



**Rediscovering
You: A Guide to
Finding Joy,
Calm, Energy,
and Self-Love Again**

**From Lost and Drained to Joyful,
Calm, and Whole Again**

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A Letter to You

Hi Friend,

Congratulations on coming this far and taking this time for yourself. That might sound simple, but it's worth pausing to notice. You're here. You said yes to slowing down, to listening inward, and to giving yourself a chance to breathe. That choice matters.

How does it feel, even just for a moment, to land here? Maybe a part of you is whispering, "Wow, I really needed this." And maybe another voice is chiming in with, "This is great, BUT... I don't have the time. I have a family. Isn't this selfish?"

If you feel both—relief and resistance—you're not alone. Most women I know carry those same echoes. It's the push-pull of wanting to care for yourself and the conditioning that tells you not to.

I know this because I've lived it.

On the surface, I had everything I was supposed to want — the house, the husband, the family, the job. From the outside, it might have looked like I had it all together. But inside, something felt missing. I was moving through the motions of life, checking the boxes, but there was this ache in my chest that whispered, "Is this really it?"

It wasn't a dramatic breaking point. It was a quiet, ordinary moment when I realized I was running on autopilot. I had poured so much of myself into everyone else that I didn't even know what was left for me.

Maybe you've felt that, too — the sense that you've been giving, doing, and carrying so much that somewhere along the way, you got lost in the shuffle.

If that's true for you, let this guide be your gentle reminder: you are not broken. You are simply ready for a different way of being.

This Guide Is Your Permission Slip

This guide is your invitation to:

- Rediscover the Real You — the woman underneath all the roles.
- Reset Your Joy — letting fun and lightness back into your days.
- Renew Your Energy — restoring your strength without running yourself into the ground.
- Find Your Calm — staying steady even when life feels messy.
- Create Self-Love Rituals — giving yourself permission to care for you.

You'll find simple practices, journal prompts, and stories throughout these chapters. Not as more "to-dos" to weigh you down, but as little invitations—gentle handholds you can weave into the middle of your very real, very busy life.

This isn't about changing into someone new. It's about coming home to yourself—the woman you were always meant to be.

A Ripple Through Generations

When you choose to care for yourself, you're not just filling your own cup. You're also breaking patterns that may have been carried for generations. By saying yes to your well-being, you show your children what it looks like to live with respect for yourself. You honor your ancestors by giving yourself what they may have never had the chance to claim.

Every time you pause to breathe, to rest, to nurture yourself—you're creating a ripple that stretches both backward and forward in time. You're healing what came before and planting seeds for what will come after.

A Gentle Visualization

Take a breath right now. Let your shoulders drop.

Picture yourself standing in the center of a circle. Behind you are all the generations who came before—parents, grandparents, ancestors. In front of you are the generations who will come after—your children, grandchildren, and beyond.

Feel the quiet strength that comes from being here, in the middle. You are the bridge. The one with the awareness, the tools, and the courage to shift the story. With each choice to care for yourself, you honor the past and inspire the future.

Breathe that in. Feel it settle. This is bigger than you—and it starts with you.

So, as you go through this guide, give yourself permission to go slow. Sit with the stories that resonate. Try the practices that feel manageable right now. Write in the margins. Fold down the pages that remind you of your worth. Let this be a companion, not another demand on your time.

And most importantly, remember this: you matter. Your joy matters. Your calm matters. Your energy matters. The love you show yourself matters.

You've already taken the first step simply by being here. You're beginning the journey of rediscovering the real you.

And I'm honored to walk beside you.

With love,
Jenny



Chapter One: Rediscovering the Real You

Have you ever looked around at your life and thought, “I should be happy... so why do I feel so lost?”

It’s a heavy, confusing feeling. You’ve worked hard, built a family, juggled responsibilities, maybe even achieved the things you thought you wanted—and yet, there’s this quiet ache inside that whispers, “Something’s missing. I don’t feel like myself anymore.”

I remember the exact moment it hit me. I was standing in the laundry room, folding clothes — piles that seemed endless — when tears began rolling down my face. I thought, “I worked so hard for this life... so why do I feel so empty? I don’t know if I can keep doing this.”

