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The 7 Day

**H.E.R.F.
CATALYST**

Starter Kit

A NOTE TO THE OVERWHELMED

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Peace isn't something you find; it's something you protect. Over the next seven days, we aren't adding more to your to-do list. We are using the H.E.R.E. Catalyst to strip away the noise so you can finally hear your own heart again. Let's begin.

PHASE 1: HOPE

DAYS 1-2



Goal: Shift from "Survival Mode" to "Vision Mode."



Day 1: The "What If" Audit



Prompt: If I had two hours of silence & no obligations today, what is the first thing my soul would crave?



Action: Write down one dream for your mental health that you've labeled as "impossible" lately.



Day 2: The Vision Anchor



Prompt: What does "Evolved Me" look like? How does she breathe, react to stress, & start her morning?



Action: Choose one word that describes how you want to feel by the end of this week.

PHASE 2: EXHALE

DAYS 3-4



Goal: Clear the mental clutter & lower the baseline of stress.



Day 3: The Radical Brain Dump



Prompt: What am I carrying that isn't mine to hold? (List every task, worry, & “should” currently taking up space).



Action: Look at your list. Circle three things you are officially giving yourself permission to ignore this week.



Day 4: The Space Creator



Prompt: Where is the friction in my daily routine? What small “tweak” would give me 10 minutes of peace?



Action: Time-block 15 minutes on tomorrow’s calendar labeled “Non-Negotiable Exhale.”

PHASE 3: RESTORE

DAYS 5-6



Goal: Refill the cup through reflection & community.



Day 5: The Gratitude Grounding



Prompt: What are three “tiny joys” I noticed today that I usually scroll past?



Action: Reach out to one person in your circle (or the Intentionally Evolve community) & share a win—no matter how small.



Day 6: The Rest Inventory



Prompt: What activities actually make me feel recharged? (Hint: It’s rarely mindless scrolling)



Action: Engage in one "Active Rest" activity for 20 minutes (reading, stretching, or sitting with tea).

PHASE 4: EMPOWER

DAY 7



Goal: Turn your 7-day spark into a permanent flame.



Day 7: The Evolution Blueprint



Prompt: Which part of the H.E.R.E. Catalyst process felt most like “home” this week? How can I weave it into my Monday morning?



Action: Commit to one boundary you will set this coming week to protect your newly found peace.

WHAT'S NEXT YOUR EVOLUTION TOOLBOX



You've spent 7 days being H.E.R.E. How does it feel to breathe again? One week is a spark, but a lifetime of intention is a fire.

Join the Intentionally Evolve Community on Facebook to keep this momentum going with monthly journaling sessions, deeper journaling prompts, & a sisterhood that refuses to let you pour from an empty cup.

Join the Facebook Community Intentionally Evolving Together

Deepen Your Practice

Download our self-care beginner's guide H.E.R.E. To Thrive

Ready to go deeper? Access our curated library of 100+ Journaling Prompts & Daily Affirmations. This digital toolkit helps you navigate everything from morning anxiety to evening reflections, ensuring you always have the right words to find your way back to yourself.

Best for: The woman who loved the **Hope & Exhale** phases

Attend a Live Session

Attend H.E.R.E. Unfiltered Live Journaling Sessions

Self-care shouldn't be a solo mission. Join me & the community for our monthly live sessions. We gather virtually to breathe, journal in real-time, & set our intentions for the month ahead. It's a dedicated hour of **Restore** on your calendar that you don't have to plan yourself.

Best for: The woman who craves connection & accountability

Hold Your Intentions

Shop The Intentionally Evolve Collection

There is magic in putting pen to paper. Our signature Journals & Daily Planners are designed specifically for the **H.E.R.E. Catalyst** Method. With dedicated spaces for brain dumps, gratitude, & evolution goals, these are the physical tools for your Empower phase.

Best for: The woman ready to turn intention into a daily habit.

A Personal Note From Me

Thank you for trusting me with your time this week. I know how loud the world can be & how hard it is to choose yourself when everyone else is calling for your attention.

Please know that by being H.E.R.E., you aren't just completing a guide—you are honoring the woman you are becoming.

Keep evolving, beautifully & intentionally.

With gratitude,



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