



REFLECT.
RESET.
RISE.

📧 A Note from My Heart to Yours

Beautiful soul,

If you're reading this, you've already done something powerful—you showed up for yourself.

I know how hard that can be when you've walked through pain, loss, disappointment, or doubt. But here you are: reflecting, healing, dreaming again. That's courage. That's strength. That's you rising.

I created this workbook not to "fix" you (because you were never broken), but to walk beside you as you remember your power, your worth, your voice.

Whatever you discovered in these pages—grief, hope, clarity, confusion—it all matters. It's all part of your becoming.

You don't have to do it perfectly.

You don't have to have it all figured out.

You just have to keep choosing you.

Keep going, love. The life you want is still possible. And you're not alone—I'm cheering for you, always.

With fierce love and unwavering belief in you,

With All My Love,



Jesse Jelley
xoxo