

LM MINE

ANNIVERSARY
EDITION

REDEFINING
SUCCESS
ON YOUR
OWN
TERMS

EXCLUSIVE

REV JOSLYN FARRAY PIERRE
MEET THE WOMAN BEHIND THE
- Sacred Spiral Method™ -

N° 24 - APR / 2026

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A word from the Editor

THERE COMES A POINT IN LIFE WHERE THE QUESTION IS NO LONGER “WHAT SHOULD I BE DOING?” BUT RATHER “WHAT ACTUALLY FEELS RIGHT FOR ME NOW?”

THAT SHIFT IS SUBTLE, BUT IT CHANGES EVERYTHING.

For many of us, success has been something we were taught to recognize from the outside. It looked like progress, stability, achievement, and often, a long list of things we were meant to reach by a certain time. And for years, we followed that path as best we could, balancing responsibilities, showing up for others, doing what needed to be done.

But midlife invites a different kind of reflection.

Not one rooted in regret, but in awareness.

We begin to see that success is not a fixed destination, it's something that evolves as we do. What once felt important may no longer hold the same weight. What once seemed out of reach may now feel possible in a completely different way.

And perhaps most importantly, we begin to realize that we are allowed to choose again.

This month's issue is an invitation to pause and consider what success means to you now, not ten or twenty years ago, not according to someone else's standards, but in this season of your life.

On the cover, Rev. Joslyn Farray Pierre offers a powerful reflection through her work as a Creative Wellbeing Educator and Spiritual Guide. Her approach reminds us that success is not something we chase, but something we return to. Something rooted in who we are, not what is expected of us. I know you'll find her interview powerful.

Throughout the magazine, you'll also discover perspectives on health, leadership, relationships, and the deeper patterns that shape the way we move through the world. Different voices, different experiences, and yet a shared thread: the understanding that success is not something we inherit, it's something we define.

There is strength in that.



If you are in a moment of questioning, you are not alone.

If you are rethinking your path, your work, or the way you want to spend your time and energy, you are not behind.

You are paying attention.

And that, in itself, is a powerful place to begin.

As you move through this issue, I hope you take what resonates and leave what doesn't. Let this be a space where you can reflect without pressure, consider new possibilities, and reconnect with what matters most to you.

Not in an overwhelming way, but in a steady, grounded way that feels supportive.

Because success, on your own terms, is not about doing more.

It's about choosing what truly belongs in your life—and having the courage to honor that.

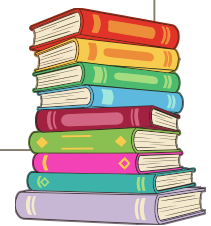
Sara

Editor - LM Magazine

FOR WOMEN CHOOSING
THEMSELVES, ONE CHAPTER AT A
TIME.

APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1 April Fool's Day	2 Int Children's Book Day	3 Good Friday	4
5 Easter Sunday 	6 Easter Monday	7 World Health Day	8	9	10	11
12	13	14	15 World Art Day	16	17	18
19	20	21	22 Earth Day	23 World Book Day	24	25
26	27	28	29 Int Dance Day	30	1	2



Live
your purpose

“SUCCESS AT
THIS STAGE OF
LIFE IS NOT
ABOUT
PROVING—IT’S
ABOUT
CHOOSING.”





Felicia Jones

Felicia is a Nutritionist and Stress Management Trainer and founder of Stress Less Living

She has worked in public and private health for over 15 years, as well as being a Supervisor for Nutritional Therapists.

She is also a professional speaker, writer and a regular guest on the Mental Health Matters 360 broadcast and the Foyht wellbeing magazine podcast.

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Clay Boykin

Clay is a life coach and author who helps individuals discover the deeper patterns shaping their lives, decisions, and sense of purpose. Drawing from studies in depth psychology, archetypal thought, and his training with Gender Equity and Reconciliation International (GERI).

Clay's work explores how listening—both to others and to ourselves—can reveal the hidden patterns that guide our lives.

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BOOK A CALL





Rev Joslyn Farray Pierre

Rev. Joslyn Farray Pierre is a Caribbean Creative Wellbeing Educator, Spiritual Guide, and the visionary founder of the Intuitive Wellbeing Institute. She also serves as a Director of the Innovation Multimedia Association of Grenada (IMAGND), where she contributes to the development of creative and cultural leadership across the region.

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Alicia J Alexander

Alicia J. Alexander partners with organizations to address The Corporate Shift through The 5 Pillars of Organizational Excellence.

Alicia delivers executive coaching, organizational development consulting, and strategic leadership solutions that transform disruption into sustainable excellence.

connect with Alicia

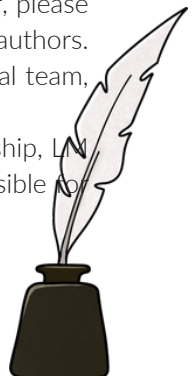
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LM Magazine values the diversity of opinions and voices that our contributors bring to our readers. However, please note that all articles, opinions, and content published in the magazine are the responsibility of the individual authors. The views and opinions expressed in the articles do not necessarily reflect those of LM Magazine, its editorial team, or its publisher.

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FEW DAYS
TO
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An Invitation into Life Mastery Circle

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Join Here

USE CODE: women AT CHECKOUT

For Women choosing themselves, one chapter at a time.

Redefining Success

(ON YOUR OWN TERMS)

At some point in life, many women find themselves re-evaluating what success actually means to them.

Not because something has gone wrong, but because something has changed.

The life that once made sense may no longer feel fully aligned. Priorities shift, energy changes and the way we want to spend our time, and what we expect in return from our work and daily life, begins to evolve. What felt important ten or twenty years ago does not always carry the same weight now.

This is not a crisis. It is a form of clarity.

For years, success has often been defined by external markers: career progression, financial stability, milestones reached at the “right” time. Many women have followed those paths while also managing homes, families, and responsibilities that were never formally acknowledged as part of that definition. There is experience, resilience, and depth in that journey, even if it does not always appear on paper.

When women reach their forties, fifties... they see the opportunity to look at all of this with a different perspective.

Instead of asking whether you have done enough, the question becomes whether what you are doing still reflects who you are now.

This is also the stage where many women begin to consider building something of their own.

Not necessarily a large or highly visible business, but something that feels meaningful, flexible, and aligned with their current life. It may be an idea that has been present for years but never explored, or something that has only recently taken shape.

What often follows is hesitation.

There can be a sense of not knowing where to begin, or the belief that there is too much to learn before taking a first step. Business language can feel unfamiliar and advice online can feel overwhelming or disconnected from real life. It is easy to assume that there is a specific path to follow, and that without understanding it fully, it is better to wait.

In reality, that assumption is what keeps many women from moving forward.

Success in this season of life does not require a complete reinvention or a perfectly structured plan. It requires a shift in how you approach the process.

Instead of trying to define everything at once, it is far more useful to focus on a smaller, more immediate horizon.

- What do you care about right now?
- What kind of work feels interesting or satisfying?
- Who do you naturally feel drawn to support, help, or connect with?

These are not strategic questions in the traditional sense, but they are the foundation of any meaningful direction.



From there, the next step is not to build a full business, but to take one clear, manageable action. That could be offering a service, sharing an idea, starting a conversation, or testing something on a small scale. It does not need to be perfect or final. It simply needs to exist in the real world.

One of the advantages of starting or evolving something later in life is that the pace can be different.

There is often less interest in rushing, and more awareness of what is sustainable. Decisions are informed by experience rather than urgency. This allows for a more considered approach, where growth supports your life instead of competing with it.

Thinking in shorter time frames can make a significant difference. When everything is framed around long-term outcomes, it becomes difficult to know where to begin. Focusing on the next few months creates a sense of direction without unnecessary pressure. It allows you to test, adjust, and build confidence through action.

Redefining success does not mean lowering standards or expectations. It means adjusting them so they reflect your current reality and priorities.