That moment wasn’t about laundry. It was about realizing how far I had drifted from myself. I had checked all the boxes — the house, the family, the job — but I had given so much away that I barely recognized the woman staring back at me.

And maybe you’ve felt it, too. That quiet exhaustion that comes from loving deeply but forgetting to love yourself. From showing up for everyone else and then realizing you don’t even know who you are outside the roles you play.

This happens to so many women, and it’s not because you’re weak or broken. It’s because of the way the world teaches us to live.

From a young age, we’re told to be the “good girl”—helpful, selfless, polite. As we grow, those messages shift into: be the good mom, the supportive partner, the reliable friend, the hard worker. And while there’s nothing wrong with those roles, the problem comes when they become the only way we define ourselves.

Somewhere in the constant giving and proving, we start to silence our own voice. We push down our needs. We hide our desires. We tell ourselves, "I'll get back to me later." But later never comes.

Losing yourself doesn't always look dramatic. Sometimes it's subtle:

- Waking up and already feeling behind.
- Forgetting what you actually enjoy outside of obligations.
- Not recognizing the woman in the mirror because she looks tired and worn down.
- Snapping at people you love because you're stretched too thin.

And beneath it all, it's the constant, exhausting thought: "I'm not good enough unless I'm doing all the things."

That's not living. That's surviving. And you deserve more than that.

Here's what I want you to know: the real you isn't gone. She's still here, waiting under the noise and the busyness.

Rediscovering yourself doesn't mean you need to reinvent yourself. It means gently remembering. It means pulling back the layers and giving space for the woman who laughs, dreams, and longs to feel alive again.

Part of this remembering is deciding what you will no longer sacrifice. Not boundaries that feel like walls, but standards that honor your worth.

A standard says:

- I allow myself to rest.

- I allow joy in my life.
- I am more than what I do for others.
- I can feel alive in my own life.

When you raise your standards, you don't push people away—you show them how to meet you in your own power. And in the process, you show your children that they are allowed to live fully as themselves too.

Think of the women who came before you. Many of them didn't have the privilege to ask, "Who am I, really?" They were surviving. They were working. They were following rules written for them, not by them.

When you choose to rediscover yourself, you're breaking that cycle. You're saying: "It doesn't end with me. I'm choosing something different."

And that choice ripples outward. Your kids, your family, even the people around you begin to notice—and often, they follow your lead. Because nothing teaches more powerfully than a lived example.

Gentle Practices

1. The Mirror Check-In

This might feel awkward at first, but it's powerful.

Stand in front of a mirror. Look yourself in the eyes—not your hair, not your outfit, not your flaws. Just your eyes.

Take a deep breath and say, "Hi. I see you. I'm still here."

That's it. No fixing, no performing. Just acknowledging that the real you is still here, even if she's been quiet for a while.

2. The Whisper Question

Close your eyes. Place a hand on your heart and ask:

If no one else's opinion mattered, what would I choose right now?

Write down whatever comes. Even if it feels small or silly. These whispers are your clues back to yourself.

Reflection Journal

- Who am I outside of the roles I play?

- What parts of me have I ignored or silenced?

- If I didn't have to prove myself to anyone, what would I want more of in my life?

- When was the last time I felt like me? What was I doing?

Rediscovering yourself isn't about becoming someone new—it's about returning to the woman you've always been.

And you don't have to do it all at once. This is a slow return, a gentle unfolding. One moment of honesty, one pause, one small choice at a time.

Because you are more than your roles. You are more than your to-do list. And you are not lost—you are on your way home to yourself.

Chapter Two: The Joy Reset

Somewhere along the way, joy starts to feel optional. Something reserved for birthdays, holidays, or when all the work is finally done. But here's the truth: the work is never all done. The laundry will refill, the emails will keep coming, the responsibilities won't magically disappear.

And yet, joy matters. It's not extra. It's not frivolous. It's fuel.

I remember when I first realized how far joy had slipped away from me. I was so used to being "productive" that even when I had a free hour, I didn't know how to use it. I'd scroll on my phone, clean something, or start planning the next task. Fun felt... foreign. I had forgotten how to just be in the moment.

That's what happens when we live on autopilot. We get efficient at surviving but forget how to live.

