

Vol. 1:
Queen's Edition

Interactive
Crafted
Journal



HER

HALLOWED. EMBODIED. RESPLENDENT.

We've all survived something... What's your story?

This groundbreaking *Queen's Edition* is a bold invitation to every woman who has risen through challenges and now feels the call to rise even higher—with clarity, with purpose, and with power.

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HER

HALLOWED. EMBODIED. RESPLENDENT.

Hallowed

Sacred. Revered. Honored.

It sets the tone that **her journey is holy and worthy of deep respect.**

Embodied

Fully expressed. Lived. In her body and power.

It tells us that **she doesn't just believe—she lives it. She *is* it.**

Resplendent

Radiant. Glorious. Brilliant in appearance and spirit.

It evokes the image of a woman who **shines unapologetically**—regal and luminous.



Hey Queen,

If you are reading or holding this edition—this is more than paper and pages. It's a sacred space to remember who you are, celebrate how far you've come, and step fully into what's next.

You are powerful. You are whole. Everything is working for your highest good. You are exactly where you're meant to be.

Now... let's write the next chapter of your legacy—
together. And let's make it EPIC.

With love,

Moe

H.E.R.

Hallowed. Embodied. Resplendent.

H.E.R. is a divine declaration. Created for the woman who has moved through fire and now stands in the fullness of her power, H.E.R. , is a sacred space to honor her evolution, elevate her presence, and activate her personal legacy brand.

This transformational guide is designed to celebrate the woman who is no longer becoming—she *is*. She is hallowed, not because of perfection, but because her path has been sacred. She is embodied, rooted deeply in her truth, walking with confidence and clarity. She is resplendent, radiating light, purpose, and the brilliance of a woman who knows who she is.

Through intentional prompts, elegant rituals, and legacy-mapping exercises, H.E.R. , helps her reconnect with her essence, refine her voice, and reign in the next chapter of her life—with style, grace, and unstoppable impact.

She is sacred in her journey, alive in her truth, and radiant in her becoming.

This is her time. This is H.E.R. .

She Is HER

She wakes with purpose in her
breath
and possibility in her stride.
She walks like sunlight—
bold, brilliant, unstoppable.
She is the answer to a thousand
prayers,
the spark in every room,
the vision in motion.
She builds, she leads, she shines.
She dreams out loud,
lives with grace,
and wears her truth like gold.
Not waiting. Not wondering.
Just *becoming*—more of HERself
with every step.
She is HER—
Hallowed in presence,
Embodied in power,
Resplendent in every way.
This is her time.
This is her legacy.
This is HER.

HER

Chapter 1:



The Crown Didn't Break

She didn't fall apart. She evolved.

Survival.

What is it, really?

It's more than just making it through—it's choosing to live beyond.

When someone says, "*I survived,*" they're not simply speaking of what tried to take them down.

They're speaking of what they chose to rise above.

Survival is not weakness—it is wisdom.

It is the moment you decided to breathe again after life knocked the wind out of you.

It is the day you smiled, even when your world still felt uncertain.

It's the silent victories—the tears you wiped in private, the fears you faced in the dark, the faith you held when there were no guarantees.

You didn't just survive the storm.

You **became the calm** after it.

You **became the light** that guided someone else through.

So when you say, "*I survived,*" say it boldly.

Say it with your shoulders back, your crown straight, and your heart open.

Because survival is not just a story.

It is a legacy.

We've All Survived Something... What's Your Story?

We have all survived something. A moment, a memory, a season that threatened to undo us. But here you are. Still standing. Still breathing. Still worthy.

This chapter is a mirror and a celebration—an invitation to acknowledge the weight you carried and the grace that kept your crown from falling.

What's Your Story?

What have you survived?

What did it take to keep going?

What moments tried to silence you, and how did you find your voice again?

There is no experience too big or too small to be honored here. Whether your story is one of illness, heartbreak, reinvention, or quiet endurance, it belongs in this space. It shaped you. Take time to reflect. Write what hurts. Write what healed. Let this page hold your truth.

Write freely. This is your space to reflect, remember, and rise.

Use the next few pages to begin telling the story that shaped the woman you are today. There are no wrong words—only real ones.

And when you're ready to keep going, you'll find plenty of blank pages at the back of this book to continue your journey.

A **Survival Statement** is a **bold, personal declaration** that captures the *core truth* you discovered about yourself through life's defining moments. It's not about the pain—it's about the **power** you carry now because of what you've lived through.

My Survival Statement

Write your personal survival statement below. Speak from power, not pain. Speak as the woman who knows who she is, and why she made it through.

_"I survived because..."

_"I rose because..."

_"I am here today because..."

Let it be your truth. Let it be your testimony.

Quote Space

"What saved me, shaped me."

Write your own quote here. One sentence that reminds you that you made it. That your crown didn't break.

What's Your Story?

Identify turning points and hidden strength

What's Your Story?



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What's Your Story?

"Loving yourself first isn't selfish—it's sacred. It's how you teach the world to love you right."

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What's Your Story?



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**Before the world can see
your light,**

make sure you're the one who turns it on.