For some, success may include building a new source of income. For others, it may be about creating more flexibility, reducing stress, or doing work that feels more meaningful. In most cases, it is a combination of several factors rather than a single achievement.

What matters is that the definition comes from you.



It is also important to recognize that you are not starting from zero.

Everything you have done so far, professionally and personally, has given you skills, perspective, and the ability to navigate complexity. These are assets, even if they have not been framed that way before.

Approaching this stage of life with that understanding changes the experience. Instead of feeling behind, you begin from a position of awareness.

If you find yourself questioning your current path, or feeling the pull toward something different, there is no need to resolve everything immediately.

A clear definition of success does not appear all at once. It develops through reflection and, more importantly, through action.

The most useful place to begin is not with a long-term plan, but with a decision to move in a direction that feels more aligned than where you are now.

Your visual choices should support the experience you want people to have when they interact with you.

A strong personal brand after 40 does not need to follow every trend. It can choose depth over noise. It can choose simplicity over complication. Often, a clear name, a consistent font, and a cohesive colour palette are more powerful than something over-designed.

Visuals amplify clarity. They cannot replace it.

A Personal Brand After 40 Looks Like someone who knows her values and speaks with clarity. It looks like someone who does not apologise for experience. It looks like depth instead of noise and steadiness instead of urgency.

It is not about becoming louder. It is about becoming more aligned.

If you would like something tangible to work through, begin with these questions:

- Can I clearly describe what I care about?
- Does my bio reflect who I am today?
- Am I speaking about my focus consistently?
- Am I hiding in any area out of hesitation?
- What one action would make me slightly more visible this month?

Building your personal brand after 40 is not about creating a persona that impresses people. It is about aligning who you are, what you value, and how you show up.

Midlife is not a disadvantage in the world of personal branding.

It is an advantage if you allow it to be.

So instead of asking whether you are too late, ask a better question:

What would I build if I trusted the woman I've become?

Start there.

And build from strength.

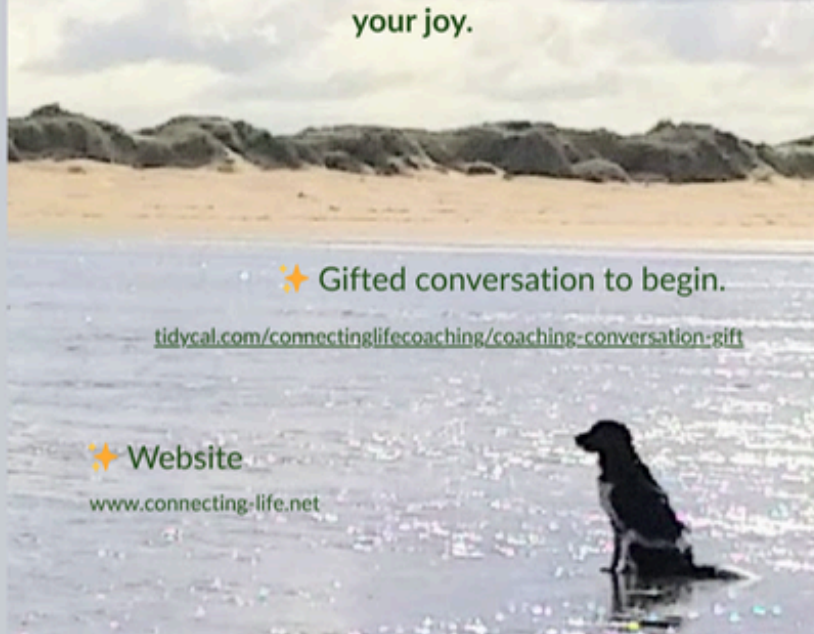
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REDEFINING SUCCESS IN MIDLIFE (On Your Own Terms)



by Felicia Jones

WHAT IS MIDLIFE?

In some ways midlife is sold as a slow, boring, winding down. Maybe even a sagging of bodily parts, certainly a rounding of the belly. There seems little that shouts of the joy that comes from getting to a stage where we understand what we want, because we've spent years searching. We have through all of the trials and tribulations come to a place where we at least know a little.

Yet, midlife is not guaranteed. We now live much longer but in less good health. To see fifty was an incredible feat 100 years ago. In some parts of the world, it still is. There is however a dichotomy, as in much of the Western world fifty is still considered to be young, or at least youthful.

Indeed, there are many DJs and artists much older than me that I admired in my youth, who are still enjoying the spoils of life, even beyond the midpoint.

SO, WHAT IS SUCCESS?

In some ways success has come to be synonymous with survival. A way to achieve all that society offers. Wisdom of a midlife lived well however, knows that success can only be defined on our own terms.

MY DEFINITION OF SUCCESS IN MIDLIFE

Stress seeps in slowly and can be insidious. We rush and push to get everything done. In our 20s, 30s and even 40s it may seem a necessity. There are children to raise, jobs to conquer, houses to buy and homes to nurture. There are also friendships to cultivate but often little time to rest.

What we may not see is the prolonged impact of the 'need to'. This stress that comes at a cost to our health, and even our wealth.

As a Nutritionist and Stress Management Trainer, I have come to learn through my body, my life and the many stories of others, the importance of acknowledging our fragility.

I've learned to adopt the adage that 'health really is wealth' and this may be seen through many things.

The ability to eat well. To choose the best foods that we can afford. To cook from fresh and share that with ourselves and others.

When we use nutrition, not instead of but complementary to medicine it allows the body to function at its optimum. This may prevent the onset of some diseases, or provide support during times of illness and nourish organs that may be unwell.

To grow foods if you have the time and space. To connect to the richness of the soil and understand where the seed begins and the cultivated plant ends long before it reaches the kitchen table. This is success.

To reach an age and stage where we realise that the slow lane preserves the energy needed to pursue far beyond the quick spurts. To smell the flowers and taste the berries. This is the bliss that I seek. This to me, is a successful midlife.



About

Felicia is a Nutritionist and Stress Management Trainer and founder of Stress Less Living <https://www.stresslessliving.co.uk> a practice that supports busy professional women to reduce stress, restore their health and live well.

She has worked in public and private health for over 15 years, as well as being a Supervisor for Nutritional Therapists. She is also a professional speaker, writer and a regular guest on the Mental Health Matters 360 broadcast and the Foyht wellbeing magazine podcast.

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10 POWERFUL WAYS WOMEN REINVENT THEIR LIVES AFTER 50 And Redefine Success on Their Own Terms

There comes a moment in life when the definition of success you've been carrying... no longer fits.

Not because you've failed but because you've evolved.

For many women, that moment arrives around 50.

Suddenly, you have a thought, a realization: *"I don't want the same things anymore."*

And yet, this is rarely talked about.

Because for so long, success has been defined for us — by careers, responsibilities, expectations, roles we stepped into... often without question.

But what happens when you start asking your own questions? What happens when success becomes something you *feel*... instead of something you *prove*?



Mary Farias with her horse, Ben
Economy Creator Magnet Mind
Development

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and where it needs structure:
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This is where reinvention begins. Not by becoming someone new but by returning to who you truly are.

Here are 10 powerful ways women are doing exactly that.

1. THEY REDEFINE WHAT SUCCESS ACTUALLY MEANS

Before anything changes externally, something shifts internally.

Success is no longer:

- just productivity
- just income
- just achievement

It becomes:

- peace of mind
- freedom with time
- meaningful work
- emotional well-being

They stop asking, *“What should I be doing?”*

And start asking, *“What feels right for me now?”*



2. THEY GIVE THEMSELVES PERMISSION TO WANT MORE (OR LESS)

Some women want more, more impact, more income, more expression. Others want less, less pressure, less noise, less proving. And both are valid. Change begins the moment you realize you don't need permission to want what you want.

3. THEY LET GO OF OUTDATED ROLES AND EXPECTATIONS

There is courage in releasing identities that no longer fit:

- the always-responsible one
- the caregiver at all costs
- the one who holds everything together

Not abruptly or dramatically but intentionally.