Joy is what brings us back. It softens the edges of life. It makes us laugh at small things, notice beauty in ordinary places, and feel connected again—not just to others, but to ourselves.

The Lies About Joy

We've been taught some unhelpful beliefs about joy, like:

- "Joy is selfish."
- "You have to earn it first."
- "It doesn't count unless everyone else is taken care of."

But here's the shift: joy isn't a reward. It's a lifeline. Without it, life feels heavy, gray, and endless. With it, even hard seasons feel more bearable.

Think about kids for a moment. They don't wait until every chore is done before they dance in the living room. They don't feel guilty for laughing at something silly. They play because play is natural. Somewhere inside us, that playful spark still lives—it's just waiting for permission to come out again.

Practices for Inviting Joy Back

Joy doesn't require hours of free time or a big vacation. It shows up in small, ordinary choices.

1. The 10-Minute Fun Break

Set a timer for ten minutes and do something that makes you smile. Dance to one song, doodle, sing loudly, play with your kids or pets. Ten minutes is enough to shift your energy.

For 10 minutes I _____ and it felt _____.

2. The Beauty Hunt

Go outside (or look around your house) and name five things that feel beautiful or interesting to you. A flower, the way light falls on the floor, the sound of laughter.

This trains your mind to notice joy instead of waiting for it.

1. _____

2. _____

3. _____

4. _____

5. _____

3. Revisit a Forgotten Joy

Think back to something you loved as a child or teen—painting, skating, writing,

music. Try it again, just for the fun of it. No pressure, no perfection—just play.

Gentle Practice: The Joy List

Make a list of 20 things—big or small—that bring you joy. Keep it somewhere you'll see often. When life feels heavy, pick one and do it.

Reflection Journal

- When was the last time I laughed until my cheeks hurt?

- What activities make me lose track of time?

- What childhood joy have I forgotten but want to revisit?

- Do I ever feel guilty about having fun? Where does that come from?

- How would my life feel different if joy became a daily ritual instead of a rare event?

A New Standard

Joy isn't a luxury—it's part of being fully alive. When you reset your joy, you remind yourself that you deserve to feel good now, not someday when everything else is perfect.

Each small moment of joy is an act of resistance against the idea that your worth is measured only by what you do. It's you saying: I am more than my roles. I am alive. And I deserve to feel that aliveness every day.

Chapter Three: The Energy Renewal

There comes a point where running on empty starts to feel normal. You wake up tired. You go through the day drained. You collapse into bed exhausted, only to lie awake with your mind racing through the next day's list.

And yet, you keep pushing. Because isn't that what you're supposed to do? Keep going, keep showing up, keep holding everything together?

I'll never forget the moment I realized how deep this had gone for me. One afternoon, I had the rare chance to slow down. No one needed me right then. The house was still. And I thought, "Okay, maybe I'll rest for a bit."

But instead of sinking into peace, my brain wouldn't stop. I kept thinking of the dishes in the sink, the emails waiting in my inbox, the next thing on my list. Even though I wanted to rest, it was like I had forgotten how. I couldn't turn off the constant hum of do more, do more, do more.

That's the reality of burnout: it convinces you that rest is wrong, even when it's the very thing you need most.

Energy isn't just about sleep. It's about how you spend yourself—physically, emotionally, mentally—and whether you ever refill.

Some of the biggest leaks I've noticed (in myself and in others) are:

- Saying "yes" when you really mean "no."
- Pushing through exhaustion because you "should."
- Feeling guilty anytime you try to pause.

- Carrying the invisible mental load that no one else even sees.
- Forgetting that your needs matter, too.

Over time, these leaks leave you running on fumes. And when you're always depleted, life feels heavier, and it's harder to show up the way you want to. You snap at your kids or partner. You lose patience with yourself. You start resenting the very people you care about most.

And beneath it all, a painful lie settles in: "I'm not good enough just being me. I have to keep doing more."

But here's the truth: you don't earn your worth by running yourself ragged. You are enough, exactly as you are. And your energy matters.

Energy renewal isn't about overhauling your whole life. It's about learning to refill in small, steady ways so you can stop running on fumes.

Here are a few practices that have been life-giving for me:

1. The Quiet Reset

Sit in a quiet space for just a few minutes. Sometimes I even go into a dark room, close my eyes, and let the silence wrap around me. In those moments, I can feel my body softening, like it's been waiting for me to just stop.