Before love comes knocking,
be the one who answers from within.
Wrap your arms around your own truth.
Speak to your soul like she matters—
because she does.

You are not a second thought.

**You are the beginning.
Start with you.**



Chapter 2:

The Beauty of Becoming

What saved me, shaped me?"

**Becoming
isn't about
Perfection
—it's about
presence.**

About showing up in your own skin, learning to love your reflection, and speaking to yourself with the same compassion you offer others.

This chapter is your sacred mirror. Not the one that shows flaws, but the one that reveals your divine unfolding.

What saved me, shaped me?"

Mirror Work & Body Image Journaling

Stand before a mirror. Look deeply into your own eyes.

Speak love. Speak life. Then, journal your experience:

- What did I see in myself today?
- Where am I holding shame or judgment?
- What would I say to my younger self about her beauty?

Write freely.
This is for your
eyes and your
healing.



Start here...



Confidence Rebuilder Chart

Trigger/Thought

Old Stories I Told Myself

New Truth I Now Claim

Mirror Work & Body Image Journaling

Rewriting your confidence is a daily act of becoming.

Use this chart often.

Self-Portrait & Affirmation Pages

On the next page, draw, trace, or paste a photo of yourself that makes you feel radiant. Surround it with words that affirm who you are, such as;

- I am worthy.
- I am evolving.
- I am allowed to shine.
- I honor my journey.
- I define my own beauty.

What saved me, shaped me?"

**Write your own affirmations around
your image—as many as you need.**



My Radiance Ritual

Create a daily self-love ritual that reconnects you to your beauty and strength. It can be simple or sacred. Here's a sample prompt:

Morning Word: What word do I want to live by today?

Mirror Mantra: What will I say to myself each morning?

Movement or Stillness: What act of care will I offer my body?

Gratitude Glow: What am I grateful for in myself?

Becoming is a process. And every day, you get to choose how to love yourself through it.

My Radiance Ritual



Becoming is a process. And every day, you get to choose how to love yourself through it.

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My Radiance Ritual

You are not waiting to become beautiful. **You already are.** This is simply you're becoming in full bloom.



HER

Becoming is a process. And every day, you get to choose how to love yourself through it.

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Chapter 3:



Healed & Whole



Healing is not a one-time event.

It is a sacred returning. To yourself. To your voice. To your inner peace.

This chapter invites you to reflect, release, and reclaim the parts of you that were wounded but never destroyed. You are not broken.

You are becoming whole.

Emotional Healing Tracker

Use this space to check in with your emotional wellness, Track your progress over time and honor your healing journey.

Date	Emotion Felt	Trigger or Root Cause	How I Responded	What I Learned

Letter to Your Past Self / Future Self

To My Past Self: Write a letter of compassion to the woman you used to be. Thank her for surviving. Forgive her for what she didn't know. Honor her journey.

To My Future Self: Write a letter of encouragement to the woman you are becoming. Tell her what you hope, what you believe, and what you know to be true.

To My Past Self:



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To My Past Self:



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To My Future Self:

A large, empty white rectangular area intended for writing a message to one's future self.



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To My Future Self:

A large, empty white rectangular area intended for writing a message to one's future self.



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Who or what do I still need to forgive?

What emotions am I still carrying?

What would freedom feel like
if I released this weight?

What can I do today to begin
that release?

Forgiveness is not approval. It is freedom.

Guided Meditation (Silent or Spoken)

Sit in stillness. Close your eyes. Breathe deeply, and say:

I am safe to heal.

I am not what happened to me.

I am what I choose to become.

Each breath I take moves me closer to peace.

I release what no longer serves me.

I call all my power back to me.

Take 5 minutes. Repeat as often as needed.
Let this be your inner reset.

You are not defined by the pain.

You are remembered by the healing.

And that healing is yours now.



You are HER Healed & Whole.

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Chapter 4:



Legacy Mapping (GLI Framework)



You were not just born to survive — you were born to shape the future. Legacy is not only what we leave behind, but what we live out loud each day. This chapter uses the GLI (Generational Legacy Impact) Framework to help you clarify your core values, envision your legacy, and write the mission you want your life to embody.

Core Values Worksheet

What are the values that guide your life, decisions, and relationships?

Instructions: Circle or list 5-7 words that represent your core values.

Love

Freedom

Faith

Integrity

Service

Joy

Growth

Courage

Courage

Creativity

Connection

Healing

Excellence

Empowerment



Answer the following:

- Why do these values matter to you?
- How do they show up in your daily life?
- What needs to shift to live them more fully?

Legacy Vision Board Space

Use the next 3 pages to sketch, paste, or collage images and words that reflect the legacy you want to create.

- What kind of impact do you want to make?
- Who do you want to influence, uplift, or lead?
- What will your name be attached to 10, 20, or 50 years from now?

Start Here!

Legacy Vision Board Space



Legacy Vision Board Space



Legacy Vision Board Space



Vision Prompt: “When people speak my name, I want them to say...”



My Purpose Pillars

Uncover what you're truly here to leave behind. Your purpose is rooted in:

- What breaks your heart
- What sets your soul on fire
- The wisdom your life has taught you
- The unique way you love, lead, and create

List your 3–5 Purpose Pillars:

1. _____
2. _____
3. _____
4. _____
5. _____

These are the anchors of your legacy — build with them.