They begin to loosen their grip... and choose differently.

4. THEY START SMALL (BUT STAY CONSISTENT)

Change doesn't happen dramatically overnight.

It's:

- a new habit
- a new boundary
- a new decision

Repeated over time.

A daily walk.

A new idea explored.

A conversation that opens a door.

Momentum starts to build.



5. THEY EXPLORE NEW SOURCES OF INCOME

Many women begin creating income in ways that feel more aligned:

- online businesses
- consulting or coaching
- creative projects
- part-time ventures

Not from pressure but from possibility.

They stop asking, "Is it too late?"
And start asking, "Why not now?"

6. THEY PRIORITIZE THEIR WELL-BEING WITHOUT GUILT

Energy becomes the new currency.

They begin to protect:

- their time
- their health
- their emotional space

Not as a luxury... but as a foundation.

Because success without well-being no longer feels like success.



7. THEY INVEST IN THEIR GROWTH (IN A WAY THAT FEELS SUPPORTIVE)

Not more information, not more overwhelm.

But the right support:

- community
- guidance
- conversations that create clarity

They understand something powerful:

You don't need to figure everything out alone.

8. THEY RECONNECT WITH WHAT BRINGS THEM JOY

Not what is productive or looks impressive but what feels good.

Creativity returns.

Curiosity returns.

Lightness returns.

And often, this becomes the foundation for what comes next.

9. THEY STOP WAITING FOR PERMISSION

This might be the biggest shift of all.

This might be the biggest shift of all.

No one is coming to tell you:

- now is the right time
- this makes sense
- you are allowed

So they decide for themselves without needing approval.

10. THEY DEFINE SUCCESS ON THEIR OWN TERMS

This is where everything comes together.

Success becomes:

- waking up without dread
- having space to think and breathe
- doing work that feels meaningful
- living a life that reflects who they are now

Not who they used to be or who they were expected to be, but who they have chosen to become.

If you're feeling the shift... you're not behind.

You're becoming more aware.

More honest.

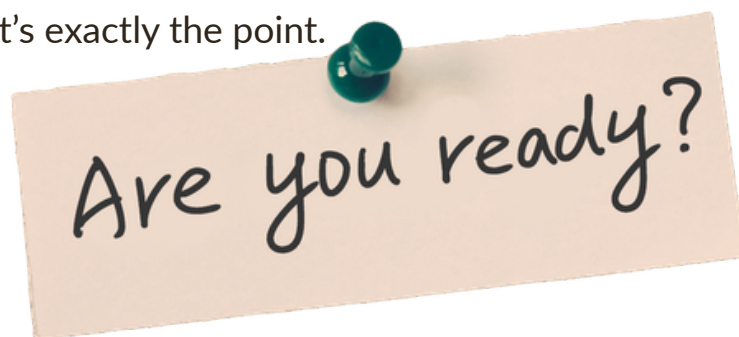
More aligned.

And that changes everything.

Maybe success doesn't look the way it used to.

Maybe it's quieter, simpler, and more personal.

And maybe... that's exactly the point.



Inside *LM Magazine*, we share real stories, practical tools, and honest conversations for women who are choosing themselves — one chapter at a time.

Your business is running... but your backend looks like a dumpster fire!

You're putting in the time. But your back office is chaos.
Sticky notes, dropped connections, missed follow-ups & 100 "I'll do it later's".

And it's stealing the one thing you can't get back: time.

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IF THIS MAGAZINE FOUND YOU, IT WASN'T BY ACCIDENT.

LM Magazine was created for everyday midlife women navigating change – quietly, thoughtfully, and in their own time.

Each issue offers reflections, practical tools, and real stories around money, mindset, health, reinvention, and community.

If you're reading this and haven't subscribed yet, consider this your invitation.

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- A reminder that you're not alone in this season



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Curated by Sara Fernandes – Editor of Life Mastery Magazine

OUR SHARED WOUND: A PATH TOWARD GENDER RECONCILIATION



by Clay Boykin

Public conversations about gender often turn into debates about power, blame, or historical grievance. Yet my experience working with Gender Equity and Reconciliation International (GERI) revealed something deeper beneath those debates: both women and men carry deep wounds related to gender. Recognizing this shared reality can open a path toward genuine understanding.

I first encountered this insight through the work of GERI founders Cynthia Brix and William Keepin. Their workshops are designed not as debates about gender, but as spaces for honest human encounter. Participants are invited to speak about personal experiences connected to gender—moments of confusion, hurt, abuse, or exclusion. The goal is not to persuade or defend a position, but to tell the truth about one’s lived experience.

At the heart of the process is a practice called Silent Witnessing.

Silent Witnessing is a deeply vulnerable form of sharing that takes place in a carefully held and profoundly safe environment. When someone speaks, the others in the circle listen with full attention. There is no interruption, no analysis, no argument, and no judgment. The role of the listener is simply to witness the experience of another human being.

Within that safety, stories emerge that many people have never spoken aloud. There is healing not only in the sharing, but also in the listening.

Women share experiences of being dismissed, silenced, or made to feel unsafe. Men speak about the pressure to hide vulnerability, to carry emotional pain quietly, or to live within narrow expectations of masculinity. In the circles, participants share painful experiences of sexual abuse or violation—abuse that has affected both women and men, often beginning early in life.

When these stories are heard side by side, something important becomes visible.

The conversation shifts away from the question of whose suffering is greater. Instead, participants begin to recognize that both women and men have been shaped—and often wounded—by cultural patterns surrounding gender, power, and identity. The wounds are not identical, but they are deeply connected.

In that recognition, compassion begins to emerge.

People start to see one another not as representatives of opposing sides, but as fellow human beings carrying experiences that deserve to be heard. Defensiveness softens. Curiosity replaces argument.

This insight deeply influenced the thinking behind my book, *The Mandala Within: A Guide for Intuitive and Logical Minds*. In the book, I explore the idea that each of us carries an inner pattern of meaning that quietly shapes our reactions, beliefs, and relationships. Much of the tension we experience in life arises from patterns we have never fully examined.



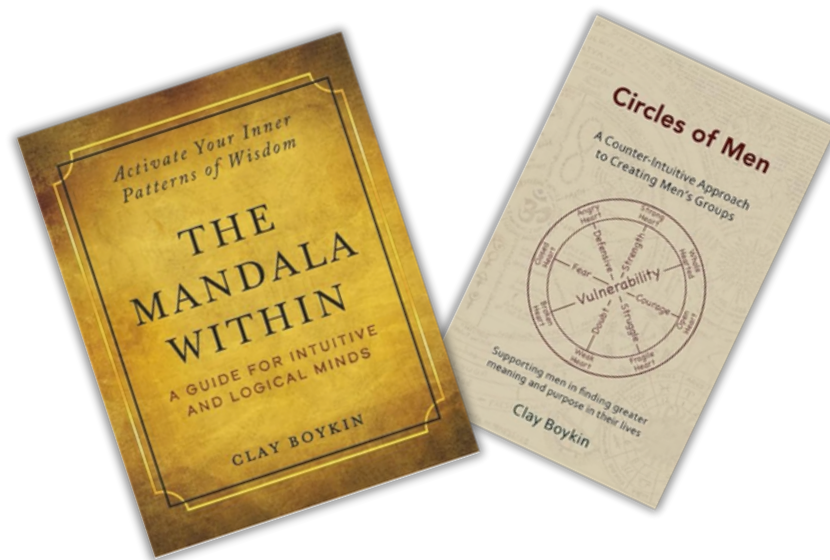
When we step back and begin to see these patterns, something shifts. We gain perspective on the forces that have shaped us and become more capable of meeting others with compassion rather than certainty.

Gender conflict often reflects these same unseen patterns operating at a cultural level.

If we approach the conversation believing that someone else’s story must invalidate our own, we quickly become defensive. But when we recognize that both women and men carry deep gender wounds, the conversation changes. Instead of arguing over who has suffered more, we begin to explore the deeper human realities we share.