2. Nature Grounding

When quiet inside isn't possible, I go outside. Laying in the grass, feeling the earth beneath me, or standing barefoot under the sun reminds me that I don't have to hold it all. Nature has this way of recharging us without asking anything in return.

3. The One-Thing Pause

When I'm pulled in a thousand directions, I pause and ask: "What's the one thing that would actually make me feel better right now?" Sometimes it's a glass of water. Sometimes it's stretching. Sometimes it's stepping outside for fresh air. That one thing helps me reconnect with my real needs instead of the endless "shoulds."

Write it down here or in a separate journal so it's easier to come back to later:

Gentle Practice: The 5-Minute Refill

Set a timer for five minutes. Close your eyes. Put your hand on your chest or belly and just breathe. Don't try to solve anything. Don't plan. Just be.

At the end of five minutes, ask yourself: "Do I feel even a little more filled than I did before?" If the answer is yes, that's renewal at work. Write what it felt like below or in a separate journal.

Reflection Journal

- How does my body tell me when I'm running on empty?

- Have I ever wanted to rest but felt like I didn't know how? What was that like?

- Where are my biggest energy leaks right now?

- What small things actually make me feel recharged—quiet, sunshine, movement, laughter?

- What's one daily ritual I could add to support my energy?

A New Standard

Energy renewal isn't about becoming someone who never gets tired or stressed. It's about remembering that your energy is precious—and caring for it like the treasure it is.

Every time you pause, every breath you take, every small choice to refill instead of push through—you're reminding yourself: I matter. My energy matters. I don't have to run on empty anymore.

And here's the beautiful ripple: when you honor your energy, you show others it's possible, too. Your kids see you resting without guilt. Your partner feels your presence more fully. Even friends and coworkers notice the shift. Energy care is contagious—it gives permission for others to do the same.

So begin here, with one small renewal. And notice how life begins to feel lighter, steadier, and more yours again.

Chapter Four: The Calm Reset

Calm. Just the word feels like a deep breath, doesn't it? And yet, for many of us, calm feels like something other people get to have. Not us. Not in the middle of all the chaos, the mess, and the never-ending lists.

I used to believe calm would come after everything was done. After the house was clean. After the kids were settled. After the to-do list was finished. But of course, that list never really ends, does it?

One evening, I walked into the kitchen and stopped in my tracks. The sink was overflowing with dishes, food was stuck to the counters, crumbs covered the floor. My shoulders tensed just looking at it. And as my eyes darted around the mess, my brain started spiraling: I can't keep up. It's never enough. I'll never get ahead.

The chaos outside of me had triggered chaos inside of me.

Standing in that messy kitchen, I thought, "If I wait for life to be calm before I feel calm, I'll be waiting forever."

That was the turning point. I realized calm isn't something you get once everything around you is perfect. Calm is something you create inside yourself — even when the world outside is a mess.

It's not your fault if calm feels out of reach. The world is fast. Our culture rewards rushing, hustling, multitasking. Even our own minds join in, with thoughts like:

- "If I slow down, I'll fall behind."
- "Calm is lazy — I don't have time for that."
- "Other people need me; I can't stop now."

But here's the truth: calm isn't lazy. Calm isn't selfish. Calm is strength. Calm is what helps you think clearly, respond instead of react, and actually enjoy your life instead of just racing through it.

Without calm, everything feels harder. Little problems feel big. Stress takes over your body. You react instead of respond. You find yourself yelling, snapping, or shutting down.

And maybe worst of all, you stop feeling present in your own life. You're there, but not really there.

Beginning the Calm Reset

Creating calm isn't about controlling the outside world — because let's be honest, the messes, the noise, and the demands will always be there. Calm is about steadying yourself within the mess.

Here are some ways to begin:

1. The Exhale Reset

When you feel tension rising, pause. Inhale slowly through your nose for four counts. Then exhale through your mouth for eight. Do this three times. That longer exhale tells your body: You're safe. You can soften.

2. Create a Calm Corner

Choose a spot in your house — a chair by the window, a corner with a blanket, even just a spot at the table. Make it your reset space. When you sit there, your body learns, This is where I breathe. This is where I return to calm.

