



# THE REINVENTION

# RESET

Your First Move Forward

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# Before You Begin



You didn't purchase this ebook up by accident. Something shifted. Maybe it was gradual, a quiet restlessness that crept in before you had words for it. Maybe it was sudden, a loss, an ending, a moment that forced you to stop and ask a question you'd been avoiding. Either way, you're here. And that tells me something important about you: you're not the kind of person who ignores the nudge forever.

I know because I've been exactly where you are. I left a Vice President title, a corner office, and a significant paycheck behind, not because I had a plan, but because I finally refused to participate in my own diminishment. What I didn't know was that God was already preparing me for something I couldn't see yet. That leap of faith led me through loss, grief, reinvention, and ultimately to this work.

That's why The Reinvention Code exists. Not as a theory. As a testimony. This guide will ask you to be honest, not the version of honest that sounds good out loud, but the kind that happens in the quiet moments when it's just you and the truth. It will ask you to slow down in a world that rewards speed. It will ask you to look at what you've been carrying, what you've been avoiding, and what you already know but haven't been willing to act on.

I'm not going to tell you this will be comfortable. But I will tell you this: the clarity you've been searching for is already inside you. This guide is simply the space to find it.

So take a breath. And let's begin.

# *The Shift*



Let's not waste each other's time. You already know something isn't working. You've known for a while. Maybe you've been explaining it away, staying busy, staying distracted, telling yourself it's not that serious or that now isn't the right time. But here you are. Which means part of you is done pretending.

So let's name it. Is it your career? The title, the paycheck, the identity you've built around a job that no longer feels like yours?

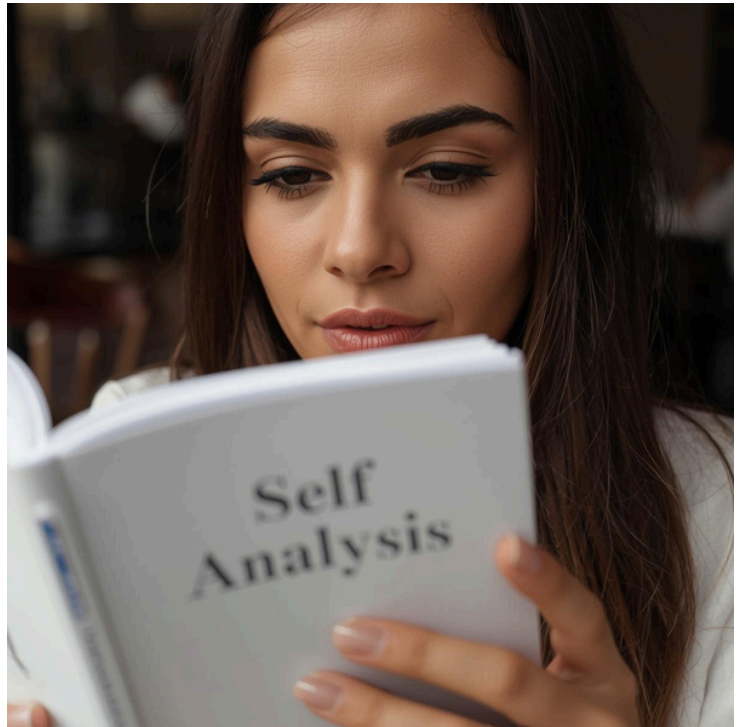
Is it a relationship that's been draining you quietly for so long you've forgotten what it felt like before?

Is it grief you haven't fully faced — the loss of a person, a relationship, a version of yourself you thought you'd always be?

Is it the exhaustion of being everything to everyone while slowly disappearing in the process?

Or is it something you can't fully name yet? You just know you don't feel like yourself anymore, and haven't for some time?

Whatever it is, this is where we get honest about it. .



Not the surface answer. Not the version that sounds acceptable at a dinner party.

The truth, the one you've been carrying alone. Because here's what I've learned: you cannot heal what you refuse to acknowledge. You cannot change what you keep explaining away. And you cannot move forward while you're still pretending you're fine.

*THIS IS YOUR PERMISSION TO STOP PRETENDING.*

# *This Is Where It Changes*

You slowed down. You paid attention.  
You told yourself the truth. And that  
changes more than you think.

Because most people feel what's not  
working... and keep moving. They  
push past it. They explain it away.  
They tell themselves it's not that  
serious.

You didn't do that. You stopped.  
You looked closer. You allowed  
yourself to see what's really there.

That takes awareness. That takes  
honesty. That takes courage.

And it's how real change begins.  
Not with a perfect plan... but with a  
moment like this.

So before you move forward, take this  
in. Let it settle.

And remind yourself:

## *Affirmations*

- I can trust what I feel.
- I am allowed to outgrow what no longer fits me.
- I don't have to keep carrying what was never meant to last.
- I honor the version of me that survived what I went through.
- I choose to nurture myself with the same kindness I offer to others.
- I am worthy of peace, even when things are still uncertain.
- I release the need to justify my boundaries to others.
- I am capable of making aligned decisions for my next chapter.
- I am not starting over—I am moving forward with awareness.
- I am building a future that reflects who I am becoming, not who I was.

Take a breath.

Let this settle.

You're not behind.

You're moving forward—one honest  
step at a time.