Reconciliation does not come from erasing differences or forcing agreement. It begins with the willingness to listen—truly listen—to another person’s experience.

And sometimes, the most powerful act of listening is simply to witness.



About

Clay Boykin is a life coach and author who helps individuals discover the deeper patterns shaping their lives, decisions, and sense of purpose. Drawing from studies in depth psychology, archetypal thought, and his training with Gender Equity and Reconciliation International (GERI), his work explores how listening—both to others and to ourselves—can reveal the hidden patterns that guide our lives. He is the author of [The Mandala Within: Activating Your Inner Patterns of Wisdom, A Guide for Intuitive and Logical Minds.](#)

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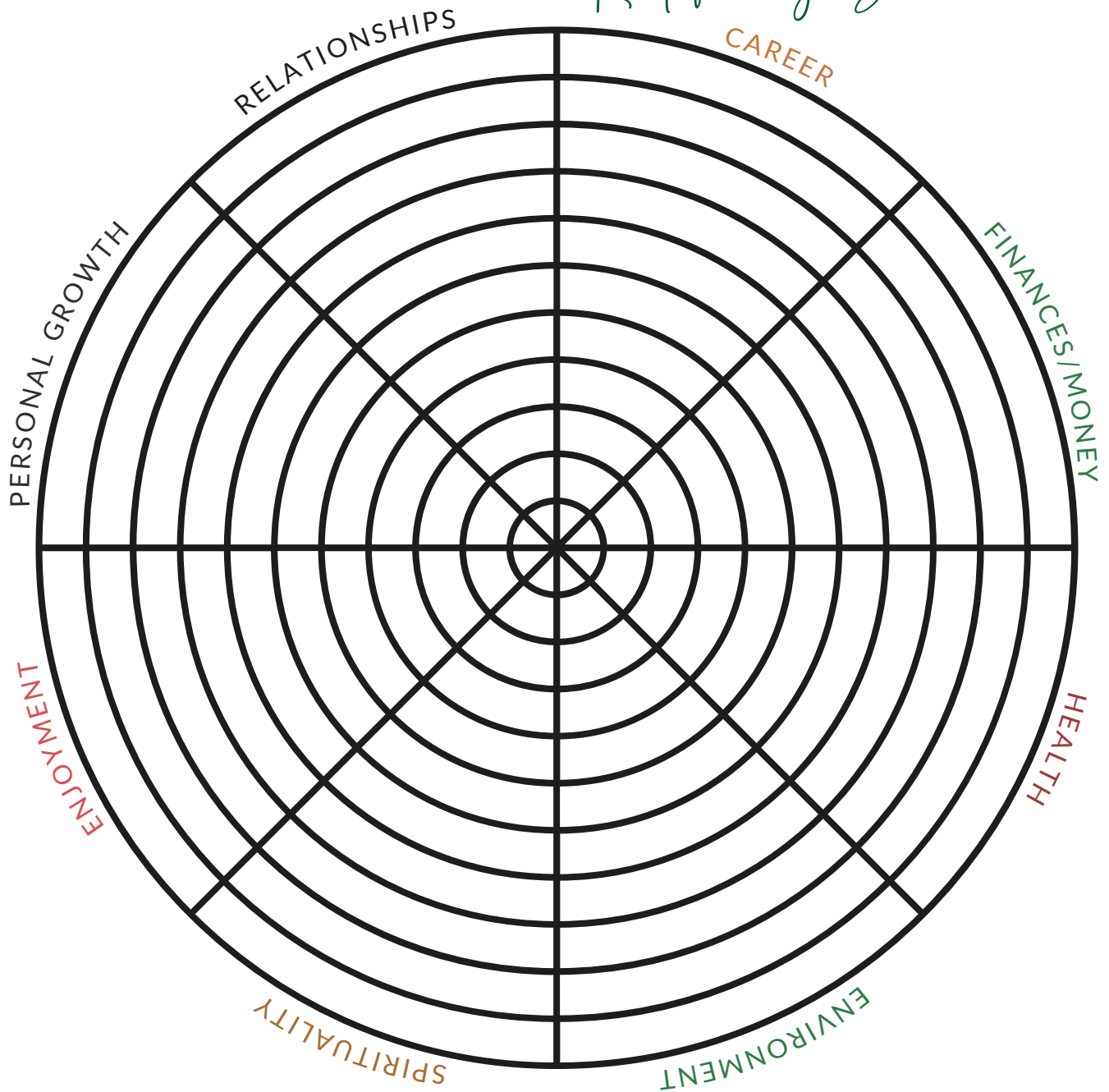
“I USED TO MEASURE
SUCCESS BY HOW
MUCH I DID.

NOW I
MEASURE IT
BY HOW
ALIGNED I
FEEL.”

LM Magazine

WHEEL OF LIFE®

Redefining Success



Consider how satisfied you are in each area on a scale from 1 (very dissatisfied - inner circle) to 10 (fully satisfied - outer circle). Place a dot in the middle of the corresponding line on the wheel to note your score.

WHEEL OF LIFE[®] APPROACH TO

Redefining Success On Your Own Terms

What if success wasn't something you chased... but something you gently rebalanced?

The Wheel of Life[®] is a simple yet powerful tool that helps you take an honest look at where you are right now, across the different areas of your life, and notice what feels aligned... and what doesn't.

In a world that often defines success by just one or two areas (usually work or money), this exercise invites you to zoom out and consider the full picture: your well-being, your relationships, your environment, your personal growth, your joy.

Because in midlife, success isn't about doing more.

It's about feeling whole.

Use this wheel as a check-in. Not to judge yourself, but to reconnect with what truly matters to you now. You may find that success, on your own terms, looks less like perfection... and more like balance, intention, and peace.

“YOU ARE ALLOWED TO OUTGROW
THE VERSION OF SUCCESS YOU ONCE
WORKED SO HARD TO ACHIEVE.”

MARY'S MINDSHIFT MOMENTS



by Mary Farias

Study: The Discipline That Builds Leadership

Inside Magnet Mind, our focus for April is *study*. It's not *more* information. It's not *more* books.

It's study.

You may be wondering what the difference is. In the work I live and teach, study is not something done once and checked off a list. It is a daily discipline. It is a way of thinking. It is a way of leading.

I was introduced to this idea through my mentor, Bob Proctor, who often said:

"The more I study me, the more I can help others." That idea changed everything. Because in the Leadership Economy, everything begins with self-leadership. And self-leadership requires awareness. Awareness requires observation. And observation requires study.

Study Is Self-Leadership in Action

To lead others, there must first be the ability to lead self. This means becoming aware of thought patterns, emotional responses, reactions, decisions, results.

Not judging them. *Studying* them.

Study creates separation between the person and the pattern. It allows space to ask:

- What is actually happening here?
- What am I thinking?
- What am I believing?
- What result is this producing?

Without study, there is just consumption. With study, there is choice.

What Is Worth Studying?

In my own life and work, I study what I teach. Not because I have to—but because I believe deeply in it. The material I return to again and again is rooted in the Universal Laws—the laws that govern how everything operates. These laws are not opinions. They are not trends. They are consistent, reliable, and always in effect.

They teach us how to think, how to direct the mind, and how to align with the way life actually works. And

when something is *true*, it holds up under study.

This is why I don't move on quickly. I return. I revisit. I go deeper.

Because each time, something new is revealed—not because the material changed, but because my awareness did.

Intelligent Followers Become Powerful Leaders

One of the most overlooked truths in leadership is this: The only way to effectively lead others is to first become an intelligent follower. This means to follow a proven path, to study principles that have stood the test of time, to observe, apply, and refine.

Leadership is not built on opinion. It is built on understanding. When there is willingness to follow, to learn, to study deeply—leadership becomes grounded. It becomes steady. It becomes trustworthy.

