

THE CONQUEROR'S JOURNAL

YOUR MONTHLY BOOST FOR PURPOSE & PROGRESS



ISSUE III



FEATURED ARTICLE: Self-Love and Faith

Reflection:

Love starts from within. How can you show yourself grace this month? Whether it's through quiet time, journaling, or simply resting, take time to nurture your spirit.

Action Tip:

Write down three ways you can practice self-love this week. Post them somewhere visible to remind yourself daily.

[Want to dive into this more? Check out our The Conqueror's Pursuit blog](#)

DEAR CONQUERORS,

HAPPY NEW MONTH!

February is the perfect time to reflect on love. In addition how we can show love to ourselves and others. It's also a reminder that love fuels vision and progress.

This month, we're focusing on three key areas: self-love, living with vision, and making progress toward our purpose. I encourage you to revisit your vision for 2025, align your heart with faith, and take intentional steps forward.

Let's conquer February together!
With purpose,
Candice Starks-Haynes

JOURNAL PROMPT OF THE MONTH



1. What does self-love look like in this season of my life?
2. How can I make loving myself a daily priority while pursuing my goals?"

QUOTE OF THE MONTH

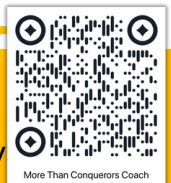
"True success flows from loving yourself enough to pursue your vision with faith, focus, and determination –both in life and in business."

Coach Candice Starks-Haynes

Let's Hear From You!

What small win are you celebrating this week or this month? Reply to this post, email or direct mail. Share on social media with #TheConquerorsJournal for a chance to be featured in next month's issue.

Scan the QR code to visit our website for more info.



Self Love & Positivity Tips:

Loving yourself is a foundation for a clear vision. Take 10 minutes each day reviewing your goals for 2025. Ask yourself:

- What progress have I made?
- What adjustments do I need to make to stay on track?

UPCOMING ANNOUNCEMENTS

- Tune into **Conqueror Chronicles Podcast** Key insights on Purpose, Progress, and Victory

check out our website for upcoming workshops, products, deals & more

COACHING CORNER Love yourself with a vision

Align your self-love practices with your vision. For example:

- Set boundaries that protect your peace so you have energy for your goals.
- Take care of your body as a way of honoring the temple gifted to you.
- Celebrate small wins as acts of gratitude and self-love.

VISION 2 VICTORY BLUEPRINT

A step by step guide to outline your vision, set achievable goals, and create actionable plans for success. Purchase yours today via our website and available in stores.

The perfect gift for yourself or others.



CLOSING NOTE

As February comes into focus, remember to nurture your spirit and trust in the greater purpose for your life. Progress happens when we align our actions with our vision and embrace love for ourselves and others.

Take time this month to reflect, reset, and move forward with confidence. You are equipped with the strength, resilience, and purpose needed to overcome challenges and achieve your goals.

Let's continue to walk boldly toward the future, one intentional step at a time.

With purpose and positivity,
Coach Candice Starks-Haynes