



Empower You
Coaching



Love Rewritten



This is Your Space

Hey you,

First, I just want to say — I'm proud of you for being here. I know it's not always easy to show up for yourself, especially when your heart feels heavy or your hope feels a little worn out. This workbook isn't about being perfect.

It's not about fixing yourself.

It's about reconnecting with the parts of you that were never broken in the first place.

This is your space.

- A place to be honest. A place to breathe.
- A place to notice things you maybe haven't had the time—or the safety—to notice before.
- There's no "right" way to move through these pages.

You can write a lot, or just a few words. You can cry, laugh, feel relief, feel resistance.

- It's all part of it. It's all welcome here.
- Take what resonates. Leave what doesn't.
- Come back to the questions as often as you need.

And most of all — be gentle with yourself.
You're doing something courageous just by being willing to look inward.

I'm honored to walk beside you in this.

Let's begin.

Laura





You're Not Here By Accident

Key Takeaways:

- You didn't land here randomly there's a part of you that's ready for deeper healing, clarity, and real love.
- Feeling stuck, exhausted, or questioning yourself doesn't mean you're broken. It means you're being called to grow.
- Pain, confusion, and heartbreak are not the end of your story—they can be the beginning of real transformation. You are not alone in your struggles.
- Your experiences are valid, and there's a way through them.
- True healing starts when you stop waiting for someone else to fix you and start reconnecting with yourself.

A-Ha Moment / Personal Connection:

What part of this message hit home for you the most?



Reflection Question:

**Have you noticed a part of you that's been quietly searching for something more—something deeper, safer, or more real?
(If so, what have you been longing for most?)**

If You Want to Go Deeper...

What would love feel like inside your body if it didn't require performance, perfection, or proving your worth?



What You Can **Expect** Today

Key Takeaways:

- Love hasn't been hard because you're doing it wrong—it's been hard because your nervous system and beliefs have been shaped by past pain.
- The patterns you're stuck in were once protections—learned strategies to feel safe, seen, or loved.
- These protective strategies can become prisons when they keep you from experiencing real connection.
- The work ahead is about awareness, rewiring, and realigning with truth—so you can love from a place of wholeness instead of fear.
- You have the power to break cycles, trust yourself again, and create the kind of peaceful, honest connection you've always deserved.

A-Ha Moment / Personal Connection:

Which pattern or belief described here feels most familiar to you?



Reflection Question:

Have you ever noticed certain ideas or messages you picked up maybe without even realizing it about what it takes to feel loved, accepted, or chosen?

If You Want to Go Deeper...

What would love look like for you—if it didn't require performance, perfection, or proving your worth?



When The Plan **Doesn't Work**

Key Takeaways:

- Emotional exhaustion in love isn't weakness it's a signal your heart and nervous system are carrying too much.
- Feeling responsible for someone else's pain or shrinking to be lovable is a learned survival response, not your identity.
- You are not too much, and you are not here to fix or carry someone else's healing.
- You're allowed to come back to yourself. You're allowed to heal.



A-Ha Moment / Personal Connection:

What part of this story felt like it could have been yours too?



Reflection Question:

Have you ever felt yourself carrying the weight of a relationship absorbing hurt, trying to hold everything together even when a part of you knew it was breaking you down? If so, what were you afraid would happen if you finally let go?

If You Want to Go Deeper...

What would it feel like to receive love without having to earn it, fix it, or hold it all together?



Why Does This Keep Happening?

Key Takeaways:

- The patterns you see in your relationships aren't because you're broken or unworthy.
- Your nervous system is protecting you the best way it knows how, based on what felt unsafe in the past.
- These reactions are survival patterns, not character flaws.
- Healing begins by asking what your responses are trying to protect you from.



A-Ha Moment / Personal Connection:

Which pattern (attracting unavailable people, pulling away, clinging) shows up for you?



Reflection Question:

When you imagine letting yourself fully love and be loved, is there any part of you that feels hesitant or guarded?

What might that part be afraid of?

If You Want to Go Deeper...

**Imagine the version of you who no longer questions, "What's wrong with me?"
What does that version know about love, safety, and worth?**



Love Isn't Logical **It's Biological**

Key Takeaways:

- 95% of your behavior is driven by the subconscious, not conscious effort.
- You can't heal by thinking your way through it if your body is still protecting you.
- Your nervous system repeats what's familiar—not what's healthy.
- You're not broken—you're wired for survival.



A-Ha Moment / Personal Connection:

When you imagine letting yourself fully love and be loved, do you notice any automatic reactions— hesitation, shutting down, pulling back—that seem to happen before you even think about it? What might those reactions be trying to protect you from?



Reflection Question:

What dynamic or feeling do you keep repeating in love—even when it hurts?

If You Want to Go Deeper...

