



MONTHLY *NEWSLETTER*

ADRIENNE ASHWORTH

MAY 2025



Women Rise Through Wellness

Whether you're navigating personal development, relationships, financial or retirement planning, or simply feeling stuck, seeing things from a fresh perspective can help.

Your gentle commitment to wellness supports your brain, your balance, and your ability to thrive—one small step at a time. This newsletter is here to encourage a more peaceful, grounded life—no matter where you are on your journey. Wellness, at your pace.

Ways To Work With Me



PEACEFUL RETREATS

JUNE, JULY, AUGUST



1:1 PHONE OR EMAIL COACHING

ACCEPTING BOOKINGS



You Deserve to Feel Grounded and Powerful

MINDSET & MOTIVATION

Every month is a fresh start—but that doesn't mean you have to hustle your way through it. Sometimes the most powerful thing you can do is pause, breathe, and listen inward.

You already hold the wisdom you're seeking. I can help you remember that and provide insights



AFFIRMATION OF THE WEEK:

"I allow myself to slow down so I can hear what truly matters."

This month, what would it look like to feel more grounded in your own life?

Share one word that reflects the energy you want to carry this month. I'd love to hear it.

Warmly,
Adrienne



Wellness Check-In

TAKE A QUIET MOMENT TO CHECK IN WITH YOURSELF.

Where do you find yourself on the wellness scale today—between 1 and 10?

(1 = DEPLETED, 10 = DEEPLY NOURISHED)

No judgment. Just awareness.

If you're somewhere in the middle—or even on the lower end—that's okay. You're not alone, and you don't have to stay there.

What's one small thing that would help you feel just a little more supported this week?

- ♥ A walk in nature?
- ♥ A real conversation?
- ♥ A quiet evening to rest and breathe?

If you feel called to talk it through or need a gentle nudge forward, I offer:

- [1:1 phone coaching for grounding and clarity](#)
- [Email coaching if you prefer quiet reflection](#)
- [Or a night or two away for rest and reset](#)

🌸 You're allowed to need support. And you're always welcome to reach out.

You're receiving this email because you're part of my wellness community.
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