My Calm Corner is _____

3. Take Time Out from Noise

Turn off notifications for an hour. Put your phone in another room. Let the world spin without you for a little while. You'll be amazed at how much calmer you feel when you give yourself permission to disconnect.

Take a moment to pause and notice: How did that feel for you? What parts would you keep the same, and what might you choose to do differently next time? Did any quiet

insights, messages, or inner whispers come through that you'd like to remember? Write them down here.

4. Anchor to Something Simple

When life feels like too much, anchor to one simple thing: the warmth of your tea cup, the feeling of your feet on the floor, the sound of your own breath. These little anchors remind you: I don't have to hold it all right now.

Write down some anchors and in the moment, if you can't remember you'll have a list to go to as a reminder! Over time you'll be able to do this without needing the list, however to start a list is helpful.. PRO TIP: put it on your phone, screensaver and/or post it to have near you in these moments as a quick and easy reminder!!

Next time you're in the middle of chaos — kids arguing, dishes piled high, phone buzzing — pause. Close your eyes for just ten seconds. Put a hand on your chest and whisper to yourself:

“Even here, I can be calm.”

Repeat it until your shoulders drop. Notice how your body responds.

Reflection Journal

- Where does chaos show up most in my life right now?

- What lies do I believe about calm? (For example: calm is selfish, calm is lazy.)

- When was the last time I felt truly calm? What helped me get there?

- What's one small shift I can make this week to welcome more calm?

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- How does my body feel different when I imagine calm compared to when I imagine chaos?

Calm isn't something you stumble into when everything around you finally quiets down. Calm is a choice you can make in the middle of the noise, the mess, and the chaos.

You don't have to wait until the dishes are done or the world slows down. You can take a breath, claim your calm, and remind yourself: I get to be steady, even here.

Because calm isn't the absence of chaos. Calm is the presence of you. Stress has a way of sneaking in and taking over. Some days it feels like you're carrying ten invisible backpacks—each one filled with responsibilities, expectations, and the unspoken pressure to hold it all together.

You wake up already on edge, your mind spinning before your feet even hit the floor. Throughout the day, the tension sits in your body like a knot—tight shoulders, clenched jaw, shallow breathing. By the time evening comes, you're too wound up to relax, even though you're desperate to.

Calm starts to feel like a luxury, something reserved for people who don't have as much to juggle. But the truth is: calm isn't a luxury. Calm is a necessity. It's what allows you to move through life with steadiness instead of spiraling.

The Illusion of “When Things Slow Down”

So often we tell ourselves: “I’ll finally feel calm when the to-do list is done. When the house is organized. When work isn’t so busy. When the kids are older.”

But here’s the catch—life rarely slows down on its own. The laundry multiplies. The inbox refills. The kids’ needs shift but don’t disappear. If we wait for calm to arrive by circumstance, we’ll wait forever.

Calm isn’t something that happens to you. It’s something you choose and create, even in the middle of the chaos.

The Inner Storm

When calm is missing, everything feels harder. You lose patience faster. You find yourself snapping over small things. Your thoughts race at night, replaying conversations or rehearsing tomorrow’s tasks.

The storm isn’t just outside—it’s inside. And it shows up in different ways:

- **In your body:** tension headaches, shallow breathing, digestive issues.

Where does this often show up for you?

- **In your mind:** overthinking, racing thoughts, difficulty focusing.

How does this show up for you?

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- **In your emotions:** irritability, anxiety, or feeling numb because it's all too much. What are your "go to emotions"?

But here's the good news: calm isn't about eliminating stress completely. It's about building an anchor inside yourself—so even when the storm comes, you don't get swept away.

Beginning the Calm Reset

Finding calm doesn't mean moving to a cabin in the woods or quitting your responsibilities. It means weaving in practices that soothe your nervous system and remind you: I am safe. I can handle this moment.

Here are a few practices that bring me back:

1. The Grounding Breath

Sit comfortably. Place your hand on your belly. Inhale slowly through your nose, letting your belly rise. Exhale through your mouth, letting your shoulders drop. Do this three times, and notice the shift—it's small, but real.

