

# Bravehearts come in female packages.

## Your Courageous Comeback from BIG LIFE CHANGES.

RECLAIM • RECREATE • REJUVENATE

### 4 Braveheart Summit

Strengths in Action  
Passions in Play  
Inner Peace  
Savoring

### 2 Stargazer Outlook

Dreaming & Scheming  
Wanting & Intending  
Experimenting  
Exploration

### 3 Ironwill Checkpoint

Active Doing but Slow Going  
Emotional & Physical Fatigue  
Double Down & ROCK IT OUT  
Resilience WINS

### 1 Fierce Grace Basecamp

Death & Rebirth  
Anger & Denial  
Tears & Fears  
Go Easy

The road ahead is full of brilliant possibilities!

Your NEW beginning

The Bravehearts Journey to Creating Your NEW [SO Much Better Than] NORMAL