



5 SIGNS YOU NEED TO RECLAIM YOUR VOICE



- “Wearing a mask” or editing yourself to please others
- Your body just doesn’t feel good, or you say you’re “old.”
- Burning out in cycles from rigid schedules and “shoulding” yourself
- Feeling frustrated and not trusting or understanding your body’s signals
- You feel numb to your own needs or silence them when experiencing conflict

HOW TO RECLAIM YOUR VOICE & LIVE YOUR WHOLE YES LIFE

EMBODIMENT & MOVEMENT



Your body is your first home. Movement is a nutrient that keeps you fluid, clear, and alive. Move through your emotions and it can uncover hidden tension, release stored trauma, and it’ll naturally inspire healthier choices.

MIND-BODY-SPIRIT INTEGRATION

Practice yoga, breathwork, chanting, dance, or stillness. Listen to the sensations that come up in your body and ask them what they have to say. The body does not lie.

DETOX & HEALTH



Processed foods, harsh chemicals, and hormone disruptors like HBC dull the body’s natural signals. Assess what you put in, on, and around your body to restore clarity and reconnect you with your body’s truth.

ALIGNMENT & INTEGRITY

Integrity means walking your talk, honoring your natural cycle, and refusing to burn out for the sake of “shoulds.” When you listen to the direction energy wants to go, then everything can flow.

AUTHENTICITY & VOICE

Reclaiming your voice means dropping the mask. It’s about trusting yourself, speaking your needs, and showing up as the real you. Choose to live a Whole YES life.

Now take the first step toward your whole yes life...

*If you could take the easiest, least stressful step forward,
what would you do inspired by this resource?*

Hold yourself accountable by telling someone! [Book a free chat with Jess](#) to dive deeper 🙋