2. Name 5 Things

When your mind is racing, look around and name five things you see. Then four things you can touch. Three things you can hear. Two things you can smell. One thing you can taste. This simple practice pulls you back into the present moment.

1. _____

2. _____

- 3. _____
- 4. _____
- 5. _____

3. Create a Calm Corner

Choose a spot in your home—a chair, a corner, even just a blanket—that becomes your “calm space.” Each time you go there, let it be a reminder to pause, breathe, and let your body reset.

Gentle Practice: The Calm Cue

Pick one simple action you can use as a cue for calm. For example: each time you wash your hands, take one deep breath. Each time you sit in the car before driving, pause for a moment of stillness. Over time, these cues become natural anchors that call you back to center.

Reflection Journal

- What does stress feel like in my body? Where do I carry it most?

- When was the last time I felt truly calm? What helped me get there?

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- What stories do I tell myself about calm (e.g., “I don’t have time,” “I’ll feel calm later”)?

- What tiny calm cue could I add to my day starting this week?

- How would my life feel different if calm was part of my daily rhythm?

Living from Calm

Calm doesn’t mean everything is perfect. It doesn’t mean the kids never fight, the bills disappear, or the responsibilities vanish. Calm means that even when life is messy, you don’t have to be.

When you choose calm, you change the way you experience your days. You respond instead of react. You soften instead of snap. You create a sense of safety within yourself that no one can take away.

And just like with joy and energy, your calm ripples outward. The people around you feel it. Your children learn from it. Your home shifts because of it.

Calm isn't out there, waiting for the perfect moment. Calm is here, waiting inside you. And every time you pause, breathe, and choose stillness, you return to it.

Chapter Five: The Self-Love Rituals

Self-love is one of those phrases that gets thrown around so much it can start to feel vague—or worse, unattainable. Maybe when you hear “self-love,” you picture bubble baths, spa days, or expensive treats. And while those things can feel wonderful, self-love goes much deeper.

At its core, self-love is about how you treat yourself on an everyday basis. It’s about the standards you hold for how you speak to yourself, how you care for your body, and how you honor your needs. It’s less about the “big gestures” and more about the small, consistent ways you show up for you.

Why Self-Love Feels Hard

Many of us didn’t grow up learning how to love ourselves. Instead, we learned how to serve, perform, or prove. We were praised for being helpful, polite, hardworking, or self-sacrificing—not for listening to our own needs.

Generations before us often didn’t even have the option. Many of our mothers, grandmothers, and great-grandmothers were in survival mode. They didn’t have the rights, freedom, or resources to focus on their inner lives. Their energy went into providing, enduring, and making sure others were cared for.

So when you struggle with self-love, it’s not because you’re failing. It’s because you’re doing something revolutionary: breaking a pattern. You’re learning a skill your lineage wasn’t given space to practice.

What Self-Love Really Looks Like

Self-love doesn’t mean you’ll feel confident or radiant all the time. It means you choose, again and again, to treat yourself with kindness instead of criticism, care instead of neglect.

Self-love sounds like:

- “I’m allowed to rest.”
- “I don’t have to earn love by doing everything.”
- “I’m worthy even when I’m not perfect.”

Self-love looks like:

- Drinking water when you’re thirsty instead of pushing through.
- Saying no to what drains you.
- Saying yes to what lights you up.
- Taking time for things that bring you joy, even if they don’t “accomplish” anything.

Beginning Self-Love Rituals

Rituals don’t have to be elaborate. They’re simply intentional acts that remind your mind, body, and spirit: *I matter*.

Here are a few to begin with:

Morning Word

Each morning, before reaching for your phone, place a hand on your heart and choose one word you want to carry into your day—like calm, joy, strength, or compassion. Whisper it to yourself as a promise.

The Loving List

Write down three things you appreciate about yourself each night. They don’t

have to be huge: *“I made a healthy meal,” “I listened patiently,” “I took a deep breath instead of snapping.”* Over time, this shifts your focus from what you lack to what you already embody. *Make a list here to get started:*

Sacred Sip

The next time you drink coffee, tea, or water, slow down. Close your eyes for a second and let it be more than fuel—let it be a pause, a reminder of your own presence.

