

The Self-More Starter Kit

A Guided Path to Reclaiming Your Voice
and Redefining Self-Care



I AM COACH ANDREA
LIFE COACH & SPIRITUAL GUIDE

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WHAT IS “SELF-MORE”?

We’ve been taught to give and give until there’s nothing left. Told that being selfless is the highest form of womanhood, of love, of strength. But what if the truth is this: You were never meant to disappear inside your own life.

Self-More is the radical, healing act of choosing yourself, not as an afterthought, but as a priority. It’s not selfish. It’s sacred. When you pour into yourself, you create the capacity to show up for your purpose, your people, and your healing in a way that’s whole, not hollow.

I created this guide for the woman who’s tired of shrinking. The woman who has silenced herself to feel safe. The woman who knows there has to be more, and is ready to reclaim it.

This is your invitation to come home to you.



WHERE DID YOU LOSE YOUR VOICE?

The Silence Behind the Smile

Somewhere along the way, many of us were taught that being quiet was the safest way to be loved. We learned to stay small to survive. To suppress our emotions, our desires, and our truth.

But silence has a cost. It disconnects you from your intuition. It dampens your spirit. And over time, it convinces you that your voice doesn't matter.

Journal Prompt: Where in your life have you learned to stay silent to keep the peace? What has it cost you?

Reflection: Your voice is not too much. It is not too loud. It is not a threat. It is the most powerful tool you have to navigate your truth.

Affirmation: My voice is sacred, even when it shakes.

THE POWER OF CHOOSING YOURSELF

Permission to Take Up Space

Choosing yourself is not about exclusion. It's about including your needs, your voice, and your spirit. Every time you say yes to something misaligned, you are saying no to yourself.

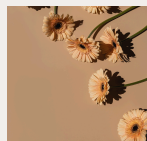
Many of us learned that our worth is tied to how much we can give, how little we can need. But self-worth doesn't come from overextending. It comes from remembering you are enough even when you rest.

Mini Exercise: Write a list of all the ways you've put yourself last this month. Then write three ways you can choose yourself this week without apology. Self-More Mantra: I no longer confuse self-neglect with love.



THE FOUNDATIONS OF SELF-MORE

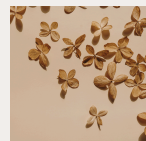
This Is What It Can Look Like



Boundaries with Soul

Boundaries aren't walls,
they're bridges back to
yourself. They say, "This is
how I stay whole."

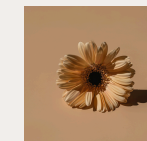
Practice: Choose one area of
your life where you can set or
reinforce a boundary. Say it
out loud to yourself first.



Joy Without Permission

Joy is not something to earn
after hard work. It's a
frequency you are allowed to
live in.

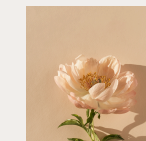
Prompt: What brings you joy
that you've been denying
yourself? Schedule one of
those things into your week.



Stillness as Power

Stillness is where your inner
knowing speaks. It is not a
lack of movement; it is
intentional alignment.

Ritual: Create a 5-minute
stillness practice each
morning. Breathe. Listen.
Don't fill the silence.



Voice as Compass

Your voice will always lead
you back to alignment—if you
trust it.

Reflection: When was the
last time you listened to your
inner voice, even when it
didn't make sense to others?
What happened?

RECLAIMING YOUR VOICE DAILY

Speak. Ask. Take Up Space.

Reclaiming your voice doesn't require a stage. It starts in the everyday moments, saying no, asking for help, correcting someone who misnames you, and advocating for your needs.

Grounding Script: When I feel afraid to speak, I remind myself: My truth is not a threat. My voice deserves space. I choose to be honest, even when it's hard.