Study Like a Scientist

It is easy to read something once and say, "I've studied that." But real study looks different. A scientist does not read a theory once and move on. A scientist studies, experiments, refines, and proves.

The same approach applies here.

- Study the material
- Apply it in daily life
- Observe the results
- Adjust and refine

Over time, this builds something far more valuable than information—it builds *faith*.

Faith Is Built Through Study

Two forms of faith are required for growth: Faith in the laws, and faith in self. Neither is developed through occasional exposure.

They are developed through repetition. Through application. Through seeing the laws work—again and again—until belief becomes knowing. This is where confidence is born. From evidence. Study provides that evidence.

An Invitation

If you have a desire to grow—to lead more effectively, to build a stronger personal economy, to expand influence—the starting point is not more effort. It is deeper study.

To study—not just the ideas—but the self.

For those who are curious about where they currently stand in leading themselves, their economy,

and others, I've created a short self-assessment to bring clarity to that structure.

You can explore it here:

<https://www.economycreators.live/quiz>

NEW

CATCH
Mary LIVE ON THE
SHOW
Economy Creators:
Creating Your
Personal Economy.

Because when study becomes a daily discipline, leadership becomes natural. And when leadership becomes natural, growth follows—lawfully.

Mary

Mary Farias is the creator of Magnet Mind Development and a certified Bob Proctor consultant. Passionate about mindset and self-image scripting, Mary helps people reprogram the way they think so they can create the life they truly want.

Connect with Mary:

[FreeMagnetMindCommunity](#)

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[Self-Image Workshop Registration](#)

www.magnetminddevelopment.com

[YouTube](#)

**YOUR ECONOMY SHOULD
BE SHAPED LIKE YOU.**

A YOU-shaped economy is built from:

Your Interests

Your Talents

Your Experiences

This is the work I do every day — in life, in business, and even at the barn.
If you're ready to see where your economy is strong...
and where it needs structure:

Join me for the Monthly Economy Creators Workshop

Register here:

www.magnetminddevelopment.com/economy

MM
MAGNET
MIND

Mary Farias with her horse, Ben
Economy Creator Magnet Mind
Development



THE LAW OF MOMENTUM AND THE 5 PILLARS OF ORGANIZATIONAL EXCELLENCE:



by
Alicia J. Alexander

(How Leaders Create Sustained Organizational Transformation)

In every thriving organization, there is an invisible force that separates stagnant companies from those that continuously grow, innovate, and lead their industries. That force is momentum. When leaders understand how to build and sustain **momentum**, transformation accelerates, teams align, and organizations move forward with clarity and purpose.

The leadership principle known as the Law of Momentum explains that consistent action, reinforced by strategic leadership, creates accelerating progress over time. Once momentum begins, success compounds. Resistance diminishes, confidence grows, and the organization moves forward with greater speed and effectiveness.

For leaders seeking sustainable impact, the Law of Momentum aligns naturally with The 5 Pillars of Organizational Excellence, the leadership framework developed by Alicia J. Alexander, MSL, Founder and Executive Business Coach of Make A Difference Consulting. Together, these principles create a structured pathway for leaders to transform workplace culture, strengthen leadership capacity, and generate measurable results.

Understanding this alignment allows executives and business owners to move beyond isolated initiatives and instead create a leadership ecosystem that produces sustained organizational excellence.

Momentum Begins with Leadership Clarity

Momentum rarely begins by accident. It begins with leadership vision.

Organizations often stall because leaders attempt to introduce change without

establishing a coherent leadership philosophy. Employees sense inconsistency, initiatives lose traction, and progress slows.

The 5 Pillars of Organizational Excellence provide the leadership infrastructure necessary to initiate momentum. By addressing both the neurological and relational dimensions of leadership, the framework ensures that transformation occurs not only in strategy but also in behavior, culture, and trust.

When leaders align their actions with The 5 Pillars of Organizational Excellence, they create the conditions required for sustained progress.

Neuroleadership: Activating Strategic Thinking

Momentum begins in the mind of the leader.

Neuroleadership focuses on how leaders use insights from neuroscience to improve decision making, emotional regulation, and cognitive clarity. Leaders who understand how the brain responds to stress, uncertainty, and change are better equipped to guide teams through transformation.

When executives communicate with clarity, reduce unnecessary cognitive overload, and provide direction during uncertainty, they activate the psychological safety necessary for innovation and progress.

This pillar initiates momentum because people move faster when they understand the direction and believe in the leadership guiding them forward.

Neuromanagement: Creating Systems that Sustain Progress

Once leadership clarity is shown, systems must reinforce the direction.



Neuromanagement focuses on how leaders design environments that align with how the human brain performs best. High-performing organizations structure communication, decision-making processes, and accountability systems in ways that support productivity rather than hinder it.

Without effective management systems, even the strongest leadership vision will struggle to gain traction.

Neuromanagement converts vision into execution. It provides the operational framework that allows momentum to build, ensuring that teams move forward with consistency rather than confusion.



Authentic Appreciation: Fueling Engagement and Energy

Momentum accelerates when people feel valued.

Authentic Appreciation focuses on recognizing the unique contributions of individuals within an organization. Unlike generic recognition programs, authentic appreciation requires leaders to understand how different individuals experience appreciation and motivation.

Employees who feel genuinely valued demonstrate higher levels of engagement, creativity, and collaboration. They contribute discretionary effort and become advocates for the organization's mission.

In this way, appreciation becomes a catalyst for momentum. It energizes teams and reinforces the behaviors that drive organizational success.

Workplace Forgiveness: Removing Barriers to Progress

Every organization encounters mistakes, misunderstandings, and conflict. When these issues remain unresolved, they silently drain energy from the workplace.

Workplace Forgiveness addresses one of the most overlooked barriers to organizational momentum: unresolved relational tension. Forgiveness in a professional context does not mean ignoring accountability. Instead, it allows leaders and teams to acknowledge mistakes, learn from them, and move forward without carrying the emotional weight of past conflicts.

Organizations that cultivate forgiveness create environments where innovation thrives because employees feel safe to take calculated risks. When people are not trapped in cycles of blame or resentment, progress accelerates. Momentum requires forward movement, and forgiveness removes the emotional obstacles that prevent it.

Organizational Trust: The Foundation of Sustained Momentum

The final pillar, Organizational Trust, anchors the entire framework.

Trust is the currency of leadership. Without it, initiatives falter, collaboration weakens, and progress slows. With it, teams align quickly and move forward with confidence. Trust grows when leaders demonstrate consistency between words and actions. It strengthens when organizations communicate transparently and when leaders honor commitments.

When trust becomes embedded within organizational culture, momentum no longer depends solely on leadership directives. Instead, it becomes a collective force driven by shared purpose and mutual respect. Organizational Trust transforms momentum from a temporary surge into a sustainable organizational capability.

When Momentum and Leadership Excellence Align

When the Law of Momentum intersects with The 5 Pillars of Organizational Excellence, organizations experience a powerful shift.

- Leaders gain clarity in decision making.
- Teams develop stronger collaboration and engagement.

- Workplace culture becomes healthier and more resilient.
- Strategic initiatives move forward with increased speed and alignment.

Momentum is no longer accidental. It becomes intentional. The result is an organization capable of adapting, innovating, and thriving in an ever-changing business environment.

A Call to Leaders Ready to Create Organizational Excellence

Today's business landscape demands more than traditional management. It requires leaders who understand how to cultivate trust, engage people authentically, and design systems that sustain progress.

If you are a business owner, executive leader, or organizational decision-maker seeking to elevate your organization's performance, now is the time to build momentum that lasts.

Through keynote presentations, executive coaching, and organizational consulting, Make A Difference Consulting equips leaders with the tools and strategies needed to implement The 5 Pillars of Organizational Excellence within their organizations.



About

Under the leadership of Alicia J. Alexander, MSL, Founder and Executive Business Coach, organizations gain research-informed leadership strategies that transform workplace culture, strengthen leadership capability, and produce measurable results.