Permission Slips

Keep a stack of sticky notes and write yourself little permissions: I’m allowed to rest. I’m allowed to say no. I’m allowed to take up space. Place them where you’ll see them often.

Gentle Practice: The Mirror Affirmation

Return to the mirror. Look yourself in the eyes. This time, go a step further than “I see you.” Try saying:

- “You are enough.”
- “You are worthy of love.”
- “I won’t abandon you again.”

It may feel uncomfortable, even emotional, at first. But with repetition, these words begin to soften the old scripts and plant new truths.

Reflection Journal

- What messages about self-love did I absorb growing up (spoken or unspoken)?

- How do I currently talk to myself when I make a mistake or fall short?

- What would it look like to treat myself the way I treat someone I love deeply?

- What's one self-love ritual I can begin this week?

- How might practicing self-love change the way future generations in my family live and love?

Living as Love

When you create self-love rituals, you're not just adding habits—you're rewriting the story. You're proving to yourself, and to the people who watch you (especially your children), that worth is not earned through exhaustion or perfection.

You become the living example of what it looks like to honor yourself. And that ripple doesn't stop with you. It stretches forward, gifting the next generation a model of love they don't have to chase outside themselves—they'll know how to cultivate it within.

Self-love isn't selfish. It's sacred. It's the soil from which joy, calm, and energy grow. And the more you practice it, the more life begins to feel like yours again—rich, steady, and rooted in love.

Afterword: You're Not Alone in This

If you've made it this far, take a deep breath and really let yourself feel it: you showed up for yourself. That is no small thing. So often, we keep moving, pushing, and surviving without ever pausing to honor how far we've come. Right now, you chose differently.

This journey — rediscovering yourself, welcoming joy back in, protecting your energy, and breaking generational patterns — is not about being perfect. It's about remembering that you matter, that your needs are real, and that when you honor yourself, you create ripples of healing that touch everyone around you.

And here's the beautiful truth: you don't have to do it all alone.

If something in these pages stirred your heart, if you felt even a flicker of “yes, this is what I've been needing,” I want you to know I'm here. Supporting women in this work is not just what I do — it's who I am.

Let's Stay Connected

This work isn't meant to be done alone. If something in these pages stirred your heart, I'd love to continue walking alongside you.

Every small step you take toward caring for yourself is a step toward healing—not only your life, but the generations before and after you.

1:1 Starter Session

Dip your toes in and experience what energy healing and coaching can do for you.

- **Purpose:** A welcoming introduction to help you release stress, realign your energy, and reconnect with yourself.
- **Book here:** <https://calendly.com/multimodalenergyreleasejennymadsen>

Join My Email Circle

Gentle encouragement, insights, and energy practices delivered right to your inbox.

- **Purpose:** Little reminders that you're not alone and that your energy matters.
- **Sign up here:** <https://findingjennymadsen.com/melt-away-stress/>


Follow Along on Social Media

For ongoing inspiration, tools, and a behind-the-scenes look at this journey.

- **Connect here:** <https://www.facebook.com/jenny.marquardt.10/>

Find Your Zen with GoYin

Crafted with a powerful blend of superfruits and herbs — like astragalus, jujube date, hawthorn, schisandra, tangerine, and ginger — this ancient-inspired formula is rooted in 5,000 years of Traditional Chinese Medicine.

With added B6 + B12 to support energy, hormone health, and balance, **GoYin** helps you feel calm, centered, and ready for anything. 

Check it out here! Like what you see and want to give it a try? Enjoy now for **25% off with my discount** — and save even more with a flexible subscription you can cancel anytime!

 <https://lfl.is/vmpn2hjt>

However you choose to connect, know this: I am cheering you on. Every small step you take toward caring for yourself is a step toward healing not only your life, but the generations before and after you.

You are never too much. You are never too late. And you are never alone. 

Sending Love,

Jenny

✨ Your Exclusive Bonuses

These heart-centered tools are designed to gently deepen your transformation and support you in embodying the calm, confident version of you — long after you complete the main keys.

🌸 **Bonus 1: Activating Your Heart Meditation**

A soothing guided experience to open your heart, release tension, and reconnect with your inner light.

