

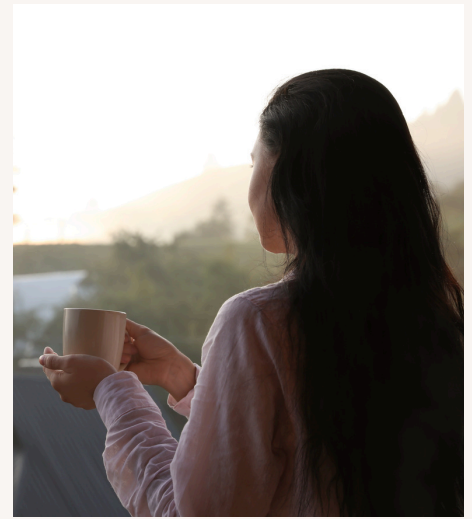
The Inner Glow Guide



A monthly note for women choosing emotional
Safety, Self-Trust, and Authentic Love.



JULY/AUGUST 2026 | VOL. 8



This is your reminder

You are allowed
to outgrow
things that no
longer feel
aligned. Growth
is not failure—it's
self-respect.



This month I've been thinking about how often I
feel and how often I feel at peace.

We stay too long in situations, hoping to find a
sense of peace or loving things, so I will finally
feel safe enough to find something that usually
shows up after more time than I had last year.

That should be present as well.



The Inner Glow Reflection

*Where are you finally beginning to
trust yourself?*



The Grey Area

WHEN CONSISTENCY AND ATTENTION DON'T FADE

You really like him. The conversation flows. He's kind. You feel comfortable.
But something's missing.
The spark just isn't there—or at least, not.

But here's the grey area: consistency without attraction can
become a slow heartbreak. And attraction without consistency
can become an emotional rollercoaster.

The challenge is knowing which one you're in—and what to do
about it.

PREVIOUS THEMES:

March/April:
Softening into
Self-Trust

January: What
Grows Quietly

THIS MONTH'S THEME:

*Choosing
Peace Over
Potential.*



Gentle Reminder:

You do not need every answer today. Sometimes the healthiest
thing you can do is give yourself permission to gather more
information before making a decision.

Inner Glow Guide



Journal Prompt

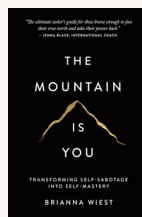
What boundary became easier to keep this month—and what made that possible?



Recommended Resource

Book: "The Mountain Is You"
by Brianna Wiest

A powerful blend of self-sabotage, healing, and becoming the person you're meant to be.



"The life you're building begins with the decisions that honor your peace, not your fear."

STAY CONNECTED

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Behind the Scenes

This month I finished recording a New YouTube video all about emotional red flags we tend to ignore. I've also become a volunteer, and I'm starting to really come around soon! And The Emotionally Safe Woman continues to find new readers, which means the world to me.



Quote of the Month

"Peace often arrives before certainty."

*Thank you for being here!
You're not alone.*



Until next time!

Keep honoring yourself one decision at a time.
—Raquelle



Journal

THIS IS YOUR SPACE

A place to be honest with
yourself, release what no
longer serves you, and make
peace with it and your life.

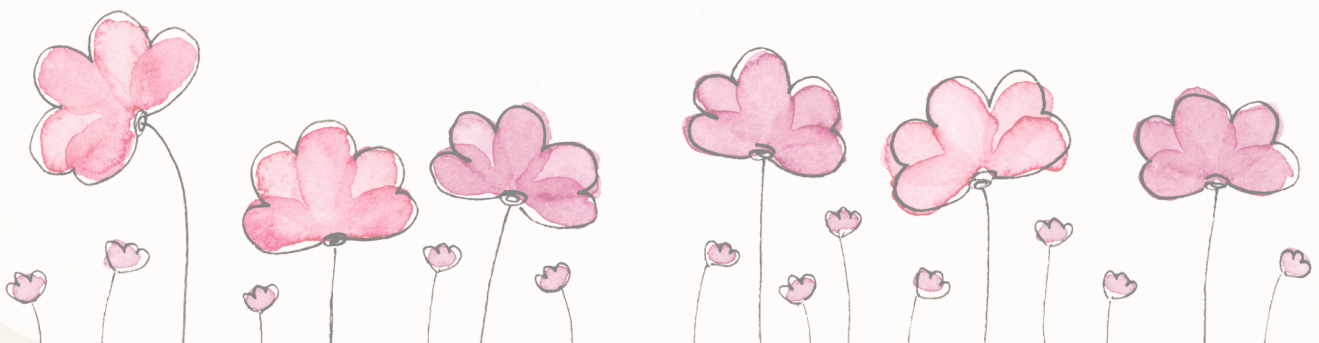


Journal Prompt

What Boundary Became Easier for you to keep this month & What made it possible?



What Small Step Can I Take Today?

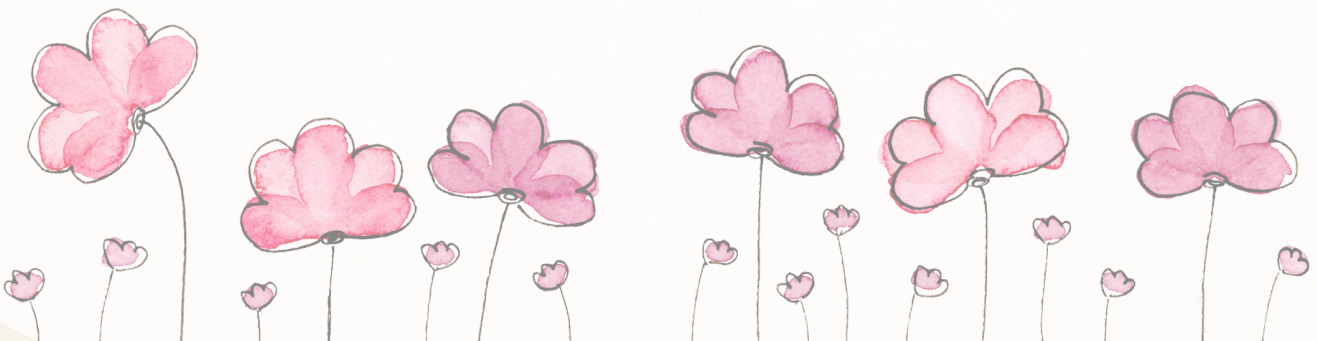




Journal Prompt

Today I choose to focus on....

