

The  
*Grown Woman's Guide*  
TO LIVING AUTHENTICALLY

*Created With Love For You By:  
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# Welcome!



Hello beautiful souls, Mechel Miller here, warrior, advocator, educator and creator of the "Live Out Loud" movement and the ShEvolution Life Mastery Experience.

I hail from the vibrant streets of Brooklyn. I wear many hats – from navigating the world of real estate to inspiring young minds in performing arts education and crafting the latest in fashion design. But today, I'm here to share something close to my heart – 'The Grown Women's Guide to Living Authentically.'

This guide is more than a collection of wisdom; it's a prelude to the ShEvolution Life Mastery Experience, a transformative journey we'll embark on together. Think of it as a warm-up to the main event, where we delve even deeper into self-discovery and personal empowerment.

Now, let's get personal. I've poured my soul into this guide because I believe in the power of authenticity. It's not just a course; it's a movement – a sisterhood where we embrace the beauty of our unique stories.

So, whether you're navigating life's twists and turns or seeking that extra boost of confidence, this is your safe space. 'Live Out Loud' is not just a tagline; it's a mantra for embracing your true self.

And guess what? This is just the beginning. The ShEvolution Life Mastery Experience awaits, promising a deeper dive into self-mastery and empowerment.

Welcome to a community where your journey matters, and your authenticity shines. I'm thrilled to have you here. Let's embark on this beautiful evolution together!



## STEP 1

# Embrace Your Power

SHED THE BURDENS OF THE PAST



**Tap Into Your Inner Wisdom:** You've lived, loved, and learned. Now, it's time to tune into that wealth of experience. Start by paying attention to your thoughts and feelings. Are old worries or habits holding you back? Acknowledge them like old friends who've overstayed their welcome. It's time to let them go and make room for more joy and peace in your life.

**Turn Self-Doubt into Self-Cheer:** Remember, the words you say to yourself matter. Swap out those nagging doubts with cheers of encouragement. Instead of thinking, "I can't do this," tell yourself, "I've handled tough times before, and I can do it again!" It's like becoming your own best friend, always there with a word of support and a belief in your strength.

**Forgive and Lighten Your Load:** Think of forgiveness as spring cleaning for the soul. You've carried the weight of past hurts and disappointments long enough. Forgiving isn't about saying what happened was okay; it's about deciding you don't want those old stories to weigh you down anymore. Let them go, and feel the lightness and freedom that comes with moving forward unburdened.



## STEP 2

# Design Your Heart's Blueprint



### ALIGN YOUR LIFE WITH YOUR AUTHENTIC VISION

**Create Your Vision Board:** Think of this as your personal art project. Gather images, quotes, and anything else that sparks joy and inspiration in you. Put them together on a vision board. This isn't just a pretty collage; it's a powerful visual of your dreams and aspirations. Place it where you'll see it every day to remind yourself of where you're headed.

**Rediscover What Matters Most:** Life's too short to chase someone else's dream. It's time to get clear on what really matters to you. What values make your heart sing? Write them down, prioritize them. These aren't just words; they are the signposts guiding your journey. Every choice, every step, should bring you closer to these core values.

**Set Goals with Soul:** Gone are the days of setting goals just because you 'should'. Set goals that make your heart race with excitement. Goals that feel like a natural extension of who you truly are. Write them down, make them specific, and let them be the milestones on your personal journey to fulfillment.

**Find Joy in the Everyday:** Start a gratitude journal or take a moment each day to reflect on what's good in your life. You can purchase a Live Out Loud Passion Journal [here](#).



# STEP 3

## Rise Above



### TRANSFORM FRUSTRATION INTO FULFILLMENT

**Harmonize Your Mind and Body:** Recognize how your thoughts not only shape your mood but also affect your body. It's about connecting the dots between what you think, how you feel, and your overall health. By understanding this link, you can start to bring more balance and well-being into every aspect of your life.

**Find Joy in the Everyday:** Start a gratitude journal or take a moment each day to reflect on what's good in your life. It's not about ignoring the tough stuff, but about shining a light on the positives. This practice can turn an ordinary day into a more joyful experience, helping shift your focus from what's going wrong to what's going right.

**Be Kind To You:** It's easy to be your own worst critic, but how about being your own best supporter? Practice self-compassion by speaking to yourself like you would to a dear friend. Remember, it's okay to be imperfect. This kindness towards yourself builds resilience and helps you navigate life's ups and downs more gracefully.

**Set Boundaries for a Stronger You:** Think of boundaries as your personal rules for what's okay and what's not in your life. They're not walls but rather a clear line that helps others understand how to treat you. Setting these boundaries is a powerful way to look after your well-being and navigate life with more confidence and less stress.

**Live with Purpose and Passion:** Delve into what makes your heart sing. What are your passions, your dreams? It's about finding what gives your days meaning beyond the immediate frustrations. Living purposefully is like following a compass that guides you to a more fulfilling and meaningful life.



## STEP 4

# Start A New Chapter



### MOVE BEYOND OLD HABITS INTO NEW BEGINNINGS

**Reflect to Move Forward:** Take a moment to look back and see the patterns in your life. Like reading an old diary, this isn't about dwelling on the past, but learning from it. See what habits or thoughts keep showing up and think about how they've shaped your journey. It's the first step to breaking the cycle.

**Set Goals That Speak to You:** Imagine your goals as destinations on a map. They should be places you genuinely want to visit, not just where you think you should go. Break down these destinations into smaller, scenic routes, making the journey more manageable and enjoyable. Remember, these goals are your own, deeply connected to who you are and what you want.

**Craft Your Action Blueprint:** Think of this like writing your recipe for success. Outline the steps you need to take to reach each goal. This isn't just a to-do list; it's a personalized guidebook for your unique journey. Each step is a meaningful stride towards changing those repetitive patterns.

**Build a Supportive Network:** Whether it's a trusted friend, a coach, or a group that shares your aspirations, find your cheerleaders. They're like your personal support crew, there to keep you motivated, celebrate your wins, and pick you up when things get tough. This accountability is your secret weapon in staying true to your path.

**Dance with Change:** Life is a bit like improvisational dance – sometimes, you need to adjust your steps to the rhythm. Embrace the twists and turns, knowing that each new step is an opportunity for growth. Change isn't just inevitable; it's the melody to which your life dances, bringing new possibilities and fresh starts.



## IN CONCLUSION

# Your Journey Ahead

## AN INVITATION TO CONTINUE GROWING



As you close this guide, remember, your journey to living authentically doesn't end here – it's just beginning. You're now equipped with powerful tools to reshape your life, and we invite you to deepen your journey with us.

Register for an upcoming [Free Workshop](#): Perfect for getting a taste of what's possible, our workshop is a fantastic starting point to explore further.

Dive Deeper with the 90-Day ShEvolution Transformation Program: Ready for a transformative journey? Our 90-day program is designed to help you evolve in remarkable ways.

[Become Part of Our Community](#): For continuous growth and support, consider joining our sisterhood of like-minded women on similar paths, all committed to living authentically.

And don't forget to connect with us on social media and [join our vibrant Facebook group](#)! It's a wonderful space to share experiences, gain insights, and be part of a supportive community.

Visit [www.liveoutloudnow.com](http://www.liveoutloudnow.com) to learn more and take the next step in your journey.

Your story isn't over; it's just getting to the best part. Write it with courage, grace, and a heart full of hope. The next chapter is yours to create, and we are here to support you every step of the way.

