

♀ *Take 3 deep breaths.*

Place one hand over your heart and one over your womb.

Whisper this aloud:

- “I am open to receive.
- I am safe to receive.
- I trust what is flowing toward me.”

How to receive clarity on how to take
action with the information that your
intuition gives you.

Connect with your faith in everything
you do.

God—Source—The Universe will lead
you the way.

**ALL YOU HAVE TO DO IS “RELEASE
CONTROL, SURRENDER, TAKE THE
NECESSARY ACTION YOU KNOW YOU
MUST TAKE, AND TRUST.”**

YOU NEED TO KNOW WHAT YOU WANT IN A RELATIONSHIP.

Nothing will change until you know what you want in a relationship. Once you get clear on your goals, make a plan, and take action on that plan, you will be able to manifest a new reality.

But if you do not know what type of man you want in your life, you will continue to relive and repeat old toxic cycles and patterns—attracting the same men that drain your energy.

Clarity is the key to making a change. When you know what type of man you want, you must become the type of woman that matches your dream man's energy. By focusing on yourself, you will either attract the right man, and the wrong man will have to leave your life, or your man will evolve with you by seeing you evolve.

STEP 1...

Getting clear how you ended up in this situation.

- When was the moment that I gave up my power in my relationship where he felt like he had control over me?
- What do I know I need to do to come back into my power?
- What are my weaknesses that he loves to trigger?
- What do I know I need to work on the most with myself so I won't react the way he wants me to react?
- What are the disrespectful and rude things that he keeps saying/threatening me with the most?
- Is what he is saying true? If so, then how? And if not, how can I stop letting his words affect me?

I suggest that you get a journal where you write down these questions and call on your intuition—your higher self—to help you answer these questions with truth.

Why is this step important before making a change?

This is the process of getting your Freedom, Confidence, Happiness, Beauty, Joy, and Abundance back.

Don't worry about the other person; remember, if this is the person that God has for you, then everything will work out.

Right now, this is about you—getting **YOU** together.

Answer these in your sacred journal and put that journal up where it's just your thoughts and your journal.

Let's get clear on what you want in a relationship.

This is also a form of manifesting your perfect partner, whether it's with the same person you are with or if that person is not for you

—clearing space for the right person for you.

➤ What does the perfect partner look like for me?

➤ What type of woman do I need to become to match his energy?

Where Are My Boundaries Missing?"

Think about your:

- Romantic relationships
- Family (especially parents/caregivers)
- Friendships
- Work or business
- Social media/online presence

➤ **What specific moments or situations come to mind when I feel like I'm being taken advantage of, silenced, or overextended?**

➤ **Where in my life do I feel drained, disrespected, or resentful?**

Reflection questions for yourself:

Print this out or write these journal prompt questions and answer them in your personal journal.

- What do I know I can do right now that will help me to raise my vibration/ energy so that I can connect with my faith - Through being guided through my intuition?

Reflection questions for yourself:

Print this out or write these journal prompt questions and answer them in your personal journal.

- What intuitive action steps have I been guided to take but have not because of my current circumstances?

- What Does My Highest Self Know?
- How will my life shift when I fully honor my boundaries?
- How will I feel in my body, mind, and spirit when I start honoring myself?
- What version of me will be born through this new standard of self-respect?

[illegible]

Reflection questions for yourself:

JOURNAL PROMPTS.....

You can write on this sheet or take a journey (which I prefer) so you can keep up with and reflect.

- Am I growing in this relationship?
- Or am I shrinking, tolerating, or waiting for potential?
- If nothing changed, could you genuinely stay and be happy?
- Do I feel safe, valued, and loved in this relationship?
- Do I actually see a future where we both can grow, communicate, and evolve together?

STEP BY STEP: HOW TO GAIN CLARITY & GET MENTALLY UNSTUCK,

Here is my step by step process that helped me to get clear on my goals and align with my purpose:

- **Step 1: Get clear on what you want.**
- **Step 2: Meditate daily.**
- **Step 3: Connect with faith and put GOD/Source first in everything that you do.**
- **Step 4: Ask for divine guidance from source & trust the process.**
- **Step 5: Create a daily spiritual morning routine that will help you to keep your energy grounded so that you can create and take aligned action that will lead you to manifesting your goals.**

**WHAT TO DO THAT WILL HELP
YOU COME BACK INTO YOUR
POWER AFTER HITTING ROCK
BOTTOM.**

WHAT TO DO THAT WILL HELP YOU TO COME BACK INTO YOUR POWER AFTER HITTING ROCK BOTTOM.

