



LLF COACHING

THE INNER GLOW GUIDE

AUGUST 2025 - ISSUE #3

GRACEFULLY GROUNDED: ROOTING YOURSELF IN
PEACE AND PURPOSE

Opening Reflection:



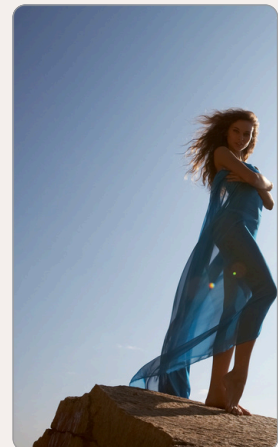
“What would it feel like to be fully rooted in who you are—and still open to grow?”

In a world that celebrates hustle and overachievement, grounding yourself in stillness becomes a radical act of feminine self-care.

This month, we invite you to slow down, nourish your nervous system, and remember: your peace is your power.

Upcoming Events:

- ✦ SOLAR PLEXUS GLOW-UP
- ✦ RADIANT WOMAN ARCHETYPE
- ✦ WHAT'S NEW FROM LLF COACHING
- ✦ BOOK OF THE MONTH REVIEW
- ✦ 📖 JOURNAL PROMPT



The Radiant Woman Archetype: Full Description

The Radiant Woman is the embodiment of light, joy, and soul magnetism.

She doesn't chase—she attracts. Her power comes from being fully herself, even when the world tells her to tone it down.

Key Traits:

- Emotionally expressive, open-hearted.
- Prioritizes pleasure, beauty, and joy.
- Draws others in with ease and warmth.
- Moves with grace, fluidity, and sensuality.



Challenges:

- People-pleasing or shrinking to be accepted.
- Overextending herself emotionally.
- Forgetting to ground her energy.

The Radiant Woman Archetype: Full Description

HOW TO EMBODY HER:

- Wear colors that light you up!
- Speak from your heart—not just your head.
- Cultivate rituals of joy (movement, art, touch, dance).
- Practice boundaries that protect your energy without shutting you down



MANTRA:

*"I don't need to perform—I am magnetic
by nature."*

Solar Plexus Glow-Up (Confidence Activation Ritual)

To reawaken confidence, clear self-doubt, and reconnect with your inner radiance

The Ritual

What You Need:

- A quiet space
- Optional: candle or essential oil (citrus, ginger, or frankincense)

Step-by-Step:

1. Center Yourself

Sit comfortably. Close your eyes. Rest your hands on your solar plexus (just above your navel).

2. Breathe into Your Power

Take 3 deep breaths.

Inhale: "I receive my light."

Exhale: "I release self-doubt."

Visualize golden light swirling and glowing at your center—warm and alive.

3. Speak It Out Loud

Repeat this affirmation 3 times:

"I am confident. I am grounded. I radiate from within."

Let the sound vibrate through your body.

4. Anchor It

Place one hand on your heart and one on your solar plexus. Breathe in your radiance. Smile.

Optional: Dance, stretch, or put on a song that makes you feel powerful



BOOK OF THE MONTH REVIEW

The Way of the Happy Woman: “Living the Best Year of Your Life” by Sara Avant Stover

This soulful guide invites women to slow down, honor their bodies, and live in harmony with the seasons—emotionally, physically, and spiritually.

With practical rituals, journaling prompts, and feminine wisdom, Stover shows how true happiness comes from being present, intentional, and grounded. Perfect for anyone seeking to root themselves in peace and live with more grace, joy, and purpose.

WWW.AMAZON.COM/WAY-HAPPY-WOMAN-LIVING-BEST/DP/1577319826



“Your body is your spiritual home. The more you listen to her whispers, the more rooted in truth you become.”

YOUTUBE VIDEO TO WATCH:

Title: Grounding Meditation for Calm & Confidence (10 minutes).

Creator: Yoga with Kassandra

This gentle 10-minute guided meditation focuses on grounding your energy and calming your nervous system—an ideal daily ritual to support your inner glow this month. It helps you drop into your body, breathe deeply, and feel rooted in the present moment.

✍️ Journal Prompt:

What helps you feel deeply rooted and at peace with yourself?

Take this time to reflect on what anchors you.



Daily Journal