The future of your organization depends on the leadership momentum you create today.

To explore how The 5 Pillars of Organizational Excellence can accelerate your organization's growth and leadership impact, connect with Alicia J. Alexander, MSL.

Mobile: 401-601-3207

Email: Alicia@MakeADifferenceConsulting.com

[Website](#)

[LinkedIn](#)

A woman wearing a straw hat, sunglasses, a dark tank top, and denim shorts stands on a large rock by a lake. She is smiling and looking towards the right. The background features a calm lake, lush green trees, and a bright, sunny sky. The quote is written in a black, cursive font over the right side of the image.

*“Define success
on your own terms,
achieve it by your own rules,
and build a life you’re
proud to live.”*

— Anne Sweeney

WISE WOMEN, WISE GUTS

Spring Allergies & the Microbiome



by Diana Boskma

The other day, I was out for a walk when I heard it, that familiar little snuffle behind me.

Then a sneeze.

Then another.

Someone laughed and said, “Ah well, hay fever season... here we go again.”

And it made me pause.

Because for so many of us, spring isn't just about light returning or blossoms opening. It's also the season of itchy eyes, runny noses, foggy heads, and that slightly inflamed, uncomfortable feeling we've come to accept as normal.

But what if it isn't just “the pollen”?

What if it's how our body responds to it?

Your body is not overreacting

Allergies can feel like an overreaction, as if the body is making a fuss over something small and harmless.

But from the body's perspective, it's not overreacting. It's responding.

Pollen, dust, grasses, these are not new to the human body. We've lived alongside them for generations. Yet today, more and more people find themselves reacting strongly to them.

This is where the gut quietly enters the picture.

The gut trains the immune system

Around 70% of your immune system lives in your gut. Not just sitting there, but actively learning, adapting, and deciding how to respond to what comes into the body.

Your microbiome, the community of microbes in your gut, acts almost like a teacher. It helps your immune system recognise what is harmless and what is not.

When the microbiome is diverse and well-nourished, the immune system tends to respond with balance. It notices pollen... but doesn't panic.

When the gut is under strain, from poor digestion, stress, lack of nutrients, or a less diverse microbial environment, that balance can shift. The immune system becomes more reactive, more sensitive.

And that's often when symptoms appear.

Spring is a sensitive moment

Spring is not just a change in weather. It's a biological shift.

Your body is moving out of winter's slower rhythm and into a more active state. Digestion begins to wake up. Hormones adjust. The immune system becomes more alert. At the same time, you're suddenly exposed to more environmental triggers, pollen, grasses, dust in the air.

So the body is:

- becoming more active internally
- while facing more stimulation externally

For a well-supported system, this is manageable.

For a system already under strain, it can feel like too much.

A word on histamine (keeping it simple)

Histamine often gets blamed for allergies, but it's not the enemy.

It's a natural compound your body produces to help deal with perceived threats. It increases blood flow, triggers immune responses, and helps you adapt.

The issue isn't histamine itself, it's when there's too much of it, or when the body struggles to break it down efficiently.

And once again, the gut plays a role.

A well-functioning digestive system, supported liver, and balanced

microbiome all help regulate histamine levels. When those systems are under pressure, symptoms can feel stronger and last longer.

Why symptoms may feel worse in midlife

Many women notice that allergies either appear or worsen in their 40s and 50s.

This isn't random.

Hormonal shifts influence:

- immune regulation
- inflammation levels
- gut health
- histamine tolerance

At the same time, years of stress, disrupted sleep, or less-than-ideal digestion can begin to show their effects.

So what feels like "suddenly getting hay fever" is often the body simply reaching a point where it needs more support.

Supporting the body, gently

This is not about fighting your body or shutting symptoms down. It's about helping the system respond more calmly.

Think of it as building resilience, not resistance.

A few simple, traditional supports can make a real difference:

- Bone broth and slow-cooked meats

These help soothe and repair the gut lining, which supports immune balance.

- Fermented foods (in small, regular amounts)

A spoonful of sauerkraut or a little kefir supports microbial diversity.

- Bitter greens and fresh herbs

Rocket, parsley, mint, dandelion, these support digestion, bile flow, and overall detoxification.

- Natural fats and proper meals

Butter, olive oil, eggs, and well-balanced meals help stabilise blood sugar and reduce stress on the system.

- Rest and rhythm

Good sleep and regular mealtimes are some of the most powerful ways to support both the gut and immune system.

Nothing extreme. Nothing restrictive. Just steady, consistent nourishment.

A different way to see spring

What if spring isn't something to

endure, but something to work with? Your body is not fragile. It's adaptive.

It's intelligent. It's constantly trying to find balance.

When symptoms appear, they're not a sign of failure. They're communication.

A request to support the gut. To calm the nervous system. To nourish more deeply.

A wise woman's spring

Spring is a season of awakening, but not all awakenings are comfortable at first.

Sometimes they come with a little friction. A little sensitivity. A reminder that something within needs attention.

So this season, instead of bracing yourself for symptoms, perhaps you meet your body with curiosity.

Feed it well. Rest when needed. Support your gut like the wise ally it is.

Because when the gut is steady, the immune system softens.

And spring begins to feel lighter again.

About

Hi, I'm Diana Boskma of Connecting Life Coaching. I am a holistic life and health coach with a special focus on women in midlife.

Diana

CONNECT WITH Diana Boskma

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THE SUPERFOOD OF THE MONTH IS...

Radishes

Radishes may be small, but they are surprisingly powerful when it comes to nutrition. Crisp, refreshing, and slightly peppery, they are rich in vitamin C, which supports the immune system and helps protect the body against everyday stress and inflammation. They also contain potassium, an essential mineral that plays a role in maintaining healthy blood pressure and supporting heart function. With their high water content, radishes are naturally hydrating and contribute to overall digestion and detoxification.

Another reason to include radishes in your meals is their fiber content. Fiber supports gut health, helps regulate digestion, and can contribute to feeling fuller for longer. Radishes also contain natural compounds called glucosinolates, which are known for their antioxidant properties and their role in supporting the body's natural detox processes. Light, crunchy, and easy to add to salads, sandwiches, or simple snacks, radishes are a fresh and effortless way to bring both flavor and nourishment to your plate.



RADISH, BUTTER & HERB TARTINE

Ingredients:

- 4-6 fresh radishes, thinly sliced
- 2 slices of good quality bread (sourdough works beautifully)
- Butter (or a plant-based alternative), softened
- A pinch of sea salt
- Fresh herbs (chives, parsley, or dill)
- Optional: squeeze of lemon

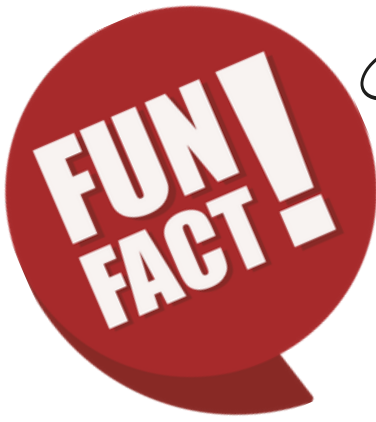


Preparation:

- Lightly toast the bread until golden.
- Spread a generous layer of butter while still warm.
- Arrange the radish slices on top.
- Sprinkle with sea salt and fresh herbs.
- Add a small squeeze of lemon if you like a touch of brightness.

Serve immediately and enjoy slowly.





Did you know...

- The birthstone for April is the diamond, symbolizing clarity and strength. The Spring Equinox brings nearly equal day and night.
- Radishes belong to the same family as broccoli, cabbage, and mustard – all powerful for digestion.
- Many highly successful people didn't "figure it out" until later – some of the most impactful businesses and careers started after 40.
- "April showers bring May flowers" dates back to a 16th-century English poem.
- The entire radish plant is edible – roots, leaves, and even seeds.