Mentally · Physically · Emotionally · Spiritually · Financially

1. Get clear on **what you want** over the next 6-12 months.
2. **Move back** with people you can trust and **rebuild your life** if the relationship is too toxic.
3. Get a **new job/career**.
4. Start your **own business**.
5. Set **healthy boundaries**.
6. **Protect** your **energy**.
7. **Pray** and meditate daily- **strengthen your faith**.
8. **Journal** and **rewrite** your **life** story.
9. **Reprogram** your **mind** from lack to success and **abundance**.
10. **Avoid contact with low vibrational people** and situations.
11. **Leave** any **environments** that **drain** your **energy**.
12. Take **action** on your **goals** and make it happen!
13. **Workout/move your body** on a consistent basis - Put yourself on a **workout challenge**.
14. **START CREATING YOUR DREAM LIFE RIGHT WHERE YOU ARE.**

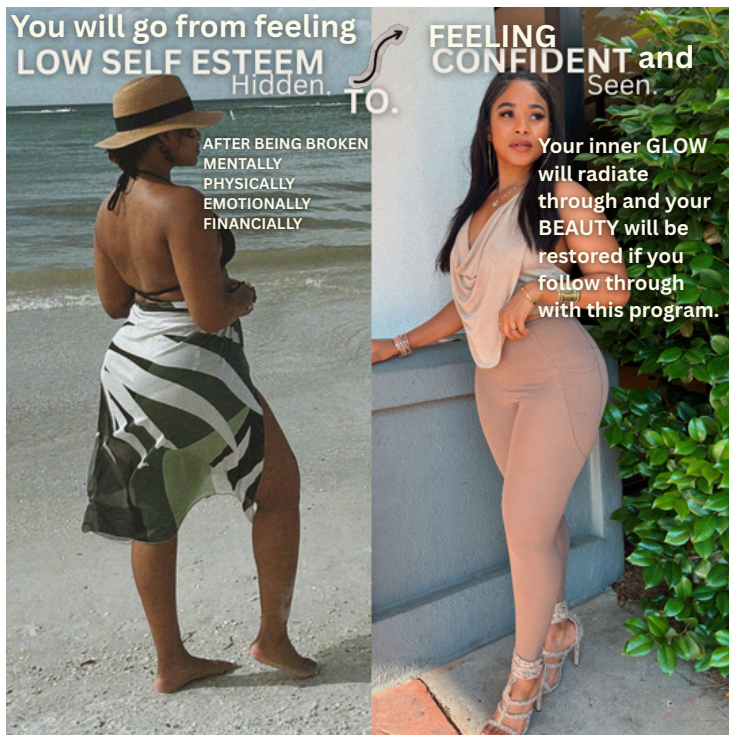
**LAST SECTION | LET'S ACTIVATE
YOUR GLOW UP**

YOUR 90 - COMEBACK JOURNEY STARTS NOW

WORKOUT CHALLENGE

**TO GET YOUR GLOW BACK - THEN YOU MUST TAKE CARE OF
YOURSELF AND MOVE YOUR BODY SO YOU CAN SHAKE OFF
THAT UNWANTED STUCK NEGATIVE ENERGY AND RADIATE
AGAIN!**

**I HAD TO DO IT TOO!
IN FACT, THESE WORKOUTS WERE RECORDED DURING THE
SEASON OF ME TAKING BACK MY ENERGY. GIRL, I WAS SO
DRAINED FROM STRESS.
THERE WERE TIMES WHEN I HAD 0 ENERGY, BUT I JUST
MOVED ANYWAY!**



HERE'S WHAT THIS PROGRAM WILL DO FOR YOU: BY THE END OF THIS PROGRAM YOU WILL:

- Have a clear 90-day plan that will lead you to getting financially unstuck.
- You will know how to protect your peace and set boundaries from people who are currently draining your energy.
- Your confidence and self-esteem will be activated again.
- You will have the courage to leave a toxic, abusive, or unhealthy relationship if you feel stuck or trapped.
- You will know how to manifest and create a new reality.

