



# MONTHLY *NEWSLETTER*

ADRIENNE ASHWORTH

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## Women Rise Through Wellness

To each of you who recently joined this space—welcome. It's an honour to walk alongside you.

Whether you're exploring personal growth, navigating relationships, preparing for new life chapters, or simply feeling a little lost... You're not alone.

Last time, we reconnected with our self-worth — that real, raw, untouchable worth that lives inside us. And while remembering our worth is powerful, it is only the beginning.

This month, we step into the next stage: **Courage**.

## Ways To Work With Me



**PEACEFUL RETREATS**

OCT, NOV



**1:1 PHONE  
EMAIL COACHING**



# Transformation Through Courage

## **Why Courage Matters in Transformation**

True transformation rarely comes from staying in our comfort zone. It comes when we dare to stretch, to step forward into the unknown, to trust ourselves enough to take risks.

Courage isn't the absence of fear — it's the choice to move with fear, knowing you are strong enough to rise through it.

Every courageous action, no matter how small, builds momentum and reshapes who we believe ourselves to be.



## **Three Ways to Practice Courage This Month**

### **1. Do something that scares you (just a little).**

*Choose one action you've been putting off — a conversation, a decision, or a step toward a dream. Lean into it with bravery and see how you feel afterward.*

### **2. Say yes to yourself.**

*Often, courage is about choosing yourself, even when others don't understand. Book that class, take that walk, or sign up for the thing you've been drawn to.*

### **3. Share your truth.**

*Whether it's with a friend, partner, or journal, speaking your truth takes courage. It also frees you from carrying it silently.*

## **Remember**

Courage doesn't always roar. Sometimes, it whispers, "Just try." Your transformation is waiting on the other side of that whisper.

## **Reflection Prompt**

What would shift in your life if you chose courage over comfort this month?

*Kindness & Gratitude,  
Adrienne*





# Wellness Check-In

## TAKE A QUIET MOMENT TO CHECK IN WITH YOURSELF.

Where do you find yourself on the wellness scale today—between 1 and 10?

**(1 = DEPLETED, 10 = DEEPLY NOURISHED)**

No judgment. Just awareness.

If you're somewhere in the middle—or even on the lower end—that's okay. You're not alone, and you don't have to stay there.

### **Mood Follows Action**

What's one small thing that would help you feel just a little more supported this month?



Ask for help without apology

Create a “nourishment ritual”

Surround yourself with uplifting energy

### **Are you ready to step into transformation?**

This month is all about courage — and sometimes, the bravest step you can take is saying yes to yourself.

If you've been waiting for the “right time,” this is it.

I'm opening only 5 spots this month for women ready to rise into transformation through my 1:1 Courage Coaching Package.

Once they're gone, the doors close until next month.

*Details available on the next page.*



## Limited-Time Coaching Offer: Rise Into Your Next Chapter

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### What You’ll Receive

- **2 private online coaching sessions to uncover what’s holding you back and ignite your courage.**
- **A Personal Self-Reflection Quiz to highlight where you’re ready to rise.**
- **Between-session support (email or voice notes) to keep you moving forward.**
- **Simple, practical tools to help you take bold, aligned action.**

#### Your Investment

**\$189.00 +tx (special pricing available this month only)**

#### Don’t Wait

**Transformation doesn’t happen by chance – it happens when you choose courage.**

**If your heart has been whispering “it’s time”, this is your sign to act.**

 **[Email Me to Book Your Spot - Click Here](#)**