What am I feeling right now
Name it; do not judge it



Inner Glow Guide



A Note: This month I have been thinking about how often we confuse potential with peace.

Sometimes we stay in situations, telling ourselves if we are patient, consistent, or loving enough, things will finally feel safe and steady. But peace is not something that just shows up-by giving it more time, it should be present as we are building a relationship.



You deserve both growth and peace. You should not have to choose one over the other.



This is Your Reminder

You are
allowed
to outgrow
things that
no longer feel
aligned.
Growth is not
failure-it's
self-respect.



Inner Glow Guide

JULY - 2026

May



here's what's new &
exciting this week -

Delivering newsletters through email is one of the best ways to build a strong relationship with your members and customers. Give them exclusive access to your latest collections, services, and limited offers while simultaneously improving the visibility of your brand.

Give them exclusive access to your latest collections, services, and limited offers while simultaneously improving the visibility of your brand.

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LICERIA & CO.

MONTHLY NEWSLETTER

JUNE - ISSUE #1

Let's talk about
skincare



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pharetra dui.

Upcoming Events



WELLNESS SUMMIT
JUNE 15, 3PM



WELLNESS SUMMIT
JUNE 15, 3PM



The Inner Glow Guide

A MONTHLY NOTE FOR WOMEN CHOOSING
EMOTIONAL SAFETY, SELF-TRUST, AND AUTHENTIC LOVE.

MAY 2025 | VOL. 5



1. A Note From Raquelle

This month I've been thinking about how often we confuse potential with peace. We stay too long in situations hoping that if we're patient, consistent, or loving enough, things will finally feel safe and steady. But peace isn't something that usually shows up after more time—it's something that should be present as we're building.

You deserve both growth and peace. You don't have to choose one over the other.

This is your reminder

You are allowed
to outgrow things
that no longer
feel aligned.
Growth is not
failure—
it's self-respect.



2. The Inner Glow Reflection

Where are you finally beginning to trust yourself?



3. The Grey Area

WHEN CONSISTENCY AND ATTRACTION
DON'T ARRIVE AT THE SAME TIME

You really like him. The conversation flows. He's kind. You feel comfortable. But something's missing. The spark just isn't there—or at least, not yet.

So you wait. You hope. You try to talk yourself into it.

But here's the grey area: consistency without attraction can become a slow heartbreak. And attraction without consistency can become an emotional rollercoaster. The challenge is knowing which one you're in—and what to do about it. [Read more →]



4. Gentle Reminder

You do not need every answer today. Sometimes the healthiest thing you can do is give yourself permission to gather more information before making a decision.



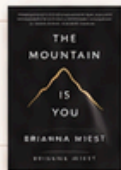
5. Journal Prompt

What boundary became easier to keep this month—and what made that possible?



6. Recommended Resource

Book: *The Mountain Is You* by Brianna Wiest
A powerful read about self-sabotage, healing, and becoming the person you're meant to be.



7. Behind the Scenes

This month I finished recording a new YouTube video all about emotional red flags we tend to ignore, I've also been preparing for our upcoming webinar—more details coming soon! And *The Emotionally Safe Woman* continues to find new readers, which means the world to me.



8. Quote of the Month

"Peace often arrives before certainty."

Until next month,

Keep honoring yourself one decision at a time.

—Raquelle

FONTS & SIZES

HEADINGS / DISPLAY FONT

Playfair Display

The Inner Glow Guide

Size: 44–48 px (Desktop) | 28–32 px (Mobile)

Use for: Newsletter title, section headings

SUBHEAD / ACCENT FONT

Cormorant Garamond Italic

*A monthly note for women choosing
emotional safety, self-trust, and authentic love.*

Size: 16–18 px (Desktop) | 14–16 px (Mobile)

Use for: Tagline, quotes, accent text

BODY FONT

Lato Regular

This month I've been thinking about how often we confuse potential with peace. We stay too long in situations hoping that if we're patient, consistent, or loving enough, things will finally feel safe and steady.

Size: 15–16 px (Desktop) | 14–15 px (Mobile)

Use for: Body text, paragraphs

SECTION TITLES

Libre Baskerville SemiBold

A Note From Raquelle

Size: 20–22 px (Desktop) | 18–20 px (Mobile)

Use for: Section titles

SMALL TEXT / CAPS / BUTTONS

Lato Medium or Semibold (All Caps)

MAY 2025 | VOL. 5

Size: 12–13 px (Desktop) | 11–12 px (Mobile)

Use for: Labels, buttons, small caps text

HOW IT COMES TOGETHER

The combination of elegant serif fonts and a clean sans serif creates a look that feels feminine, warm, and easy to read. Soft colors, meaningful sections, and thoughtful spacing make the newsletter feel like a safe pause in a busy world.

COLOR PALETTE



Warm Ivory
#F8F5F0



Soft Clay
#CFAE9B



Sage Green
#A9B8A5



Dusty Rose
#CFA3A3



Deep Plum
#5D4658



Charcoal
#444444



Rose Gold
(Accent)



Muted Gold
(Accent)