Bring it all together. Write your personal mission — what you are here to do, give, build, and become.

I am called to...

My legacy will...

I commit to living with...

You are a living legacy. The life you lead today echoes through generations. Walk boldly in that truth.

Chapter 5:



Power of Your Story



Create your Legacy Speech

Draft a speech that captures the essence of your journey, values, and vision for the future. Let your experiences serve as a beacon for others walking similar paths. Use this space to inspire, uplift, and declare your truth.

My Legacy Speech

My Legacy Speech



Think about the lessons you've learned and how you can pass them on.

Survival Experiences

Mentorship Opportunities

List possible mentees, or formats you might use (e.g. 1:1 sessions, workshops, books, podcasts)

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What Will Your Story Teach Others?

Consider the deeper meaning and message of your journey. What does your resilience teach? How does your healing empower others? What truth are you here to speak into the world?

Prompt

When I speak, I want others to feel...


Chapter 6:



Worth & Wealth

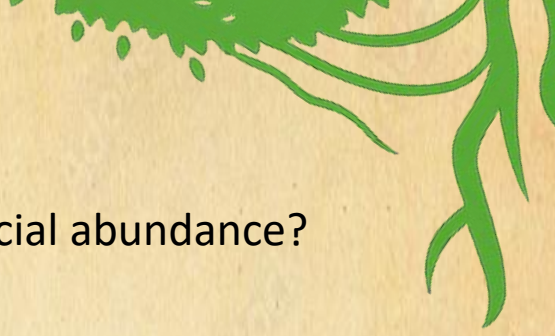
Money Healing Prompts

- What are your earliest memories around money?
- What beliefs about wealth were passed down to you?
- Where do you feel unworthy of financial abundance?
- What would financial freedom feel like for you?



- What are your earliest memories around money?

- What beliefs about wealth were passed down to you?

- 
- Where do you feel unworthy of financial abundance?

- What would financial freedom feel like for you?

WEALTH LANGUAGE REWRITE

Instructions: Rewrite the following scarcity-based thoughts into abundant, empowering language.

Example:

Scarcity: "I never have enough."

Abundance: "Money flows to me with ease and purpose."

WRITE YOUR OWN:

Scarcity: _____

Rewrite: _____

1. Scarcity: _____

Rewrite: _____

2. Scarcity: _____

Rewrite: _____

3. Scarcity: _____

Rewrite: _____



Legacy Wealth Starter Plan

Start building a foundation for financial sustainability.

Consider:

- Passive income opportunities (e.g., digital products, affiliate marketing)
- Hosting a paid webinar or workshop
- Offering a signature product or coaching program

MY PROSPERITY PROMISE

What is one aligned action you will take in
the next 7 days toward earning income
and creating impact?

My Promise:

Signature: _____

Date: _____

Chapter 7:



The Legacy Poster

CHAPTER 7

THE LEGACY POSTER

Add Your Photo + Write Your Quote

Attach a photo of yourself that reflects your journey or spirit. Below, write a quote that represents your legacy in your own words.



My legacy quote:

Use this space to reflect on the impact you hope to leave behind. How do you want to be remembered?

I want to be remembered as someone who...



Letter to the Woman I've Become

Write a heartfelt letter to the woman you've become and end, With Love. Celebrate her growth, her resilience, and her beauty.

Dear Me,

Letter to the Woman I've Become



LEGACY QUEEN CERTIFICATE

THIS CERTIFICATE IS PROUDLY PRESENTED TO

In honor of her transformation, her truth, and her unwavering
commitment to legacy — she is hereby crowned a Legacy Queen.
This moment is a reflection of HER rise, HER resilience, and HER reign.



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Closing Reflections: For Her, By Her, Because of Her

She rose.

Not because life was easy.

Not because she always had the answers.

But because something deep within her whispered, "*You were born for this.*"

HER is not just a story—it's a legacy.

A reflection of every woman who dared to love again, dream again, rise again.

And now, dear reader, it's your turn.

You've walked with her through pain and power, sorrow and sparkle, truth and triumph.

And in doing so, you've discovered something:

She is you.

As you close this book, may you open your heart even wider—

To the possibilities still unfolding,

To the purpose only you can live,

And to the HER within you who's been waiting to be fully seen, heard, and celebrated.

This is not the end.

It's the beginning of the rest of your becoming.

Live boldly. Love deeply. Leave a legacy.

For HER. Because of HER. As HER.

With fierce love and unshakable hope.

— Moe

Ready to Activate the Next Chapter of Your Legacy?

Your journey doesn't stop here—it's just getting started.

Join us at [GLIEXP.com](https://www.gliexp.com) and enroll in the **GLI Experience Activate Workshop** — a transformational 2-day experience designed to help you awaken your purpose, claim your power, and build a legacy that lives beyond you.

Step into the impact you were born to make.
Visit [GLIEXP.com](https://www.gliexp.com) now.

Because **HER** story leads to yours.
And the world is waiting.

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