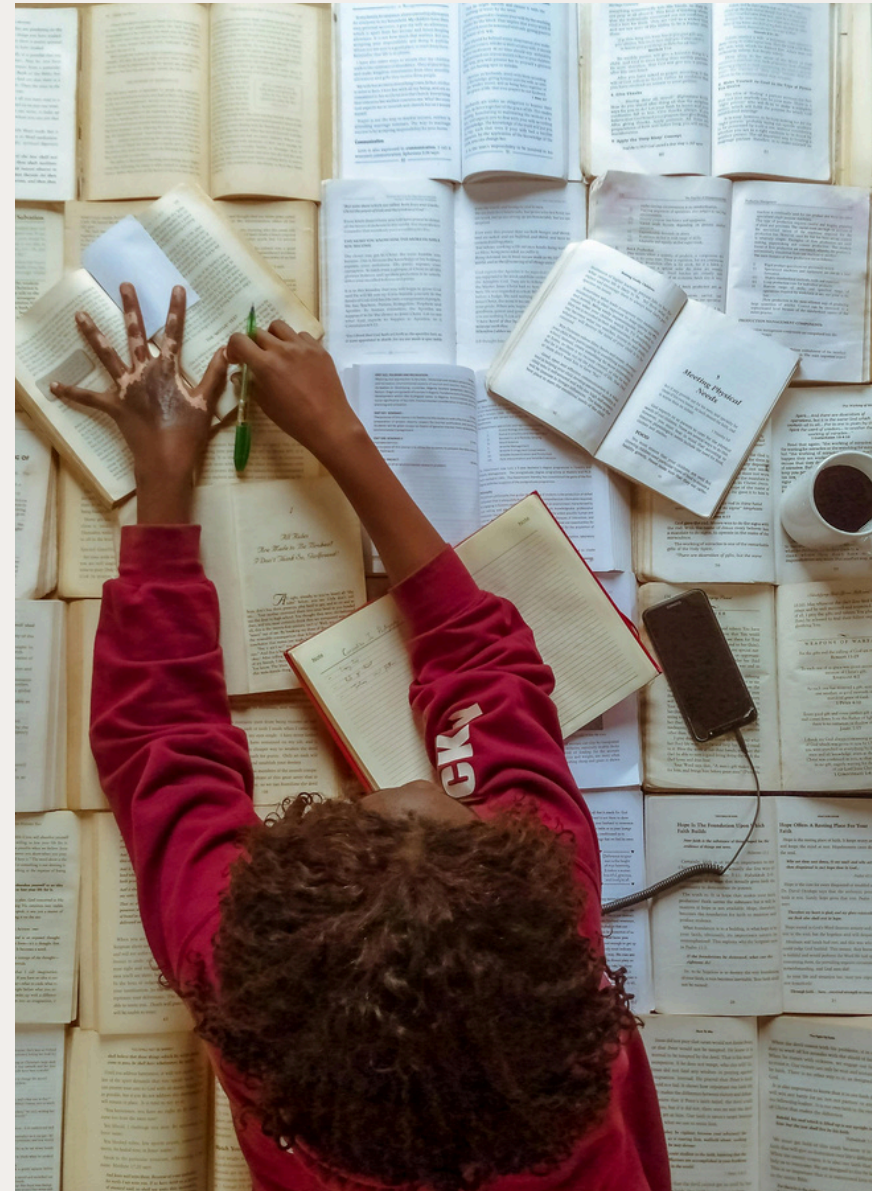
Mirror Practice: Look yourself in the eyes each morning and say: I honor you. I see you. I will not abandon you today.

Healing Ritual: Write a letter to your younger self. Tell her what she never heard but always needed to. Read it out loud. Breathe it in. That is the sound of return.

YOU DON'T HAVE TO EARN YOUR HEALING

You are allowed to rest. You are allowed to take up space. You are allowed to choose yourself.

This guide is not the end of the journey- it's the beginning. A starting point for unlearning, for remembering, for reclaiming.



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When you live in Self-More,
you don't just survive—you
rise.

If you're ready for deeper
support, I invite you to book
a discovery call. I'm here to
walk with you.

Life Coach Andrea

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READY FOR MORE?

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