[Why your greatest successes can come after 40 | Angela Vassallo](#)



FUN & GAMES

Wordsearch

Self-Love

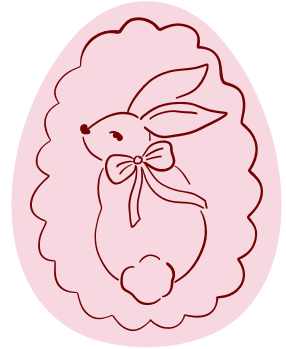
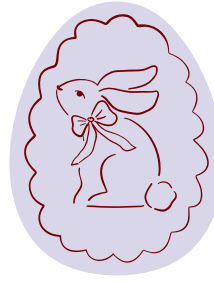
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D	I	O	C	J	A	R	W	P	O	V	T	H	G	L	S	E	O	E	I	H	Q	W	Z	M

Word List

Acceptance
Affirmations
Attention
Awareness
Compassionate
Flexibility
Grounding

Insight
Joyfulness
Nonstriving
Open-hearted
Patience
Recharging
Relaxed

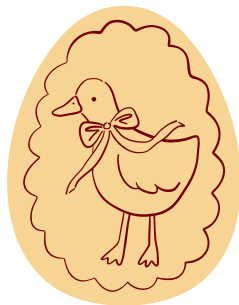
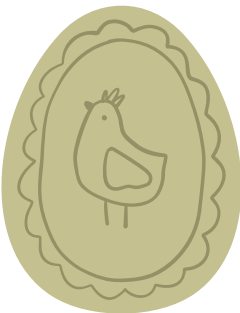
Self-care
Self-love
Silence
Stillness
Surrendering
Yoga



Sudoku

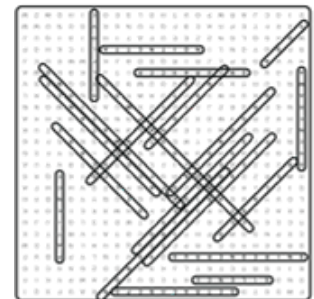
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Answers

5	7	8	6	1	3	9	4	9
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9	6	7	1	3	7	5	2	8
1	9	5	6	7	7	8	3	2
3	8	6	2	1	5	7	9	7
2	4	7	3	8	9	6	1	5



**“She stopped
climbing
ladders that
led nowhere
she wanted
to be.”**

LM MAGAZINE

YOU AND YOUR... *Money*

WHAT IF FINANCIAL SUCCESS WAS SIMPLY... FEELING IN CONTROL?

For many women over 40, money carries more than numbers.

It carries history.

Decisions made (or avoided).

Years of putting others first.

Moments of uncertainty, pressure, or starting over.

And somewhere along the way, “financial success” became something that felt... out of reach.

Something reserved for people who “did it right.”

Who started earlier or who knew more.

But what if success with money wasn't about catching up?

What if it was simply about feeling in control again?

Because here's the truth:

You don't need a perfect financial plan to begin.

You don't need to overhaul your entire life.

You don't need to understand everything.

You just need a starting point.

A Simple Reset: Know Your Numbers (Without Overwhelm)

Instead of trying to fix everything at once, start here.

Not with a budget.

Not with restrictions.

Just awareness.

Take a quiet moment—maybe with a cup of tea—and write down:

- What comes in each month
- What goes out (your main expenses, not every detail)
- What's left (even if it's very little... or negative)

That's it.

No judgment.

No panic.

No “I should have...”

Just clarity.

Why This Matters More Than You Think

When you avoid your numbers, money feels heavy and uncertain.

When you face them something shifts.

YOU AND YOUR... *Money*

You move from:

“I don’t know where I stand”

to

“I see it now.”

And that alone is powerful.

Because clarity creates calm.

And calm creates better decisions.

Redefining Financial Success

Maybe financial success, right now, isn’t about saving thousands or investing perfectly.

Maybe it looks like:

- Knowing what you have
- Feeling less anxious about money
- Making one small, intentional change
- Giving yourself permission to start again

One Small Step Forward

Once you’ve written your numbers, ask yourself:

“What is one small change that would feel supportive right now?”

It could be:

- Cancelling something you don’t use
- Setting aside a small amount each week
- Being more intentional with one category of spending

Because success with money doesn’t come from doing everything at once. It comes from small decisions, made consistently, from a place of awareness—not fear.

A little reminder:

You are not behind.

You are not bad with money.

You are simply at a new starting point.

And from here... you get to define what financial success looks like for you.



FITNESS MOVEMENT OF THE MONTH

Gentle Strength

This month, instead of focusing on movement that feels repetitive or purely routine, we are shifting the attention slightly toward something that often gets overlooked, especially in midlife: strength. Not the kind that requires a gym, heavy weights, or complicated programs, but a gentle, practical kind of strength that supports your everyday life.

Gentle strength is about maintaining and rebuilding the muscle support that helps you move with ease, carry what you need to carry, protect your joints, and feel more stable in your body. It is less about appearance and more about function. It is about feeling capable in small, real moments, like standing up with ease, reaching, lifting, or simply moving through your day without discomfort.

The beauty of this kind of movement is that it does not need to take much time, and it does not require you to completely change your routine. It can be woven into your day in simple, almost unnoticed ways.

- Sitting down and standing up from a chair a few times with intention
- Using a wall for gentle push-ups
- Holding onto a kitchen counter while doing a few supported squats
- Carrying your groceries with awareness instead of rushing through it.

These are small actions, but they build something meaningful over time.

What matters most this month is not how much you do, but that you begin to reconnect with the idea that your body is capable of supporting you, and that you can support it in return. There is no pressure to get it right, no expectation to follow a strict plan, and no need to push beyond what feels comfortable. A few minutes, done consistently and with care, is more than enough.

If you choose to focus on anything, let it be this: moving in a way that helps you feel a little stronger, a little more steady, and a little more connected to yourself each day.

“



THERE COMES A
MOMENT WHEN
YOU STOP
ASKING WHAT
LOOKS RIGHT,
AND START
CHOOSING WHAT
FEELS TRUE.

— LM Magazine



”

GRACE & GRIT

Redefining Success Without Apology

by Coleen Stubbs



Midlife success isn't about proving you still have it — it's about finally defining what matters most.

There comes a point in midlife when success starts to feel a little... crowded.

Not because you've failed. Not because you've lost your ambition. But because somewhere along the way, the version of success you were handed stopped fitting the life you actually want.

For years, many of us were taught to measure success by output: how much we produced, how many people we pleased, how much we could carry without dropping the ball. We wore busy like a badge and called exhaustion "just a season."

But midlife has a way of telling the truth.

It asks better questions. Do I even want this pace anymore? Does this version of success leave room for my peace, my family, my health, my faith, my joy? Or have I been climbing a ladder that was leaning against the

wrong wall?

I know that shift personally. After building multiple businesses over the years, I reached a season where I had to look at success differently. From the outside, I had plenty of proof that I could build, lead, and make things happen. But on the inside, I knew I was carrying too much. Burnout has a way of exposing what achievement can hide.

That season taught me something I wish more women heard sooner: success without peace isn't success — it's burnout wearing better shoes.

That doesn't mean you stop dreaming. It doesn't mean you stop building. It means you get honest about what kind of success is sustainable for the woman you are now.

In midlife, success often becomes less about applause and more about alignment. It looks like saying no without guilt.

It looks like creating systems and rhythms that support your real life. It looks like choosing meaningful work over performative hustle.

It looks like making room for family, rest, faith, friendship, and the parts of yourself that got buried under responsibility.

And yes, it may look different than it did at 35. Good. It should.

Growth changes you. Wisdom refines you. Experience teaches you what's worth carrying and what needs to be laid down.

If you've been feeling the tension between the life you built and the life you want now, here's one simple thing you can do today.

CREATE A "SUCCESS FILTER"

Take 10 quiet minutes and write down your answer to this question:

At this stage of my life, success means...

