



KEY TAKEAWAYS

- Busy is not the same as alive.
- Over-functioning becomes social currency.
- Success can disguise disconnection.
- Women become brands instead of humans.
- Easy to reach. Difficult to feel.
- Presence changes everything.
- The extraordinary rarely interrupts the woman who is unavailable for it.
- Desire is data.
- Women often disappear gradually... not dramatically.
- You were never meant to merely manage your ambition. You were meant to lead it.

"The greater risk is slowly learning not to want at all."

Gina Maier Vincent Founder of Exquisitely Aligned
For speaking engagements, mentorship, and immersive experiences: www.ExquisitelyAligned.com

"Women become extraordinarily skilled at managing life... without fully experiencing it."

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REFLECTION QUESTIONS

- Where in my life have I become highly functional but no longer fully present?
- What have I normalized that no longer feels aligned?
- Where am I leaking energy?
- What have I talked myself out of wanting?
- Where am I over-functioning instead of leading?
- What would change if I stopped abandoning myself in small invisible ways?

*"Because every time women override themselves...
they move further away from their own lives."*

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THREE PATTERNS

TIME

Where have I overfilled my life to avoid fully feeling it?

ENERGY

Where am I confusing being needed with being valued?

VOICE

Where have I stopped telling myself the truth?

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You were meant to lead it."*

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