



MONTHLY *NEWSLETTER*

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Women Rise Through Wellness

Hello beautiful

Thank you for being here — and a warm welcome to all my new subscribers! I'm so grateful you've joined this growing community of women devoted to personal growth, calm living, and courageous change.

Last time we talked about courage over comfort and how powerful it can be to choose growth in uncertain moments.

This month, we're shifting our focus to peace—what it means, how we find it, and how we cultivate it.

Support To Meet You Where You Are



PEACEFUL ZEN GETAWAY



1:1 COACHING



✨ Bringing Peace Into Your Life: The Journey Back to Yourself

Peace isn't something we "find" out there in the world — it's something we create, nurture, and return to within ourselves.

And for many of us, the path to peace begins the moment we decide we're tired of living in survival mode.

Maybe you've felt it lately...

That inner pull toward quiet.

Toward simplicity.

Toward spaces—and people—who help your nervous system settle instead of spike.

Peace calls softly at first... Then, eventually, it becomes impossible to ignore.



✨ The Journey to Peace Isn't a Straight Line

Achieving peace isn't about perfection or having everything figured out.

It's a gentle, ongoing process of:

- *Releasing what drains you — emotionally, mentally, and energetically*
- *Choosing environments that support your wellbeing*
- *Listening to your intuition rather than the noise of the world*
- *Creating rhythms instead of chasing routines*
- *Honouring your rest as much as your productivity*
- *Letting go of old stories that keep you small or stressed*





✨ Bringing Peace Into Your Life: The Journey Back to Yourself

☾ *And most importantly:*

Peace comes when we stop abandoning ourselves.

The moment you start putting your emotional needs first — even in small ways — everything begins to shift.

- ♥ *You breathe deeper.*
- ♥ *You speak softer.*
- ♥ *You trust more.*
- ♥ *You react less.*
- ♥ *You feel grounded instead of scattered.*

That is the journey of coming home to yourself.



Gentle Practices to Support Your Strength This Month

- ♥ *Pause & Breathe*
- ♥ *Even 60 seconds of intentional breathing can regulate your nervous system and bring you back into your centre.*
- ♥ *Name Your Wins*
- ♥ *Write down three things you handled with courage—even small ones.*
Strength grows where it's acknowledged.
- ♥ *Choose One Loving Action for Yourself*
- ♥ *Your brain and body respond powerfully to small acts of kindness toward yourself.*
- ♥ *Let Connection Support You*
- ♥ *Strength doesn't mean doing everything alone. Sometimes the strongest thing you can do is accept help, support, or guidance.*

*Kindness & Gratitude,
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.

Building Strength Through Action

When you take even the tiniest action, you signal to your brain that you're capable, resilient, and moving forward. Strength isn't something you wait for—it's something you build.

- De-clutter a small space
- Step outside for a fresh air break
- Forgive quickly

Your brain learns peace through repetition. Tiny actions practiced daily help your mind settle, soften, and finally feel safe.

To your peace,
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