This meditation helps you soften self-judgment and awaken the calm, loving energy within you. 🎧 [Listen Here](#)

🌙 **Bonus 2: Mini Energy Protection Toolkit**

A soothing self-care companion for sensitive souls who tend to absorb others' energy throughout the day. This toolkit helps you stay balanced and grounded — no matter who you're around or what energy fills the space. These gentle techniques create an energetic boundary of peace, so you can stay connected to yourself without taking on what isn't yours.

The Grounding Breath Practice

A 2-minute exercise to center your energy and reconnect with your body before or after social interactions.

Step-by-step instructions:

1. Sit comfortably and close your eyes.
2. Take a deep breath in through your nose, feeling your belly expand.
3. Exhale slowly through your mouth, letting go of tension.
4. Repeat 5–10 cycles, focusing on the sensation of being rooted to the earth.

The Cord Release Ritual

A short intention-based practice to lovingly release energetic cords or attachments that feel heavy, restoring your natural sense of freedom and calm.

Step-by-step instructions:

1. Close your eyes and place your hands over your heart.
2. Visualize any cords connecting you to draining energy as gentle threads.
3. Intend to lovingly cut or release these threads, sending them back to their source.
4. Breathe deeply, feeling light and free.

The Light Shield Visualization

A simple guided process to surround yourself in a soft, luminous field of protection, keeping your heart open but your energy clear. This is a great practice to do following “The Cord Release Ritual” above.

Step-by-step instructions:

1. Close your eyes and imagine a warm, glowing light surrounding your entire body.
2. See it forming a protective, flexible shield that lets love in but keeps heaviness out.
3. Visualize this light expanding with each breath, strengthening your energetic boundaries.

The Return-to-Self

Affirmation A powerful reminder to bring your energy back home whenever you start to feel drained:

"I return my energy to myself, cleansed and whole. I am safe, I am grounded, I am free.

Bonus 3: Daily Energy Reset Rituals

Simple 5-minute practices to ground your energy, release tension, and refill your cup.

Life moves quickly — but your energy doesn't have to. These gentle daily resets are designed to bring you back to balance, even on the busiest days. Each one helps you pause, breathe, and reconnect to your calm, centered self.

Try one (or all) of these as your personal reset toolkit:

1. Morning Grounding Breath

Before you pick up your phone, place a hand over your heart. Inhale deeply through your nose for a count of 4, hold for 2, and exhale slowly through your mouth for 6. Feel your body settle into the present moment. Whisper to yourself: *"I am here, and I am ready for today."*

2. Midday Shake + Sweep

When tension builds, stand up and gently shake out your arms, legs, and shoulders. Then, using your hands, "sweep" downward from your shoulders to your feet — releasing any heavy or anxious energy. Imagine it leaving your body and dissolving into light.

3. The Energy Pause

Before responding to stress, take a single intentional pause. Close your eyes and picture a soft light expanding from your chest. This moment resets your energy before you act, helping you respond from clarity, not reaction.

4. Evening Energy Wash

As the day ends, visualize warm golden light flowing through you, washing away

fatigue, worry, or overstimulation. Feel your breath deepen as your body unwinds and returns to peace.

5. Gratitude Recharge

Just before bed, name three small moments from the day that brought warmth, laughter, or relief. Gratitude shifts your energy frequency and restores inner calm.

Each ritual is small but powerful — helping you return to yourself, no matter what the day holds.

Bonus 4: The Self-Connection Mini Journal

Thoughtful prompts to help you pause, reflect, and nurture your sense of self — a gentle space to return to your own heart.

Use it anytime you need a moment of clarity, calm, or reconnection.

Morning Reflection

1. Today, I want to feel...

2. What is one intention I can set for myself this morning?

3. What would make today feel peaceful and nourishing for me?

Midday Check-In

4. Right now, my body feels...

5. My energy is strongest when I...

6. One thing I can do this afternoon to honor myself is...

Evening Reflection

7. What is one moment today where I felt truly present?

8. What did I learn about myself today?

9. How can I release anything that no longer serves me before bed?

Gratitude & Appreciation

10. Three things I am grateful for today are...

11. Something I love about myself is...

12. A small victory I want to celebrate today is...

Self-Connection Prompts

13. What does my heart need to hear right now?

14. When do I feel most like myself?

15. What is one thing I can do tomorrow to nurture my soul?