**If you could teach your body a new way to feel love, what would that feel like?
Describe it.**



You're Attracting What Feels Familiar—**Not What You Deserve**

Key Takeaways:

- You attract what your subconscious thinks is safe—not what you consciously want.
- If love felt conditional, chaotic, or confusing growing up, your body might still seek out that same chaos now.
- Your patterns are adaptations, not flaws.
- You get to update the blueprint—because love can be safe



A-Ha Moment / Personal Connection:

Are you starting to notice any patterns in love that feel familiar—even if they're painful or confusing? (Where do you see the past repeating itself?)



Reflection Question:

If there's a younger part of you that believed love had to be earned through pleasing or perfection— what do you think they needed to hear back then?

If You Want to Go Deeper...

What would it feel like to release the idea that love has to be earned, performed for, or fought for?



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Where Did **This** Begin?

Before you dive into this part, just know — this isn't about blaming yourself or anyone else. It's about getting curious. It's about understanding how your heart learned to survive and gently starting to imagine a new way forward. Take your time. Be as honest and kind with yourself as you can.

1. What's a painful pattern that keeps repeating in your love life?

- (Examples: "I chase people who don't choose me back." "I lose myself in relationships." "I shut down when things get real.")

2. How do you usually feel when you're in that pattern?

- (Examples: Anxious, unworthy, afraid to speak up, responsible for fixing everything.)



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3. When's the earliest time you can remember feeling this way?

- (It might not be from love—it might go back to childhood or early relationships.)

4. What belief do you think you created back then to protect yourself?

- (Examples: "It's my fault." "I have to fix it." "I have to shrink to stay loved." "I can't trust anyone.")



Reminder:

***There's no right or wrong way to answer these.
You're just noticing. Awareness is the beginning of change.***



You Can't Out-Strategize Your Subconscious

Key Takeaways:

- Strategies alone won't create lasting change—inner safety will.
- Your body can still hold onto fear, even when your mind “knows better.”
- You didn't choose many of your beliefs they were absorbed.
- Healing starts with alignment, not performance.



A-Ha Moment / Personal Connection:

Have you ever caught yourself hustling for love—overthinking, overgiving, or trying to be what someone needed... even if it cost you your peace? (Where did that come from?)



Reflection Question:

Are there any old beliefs about love, safety, or worth that you're beginning to question now? (Beliefs that maybe once felt true, but no longer fit who you're becoming.)

If You Want to Go Deeper...

If you fully trusted that you are already worthy of love, how would you move differently in your relationships?



The Work That Changes Everything

Key Takeaways:

- Healing your nervous system and beliefs changes how you experience love.
- Each phase in this journey builds your capacity for peace, clarity, and connection.
- You're allowed to leave behind emotional chaos and create something new.
- You don't need to bring the past into your future.



A-Ha Moment / Personal Connection:

Which phase (Heal the Root, Rebuild Your Worth, Create Lasting Love) feels most important for you right now?



Reflection Question:

What are you ready to release that no longer belongs in the next chapter of your love life?

If You Want to Go Deeper...

Imagine yourself a year from now after doing this work—how do you love and live differently?



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Phase 1

Heal the Root

We begin with awareness. Not to judge ourselves, but to understand ourselves. This phase is about unlearning the patterns that were once protective but are no longer serving you. You're not broken— you're becoming free.

Phase 2

Rebuild Your Worth

This is where you stop outsourcing your value. You remember who you are, what you need, and what you deserve. Not through force, but through reconnection.

Phase 3

Create Lasting, Healthy Love

You are now learning to lead with self-trust, not self-protection. This is where love gets to feel steady, not scary. Safe, not survival. Whole, not performative.



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Affirmations for Healing, Self-Worth, and Real Love

- I am safe to love and be loved without losing myself.
- I can trust closeness without fear. Connection is safe for me now.
- I don't have to perform, fix, or prove my worth. I am enough exactly as I am.
- It's safe to let go of chaos. Peace, stability, and real love are my new normal.
- I am allowed to take up space, share my truth, and be fully seen.
- Love is no longer something I chase or earn. It's something I allow and receive.

Create your own:



Legacy Group Invitation

This journey is designed to meet you exactly where you are.

The course is pre-recorded, so you can move at your own pace—and still have the community, support, and live connection you need to keep going.

When you join the Legacy Group, you'll receive:

- Full access to the Love Rewritten course content
- Weekly live Zoom calls to deepen your healing and get real-time support
- A private Facebook group where you can connect, share, and ask questions
- A 1:1 personalized session with me before we begin, to make sure you feel fully supported on your journey.

This isn't just a course—it's a movement.

Your story, your voice, your growth will help shape how this work expands into the world. You matter here.

Legacy Group Special:

Get full access for \$395 (70% off the regular price of \$1,317).

The link to register at the end of this workbook.

If something in you is saying, "I'm ready," — this is your invitation.

- Healing is possible.
- Real love is possible.
- And it all starts with you.

I can't wait to walk this with you.



Stay Connected + Take the Next Step

Ready to keep going?

If this workbook sparked something inside you — a hope, a hunger for more, a feeling that healing is possible — you're invited to take the next step.

Register for the Love Rewritten Course

Scan the QR Code Below



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Facebook Group: Love Rewritten Legacy Group

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This time, love begins with you.