In case you're wondering...

What if I'm in a relationship with someone who loves me, but right now we are not on good terms because I am not happy with myself and he's stressed about paying all of the bills?

Do you think that it's possible for our relationship to work?

The answer is **ABSOLUTELY YES! TAKE BACK YOUR POWER** is not encouraging women to leave their marriages or relationships because of one argument or a few. Let's be honest, real relationships go through challenges, and that is what makes a relationship beautiful: It's when two people can communicate, come together, respect each other, and agree that "both" of you need to change. And if that is the solution, then yes, your relationship can **100% work.**

Sometimes separation is required so that the other party can see your value. Sometimes therapy is required for a mediator to help with communication. That is something that you and your partner have to decide.

But if you are a woman who is in a relationship with a man and you just found out that he is cheating, or he has been cheating—and he is being disrespectful, and he's showing you repeatedly that he is not changing, and in fact, his actions are starting to get worse "because you won't leave the situation," then this program will empower you to activate your confidence and find the strength to make a change and get uncomfortable so that you can come back into your power and remove yourself and your children, if you are a mother, from a toxic environment.

This program is about **YOU** rebuilding yourself. Some relationships will heal and evolve. Some relationships will split because some women will wake up and realize that they are no longer accepting the bare minimum and disrespect from a man who has no intention of changing for the better. Some relationships will repair (maybe), and the two of you may have to split and do your own thing while you rebuild your life, and if it's meant for you to be with that person—GOD/Source, the universe will align you two back into each other's lives.

Some women will be so done with their ex and meet a new person who will treat them and show them what true and unconditional love is after she is healed and has finally removed her ex from her life.

Some relationships may split and come back together even stronger than ever because both persons had to separate to grow—and see if the relationship is worth saving or not. Either way...

Everyone's journey is unique. - And your intuition will guide you on what to do.

This program is all about empowering you to activate your confidence, create a 90-day plan that is going to lead you to becoming financially stable on your own so that you can have the confidence to take back control over your own mind and life—the choice is yours.

Here's what can happen if you choose not to make a change.

This section will break down why it's imperative that you decide to take control over your own life.

If you are a mother:

And you're in an unhealthy relationship.

**what can happen if you choose not to
make a change.**

What happens if you are a mom and you are not happy with yourself or feel like you are not living in your purpose beyond being a mother? What happens when a child is seeing their mother being disrespected by a man who does not treat you with love or care?

- Your children will see you upset and sad.
- Your children will grow up to repeat, if they are boys, what they see being done to you, or if they are girls, they could live what they're seeing their mother live.
- You are short-tempered.
- It's hard to give them love and empathy, which is what children need from parents—especially mothers—so they don't grow up to repeat narcissistic cycles due to feeling abandoned or emotionally neglected.

**Children feel what the mother is experiencing,
and your happiness, peace, and self-dignity
matter beyond just yourself.**

The Take Back Your Power course-program is not just for you.

This program will empower you to be strong for your children so they don't ever have to experience what you are about to overcome.

By joining the Take Back Your Power course-program.

YOU ARE GOING TO BREAK KARMIC GENERATIONAL CYCLES.

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Choosing to live in a home just because he pays the bills, yet you are constantly walking on eggshells and being disrespected and not valued.

If a man has **shown you multiple times** that he does not **value** you or **respect** you as a woman, if he continues to **disrespect** your **boundaries** and **disrupts** your **peace**, chooses to **argue** in front of children, and **projects** onto you the **negative** things that he feels about you, then **gaslights** you if you react.

**If he is a man that never takes accountability for his actions.-
Or if he does by apologizing and then repeat the same - toxic- patterns**

The worst part is if **you choose to stay with him after he has cheated on you once, twice, or multiple times**, and you choose to stay because *"the bills are paid."*

You will continue to re-live a karmic unhealthy relationship.

You will **lose your motivation** to work on yourself, you will **gain weight, age faster**, and **start to look different** because of **being with a man** who does **not value you as a women** and most importantly because **you are not valuing yourself** and giving yourself the **self love that you deserve.**

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TAKE BACK YOUR POWER

BY: ALEXUS MARIE