7 DAYS OF POWER MOVES

Trust Yourself. Choose Yourself.
Create What's Next.

Seven meaningful shifts. Seven doable actions.
One week of showing up differently for yourself.

A FREE MINI-EXPERIENCE FROM
ROBIN RICHARDSON

Your Psychic Girlfriend | yourpsychicgirlfriend.com

A note before we begin

You don't need another list of things you should be doing. You need a few moments that help you reconnect with yourself and make a different choice.

That's what a Power Move is: one small, intentional action that turns an insight into something real. Some days we'll listen to your intuition. Other days we'll practice choosing yourself or imagining a future that feels worth moving toward.

This isn't about pretending life is perfect or guaranteeing that everything will work out. It's about building the confidence that comes from participating in your own life.

How to use this guide

Set aside 10-20 minutes each day. Read the message, do the exercise, and answer the reflection question. Write in a journal or in the space provided. There is no right answer. If a prompt feels too big, make the action smaller.

Your three pathways

TRUST YOURSELF - strengthen your inner guidance.
CHOOSE YOURSELF - honor your values and boundaries.
CREATE WHAT'S NEXT - take actions that support the life you want.

Let's begin.

DAY 1 | TRUST YOURSELF

The Two-Minute Inner Check-In

You can ask ten people for advice and still feel unsure. Sometimes the missing piece isn't another opinion; it's a moment of quiet in which you can hear your own response. Intuition is useful information, not an automatic verdict. Pair it with the facts.

YOUR POWER MOVE

Choose one small decision you've been circling. Set a two-minute timer. Put both feet on the floor, breathe slowly, and ask: "What do I actually want here?" Write the first honest answer. Then write one fact that supports it and one fact you still need to check.

REFLECTION

What changed when I listened before asking someone else?

Future You says: "You learned to hear yourself again."

DAY 2 | CREATE WHAT'S NEXT

The It All Worked Out Dinner

Our minds are excellent at rehearsing what could go wrong. Today, give yourself permission to rehearse possibility too - not as a prediction, but as a way to clarify what you hope to build.

YOUR POWER MOVE

Pick a Friday about six months from now. Add "It All Worked Out Dinner" to your calendar. Imagine sharing a meal with someone you love. What would you be celebrating? What would you tell them you finally did? Write three details, then choose one tiny step you can take this week.

REFLECTION

What would I start doing if I treated that future as possible?

Future You says: "Thank you for making room for possibility."

DAY 3 | CHOOSE YOURSELF

The No-Explanation Practice

You can be caring without being endlessly available. A boundary doesn't have to be a dramatic speech; sometimes it is simply a clear, respectful sentence.

YOUR POWER MOVE

Think of one low-stakes request you would usually accept out of guilt. Practice saying aloud: "I can't do that this time." Or: "That doesn't work for me." If the situation arises, use the sentence without a lengthy defense.

REFLECTION

What feeling came up when I imagined not overexplaining?

Future You says: "You can be kind and still have limits."

DAY 4 | TRUST YOURSELF

The Evidence Versus Story Reset

An uncomfortable feeling deserves attention, but it doesn't always tell you the whole story. Learning discernment means separating what happened from what you fear it means.

YOUR POWER MOVE

Draw two columns labeled "What I know" and "What I'm assuming." Choose a situation that has been occupying your mind. List three observable facts and the interpretations you've attached to them. Identify one question you could ask or fact you could verify.

REFLECTION

What becomes clearer when I separate my intuition from my assumptions?

Future You says: "You stopped confusing uncertainty with danger."

DAY 5 | CREATE WHAT'S NEXT

Put Future You on the Calendar

A future identity becomes more believable when it has a place in your actual week. You don't need a complete life overhaul. You need a commitment that reflects who you're becoming.

YOUR POWER MOVE

Imagine yourself one year from now. What does she make time for: creativity, movement, friendships, learning, rest, or building something? Schedule one 30-minute appointment this week for that priority. Name it "Future Me." Protect it like a real appointment.

REFLECTION

What does this appointment say about the person I am becoming?

Future You says: "You made space for me before I arrived."

DAY 6 | CHOOSE YOURSELF

Stop Dating Potential - In Every Area of Life

It's easy to fall in love with what a person, job, or opportunity could become. But decisions are healthier when we also look at what is actually happening today.

YOUR POWER MOVE

Choose one relationship or commitment. Write: "What I hope for" and "What is happening now." Be specific about actions, not promises. Then ask: "What would a self-respecting next step look like?" It might be a conversation, a request, or a boundary.

REFLECTION

Where am I relying on future promises instead of present patterns?

Future You says: "You began choosing what was real."

DAY 7 | ALL THREE PILLARS

Your One-Week Power Move

Transformation doesn't require a dramatic declaration. It grows when you notice what works, keep what matters, and make one clear commitment.

YOUR POWER MOVE

Review your notes from the past six days. Circle the exercise that surprised you most. Write a promise beginning: "For the next seven days, I will..." Make it small and measurable. Tell a trusted friend, or put a reminder on your calendar.

REFLECTION

What did I learn about trusting myself, choosing myself, and creating what's next?

Future You says: "You became me one choice at a time."

You made seven Power Moves. What now?

Before you move on, notice this: you took time to listen to yourself, make intentional choices, and experiment with a different future. That matters - even if nothing looks dramatically different yet.

Keep the momentum: Choose one of these exercises and repeat it every week for a month. Notice what gets easier, what still feels uncomfortable, and what you want to change next.

Your next step: Explore more Power Moves, intuitive guidance, and transformational experiences with Robin Richardson.

TRUST YOURSELF. CHOOSE YOURSELF. CREATE WHAT'S NEXT.

Your Psychic Girlfriend
yourpsychicgirlfriend.com
yourpsychicgirlfriend@gmail.com

A note on intention: These exercises support personal reflection and everyday decision-making. They are not a substitute for professional medical, mental health, financial, or legal advice.