

LEARNING TO
Welcome to
EMBODYYOUR
The Art Of Becoming HER
NEXT LEVEL
with Jenna Marie
SELF



I AM JENNA MARIE

Coach of Mindset, Embodiment,
and Empowerment.

Makeup artist and Hairstylist.

Proud wife to my hubby Niko and
dog mommy to my Melvin

Total BABE...
that's a Bold, Authentic, Beautiful,
Empowered soul!!

THE ART OF BECOMING HER, LEARNING TO EMBODY YOUR NEXT LEVEL SELF

- WHAT does embodying HER mean?
- WHO is the HER we are talking about?
- WHY would you practice embodiment?
- HOW do you embody HER?

EMBODYING YOUR NEXT LEVEL SELF, WHAT DOES IT MEAN?

- Embodiment is defined as a tangible, or visible form of an idea, quality, or feeling.
- It is the representation or expression of something in a tangible or visible form.
- synonyms of embodiment include personification, incarnation, incorporation, realization, manifestation.

"EMBODY THE HIGHEST LEVEL OR VERSION OF YOUR SELF" MEANS:

- You become the tangible representation of who that dream version of you is
- You become the visible expression of the YOU who is living to your highest potential.
- You become the personification of your dream self.
- It takes the old adage “dress for the job you want” to a whole new level.



WHY would you want to embody your next level self?

1. Genuine happiness –

- SHE *is* everything you dream of and *has* everything you dream of so she *must* be happy!
- If we embody a person or the idea of a person who is genuinely and truly happy; then we ourselves, as we are right now, will start to feel happy.

WHY would you want to embody your next level self?

2. Like attracts like –

- **WHEN** you are in an embodied state of a higher self – happy, fulfilled, worthy, confident, and empowered;
- **THEN** you start behaving, making choices, having thoughts, using words, and taking action from a place of happiness, fulfillment, worthiness, confidence and empowerment.
- And **WHEN** your behaviors are aligned with those things, you **WILL** start to see beautiful positive changes happen in your life.

WHY would you want to embody your next level self?

3. Because it feels good –

- embodying a higher version of your self, a self that feels confident and happy just feels good.
- you show up each day as the embodiment of ***something***...why not choose the good something, the happy something, the positive something?

The Art Of Becoming HER

can be achieved in 3 steps:

- Step 1 – Visualize HER
- Step 2 – Believe in HER
- Step 3 – Feel like HER



Step 1: Visualize HER – spend some quiet time with this

- Ask yourself – if I could be any one in the world, who would I be? What would I be like?
- Who is SHE? Define her clearly, the more details the better
- A clear visual of exactly who she is will give you a better understanding of the self work you need to do
- Remember this can and will evolve as you do!

Step 2: Believe in HER

- Once you know who SHE is, you have to BELIEVE, at your deepest level that YOU ARE HER.
- Everything you just defined is already within YOU.
- You are now bringing HER to the forefront
- This is where the longest length of your journey is spent.

Step 2: Believe in HER

What holds us back from truly believing that we already ARE her:

- limiting beliefs
- fears
- mindset blocks
- worthiness issues

Step 2: Believe in HER

- this step involves self awareness.
- Pay attention to sentences starting with
 - “I can’t...”
 - “I’m not...”
 - “If only I were...”
 - “Someday when I am...”
- Those will clue you in to where your blocks lie and the changes you will need to make

Step 2: Believe in HER

TO CHANGE A LIMITING BELIEF YOU WILL NEED TO DO ONE, ALL, OR SOME COMBINATION OF

THE FOLLOWING:

DISPROVE THE BELIEF

LET GO OF THE BELIEF

REFRAME THE BELIEF

- Your thoughts, your behaviors, your words, your actions are all based upon those limiting beliefs.
- Those beliefs are the space you are making your current choices from.
- The word LIMITING is not a happy or fulfilling word to be operating from.

Step 3: Feel like HER

- Show up how she would show up.
- Dress how she would dress.
- Feel her confidence.
- Feel her pure happiness.
- Feel her love.
- Feel how she is loved.
- Feel worthy.
- Behave from this place
- “Dress for the job you want!

CLAIM IT NOW:

And So Ends!

Remember:

- give your self grace as you take baby steps
- Small aligned and inspired actions are the key
- As you make any change, be sure to really reflect on how it feels – you want to feel happy and excited; not dread, resentment, or fear.

Simple Shifts + Small Action = great and massive impact

Becoming HER

A PRIVATE COACHING EXPERIENCE

- an intimate 3 month container
- weekly private 1:1 coaching calls
- messaging access for on going support
- customized tools to personalize your journey

IN MY PROGRAM, YOU WILL RECEIVE ALL OF THE TOOLS NECESSARY TO EMBODY YOUR HIGHEST LEVEL SELF, TO GUIDE YOU IN BECOMING HER.

Today can be the first day...

that first action step you take in becoming your next level self.

- What does SHE feel like?
- How does SHE look?
- What choices is SHE making?

YOU HAVE THE POWER

IS IT GO TIME?

Thank you

for showing up for your SELF
for making YOU a priority
for taking one small action step
towards **Becoming HER!**

YOU ARE BEAUTIFUL,
AND I LOVE YOU!

