



Own Your Power

A 5-Step Plan to Mental & Physical Strength

For Women Ready to Reclaim Their Confidence and Strength



A Program Offered By



Strength is Built from the Inside Out

True strength isn't just about physical ability—it's about the resilience to stand firm in who you are, the confidence to take up space, and the power to move through life with purpose. You've spent years giving, supporting, and making sure others are okay. **What about you?**

This guide is for women who **feel stuck, undervalued, or disconnected from their own power**. It's time to stop shrinking yourself, doubting your worth, and waiting for the right moment to **put yourself first**.

By following these five steps, you'll build both **mental and physical strength**, creating a foundation that will **transform** the way you show up in the world.

You are powerful. Let's reclaim that power.



Rewriting Your Story

Your past does not define you. The story you tell yourself about your past does.
Many women carry narratives that hold them back:

"I'm not strong enough."

"I'm not worthy."

"I'll never be enough."

These beliefs become ingrained, shaping how you see yourself and your potential.

Journaling Prompts to Reframe Your Story:

- What's the story you've been telling yourself about who you are?
- Where did that story come from? Who told you that you weren't enough?
- What would you say to a friend who believed that about herself?
- If you could rewrite your story, how would it sound?

Action Step: Write down a **NEW** story—one where **you are strong, capable, and deserving**. Read it every morning for the next week.



Movement as Medicine

Your body is not just a vessel—it's a source of power.

Strengthening your body strengthens your mind.

Movement isn't about aesthetics; it's about proving to yourself what you're capable of.



Daily Movement Guide:

Day 1: Walk or ruck (carry a weighted backpack) for 30 minutes outdoors. Feel the ground beneath you. Breathe deeply.

Day 2: Bodyweight strength—squats, push-ups, lunges (3 sets of 10). Feel the burn.

Day 3: Yoga for grounding—hold each pose for 30 seconds (Warrior, Tree, Downward Dog).

Day 4: Rucking for 20 minutes. Build resilience.

Day 5: Breathwork & stretching. Move with intention.

Day 6: Rest, but reflect—how do you feel compared to Day 1?

Day 7: Do what makes you feel strong—lift, hike, dance, ruck. Own it.

Action Step: Track your movement daily and note how your energy and mindset shift.

Weekly

Movement Planner



<i>Day</i>	<i>Movement Type</i>	<i>Duration</i>	<i>How's my energy and mindset</i>
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Notes

Breathwork for Confidence

Your breath is your anchor.

When doubt, fear, or insecurity creep in, your breath can bring you back to your power.



The Power Breath Technique (2 Minutes):

- Inhale through your nose for 4 seconds—breathe in confidence.
- Hold for 4 seconds—feel your strength.
- Exhale slowly for 6 seconds—release self-doubt.
- Repeat for 2 minutes before a tough conversation, workout, or whenever you need a reset.

Action Step: Practice Power Breathing every morning for a week. Journal how it affects your mindset

Shifting Self-Talk & Identity

You wouldn't let someone speak to your best friend the way you speak to yourself. Your inner dialogue can either build you up or tear you down. It's time to change the script.



How to Shift Your Identity:

- **Recognize Negative Self-Talk** – Catch yourself when you say, “I can’t,” “I’m not good enough,” “I’ll never..”
- **Challenge It** – Ask, “Would I say this to a friend?” If not, it doesn’t belong in your mind.
- **Reframe It** – Instead of “I’m not strong,” say “I am building my strength every day.”
- **Embody It** – Move, stand, and act as if you already are that strong, confident woman.

Action Step: Write down 3 self-limiting beliefs and reframe them into powerful affirmations.

Creating a Power Ritual

Rituals create consistency.

They signal to your brain that it's time to step into your strength. A power ritual is a daily practice that reinforces confidence and resilience.



Design Your Own Power Ritual (Pick 3-5):

- 5 minutes of movement (stretch, squat, push-up, walk)
- Power Breath (see Step 3)
- Recite affirmations from Step 4
- Journaling one win from the day
- 2-minute shower in the dark (turn up the sensory experience)

Action Step: Commit to your Power Ritual for the next 7 days. Watch how it shifts your confidence.

DAILY REFLECTIONS

DATE

TODAY'S 5 MINUTES OF MOVEMENT

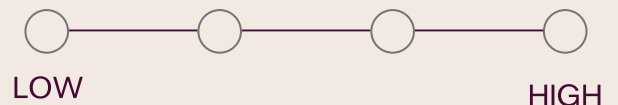
DAILY WINS

AFFIRMATION

ACCOMPLISHED GOALS

- 5 MINUTES OF MOVEMENT
- POWER BREATH (SEE STEP 3)
- RECITE AFFIRMATIONS FROM STEP 4
- JOURNALING ONE WIN FROM THE DAY
- 2-MINUTE SHOWER IN THE DARK

HOW IS MY ENERGY TODAY?



HOW HAVE I FELT TODAY?



STEP INTO YOUR STRENGTH

YOU'VE STARTED THE PROCESS—NOW IT'S TIME TO TAKE IT FURTHER.

IF YOU'RE READY FOR DEEP TRANSFORMATION, TO BUILD STRENGTH IN YOUR MIND AND BODY, AND TO PROVE TO YOURSELF THAT YOU ARE UNSTOPPABLE, LET'S WORK TOGETHER.

JOIN ME FOR A 1:1 EXPERIENCE DESIGNED TO PUSH YOUR LIMITS, CHALLENGE YOUR MINDSET, AND RESHAPE YOUR REALITY. APPLY NOW, AND LET'S GET TO WORK.

STEP INTO YOUR POWER – [APPLY HERE](https://www.theraruck.com)
[WWW.THERARUCK.COM](https://www.theraruck.com)

