The FIGHTher™ Reset

5 Simple Steps to Start Fighting for Yourself Again

Because choosing yourself isn't selfish—it's necessary.

Before You Keep Fighting for Everyone Else...

If you've landed here, chances are you've spent years showing up for everyone around you—your family, your relationship, your career, and your friends.

Somewhere along the way, you stopped showing up for yourself.

The FIGHTher™ Reset is your invitation to pause, breathe, and begin choosing you again—one decision at a time.

1. Fight for Your Peace

What is currently stealing your peace?

Write three things below:

1. _____

2. _____

3. _____

Which one can you begin changing this week? _____

2. Fight for Your Health

Choose ONE commitment this week:

☐ Walk 20 minutes
☐ Drink more water
☐ Go to bed earlier
☐ Pray every morning
☐ Schedule therapy or coaching
☐ Read for 15 minutes

☐ Other: _____

3. Fight for Your Boundaries

I need to stop saying yes to:

_____

I need to start saying yes to:

_____

4. Fight for Your Joy

List five things that make you feel alive:

1. _____
2. _____
3. _____
4. _____
5. _____

Now schedule ONE this week.

5. Fight for Your Future

One year from now, the woman I'm becoming is:

_____
_____
_____
_____
_____

The FIGHTher™ Declaration

Today I choose me.

Not because I have stopped loving others, but because I finally understand that I

cannot pour from an empty cup.

I choose peace over pressure.
Healing over hiding.
Boundaries over burnout.
Faith over fear.
Purpose over pain.

I am a FIGHTher™.

Ready for your next round?

Schedule your FIGHTher™ Strategy Session for personalized coaching, clarity, and practical next steps.