Then finish the sentence with 3 to 5 words or phrases that matter most to you now. *Maybe it's:*

- peace in my home
- work that fits my values
- time freedom
- energy at the end of the day
- meaningful impact
- financial stability without chaos

Once you have your list, use it as a filter. Before saying yes to a commitment, opportunity, or goal, ask: Does this support the version of success I actually want?

That one question can save you from building a life that looks good on paper but feels heavy in your spirit.

SCREENSHOT CHECKLIST

- I give myself permission to redefine success in this season.
- Success can include peace, not just productivity.
- I do not have to prove my worth through exhaustion.
- My priorities are allowed to change as I grow.
- Alignment matters more than appearances.
- Rest, family, faith, and joy are not distractions from success.
- I can build a life and business that support the woman I am now.

CLOSING

If midlife has taught us anything, it's this: we do not need to keep chasing definitions that were never designed with our wholeness in mind.

You are allowed to want a softer life and a stronger legacy.

You are allowed to choose peace without giving up purpose.

You are allowed to build something meaningful without burning yourself down to do it. Redefining success isn't quitting.

It's maturing.

It's wisdom.

It's finally understanding that the most powerful life is not always the loudest one – it's the one built with intention, integrity, and grace.

About

Each month in this column, I'm committed to bringing you high-impact insights and game-changing opportunities that deliver real value to entrepreneurs who are serious about growth. No fluff—just strategies, systems, and resources that move the needle.

Coleen is the founder of **Simplified CEO Systems**, helping midlife women entrepreneurs build customized CRM systems that scale. Connect at simplifiedceosystems.com.

If you're ready to build a business and a life you're madly passionate about, but need help

organizing your back office and creating systems that give you more time freedom and

confidence, join me inside **Simplified Go HighLevel on Skool**.

Coleen

<https://www.linkedin.com/in/coleen-stubbs-simplified-ceo-systems/>

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“IN MIDLIFE,
SUCCESS
BECOMES
LESS ABOUT
HAVING IT
ALL, AND
MORE ABOUT
KEEPING
WHAT TRULY
MATTERS.”

– Sara Fernandest

REDEFINING SUCCESS FROM WITHIN: A RETURN TO WHAT FEELS TRUE

Rev. Joslyn Farray Pierre is a Caribbean Creative Wellbeing Educator, Spiritual Guide, and the visionary founder of the Intuitive Wellbeing Institute. She also serves as a Director of the Innovation Multimedia Association of Grenada (IMAGND), where she contributes to the development of creative and cultural leadership across the region.

Through her signature *Sacred Spiral Method™* — *Root · Rise · Radiate™* — Joslyn guides women, youth, and creatives back to themselves, helping them reconnect with their inner wisdom, express their creativity, and lead with clarity, peace, and purpose.

Her work sits at the intersection of faith, creativity, and personal transformation. She creates spaces where individuals are invited to slow down, listen deeply, and rebuild their lives from a place of alignment rather than expectation.

With a grounded yet expansive presence, Joslyn's mission is to support others in living, leading, and prospering in a way that feels true — not prescribed — reminding us that success is not something to chase, but something to define for ourselves.

Joslyn is also a valued member of the *Life Mastery Circle*, where her presence brings a thoughtful depth and a quiet strength to the community. As an Insider, she embodies the very essence of what the Circle represents, a space where women come together not to perform or prove, but to reconnect, reflect, and move forward in a way that feels true to them. Her perspective, shaped by her work and lived experience, adds a layer of richness to the conversations, reminding us that growth does not have to be rushed to be meaningful.

Let's get to know her a little better.

Your work centers around intuitive wellbeing and restorative leadership. What first led you to explore the connection between leadership, energy, and wellbeing?

My journey began long before I had language for it. As an educator and later as a wellbeing practitioner, I began noticing something powerful: many capable women leaders were not struggling because they lacked intelligence or commitment. They were simply exhausted.

They were constantly giving but rarely replenishing themselves.

In my small island community, and particularly within spiritual and teaching spaces, many of us were taught to serve sacrificially. Service was honorable, but often the true value of our work was overlooked. Many women were offering profound guidance, care, and leadership, yet they had little support for their own well-being.

Over time, I realized that leadership is not only about strategy or productivity. It is also about energy, rhythm, and inner clarity.

When a woman learns to regulate her energy and honor her natural cycles, she leads differently. Her leadership becomes calmer, wiser, and far more sustainable.

This realization eventually evolved into my work through the Intuitive Wellbeing Institute, and into the framework I now teach – the Sacred Spiral Method™: Root. Rise. Radiate.

At its heart, the work is about helping women reconnect with their inner wisdom so they can lead, serve, and create from a place of wholeness rather than exhaustion.



Many women in leadership roles carry a great deal of responsibility, often while caring for others in their personal lives as well. In your experience, what are some of the early signs that a woman is approaching burnout or disconnection from herself?

Burnout rarely arrives suddenly. It whispers first.

Some of the earliest signs I see include, constant fatigue, even after rest, a loss of joy in work that once felt meaningful, irritability or emotional numbness, difficulty making clear decisions, and a growing sense of carrying everything alone



In my work as a wellbeing practitioner and health coach, I also notice physical and lifestyle signals that often appear quietly beneath the surface. Some women begin to cope through emotional eating, which can gradually lead to weight gain or other health concerns. Others lose interest in personal grooming or self-care – or they continue maintaining appearances, but only as a form of performance rather than genuine care for themselves.

Many women in leadership are highly capable, so they continue to show up, fulfill responsibilities, and support others while slowly disconnecting from their own needs.

Restorative leadership begins when a woman pauses long enough to ask herself a simple but powerful question: *“What do I need right now to feel whole again?”*

That moment of honest reflection is often the first step back toward balance, clarity, and renewed well-being.

You speak about the importance of regulating our energy rather than constantly pushing ourselves to perform. How can women begin to recognize and respect their

natural cycles instead of working against them?

The first step is awareness.

Most women have been conditioned to operate as though we are machines. We are expected to perform at the same pace every day. Yet our bodies, emotions, and creativity naturally move in cycles.

In my practice, I often encourage women to begin with simple observation. Pay attention to your natural patterns, when do I feel most focused and mentally clear? When does my creativity naturally expand?, When do I need reflection or rest?

These questions help women reconnect with their internal rhythm rather than forcing themselves to operate in constant output.

In my work through the Sacred Spiral Method™ – Root. Rise. Radiate., I guide women to see growth not as a straight line but as a spiral. There are seasons for grounding, seasons for expansion, and seasons for expression.

Even something as ancient and simple as observing moon rhythms can support this awareness. Many women find that when they begin aligning their reflection, planning, and renewal with these natural cycles, they experience greater clarity and emotional balance.



When we stop forcing ourselves to perform constantly and instead work with our natural rhythm, leadership becomes more sustainable. We move from exhaustion toward intentional, regulated leadership.

Creativity and sacred renewal are important parts of your work. How do creativity and reflection help women reconnect with their inner authority and clarity?

Creativity is one of the most powerful forms of renewal.

When women engage in reflective practices—journaling, storytelling, art, prayer, or meditation. They create space for their inner wisdom to surface. In the quiet of reflection, the noise of daily responsibility softens, and clarity begins to emerge.

Creativity reminds us that we are not only producers of results. We are also creators of meaning, insight, and possibility.

In my work with women through the *Intuitive Wellbeing Institute*, I often use creative and reflective practices as a gateway back to inner authority. Programs such as *Moon Medicine*, for example, invite women to slow down, journal, and reflect alongside the natural rhythms of the moon.

These moments of reflection are not simply spiritual rituals. They are powerful leadership practices. They allow women to reconnect with their intuition, process their experiences, and make decisions from a place of grounded clarity.

Through creativity and reflection, many women rediscover their own voice. They remember that their wisdom did not disappear beneath responsibility, it simply needed space to be heard again.

Leadership can sometimes feel isolating. How important is community in sustaining women who are holding space for others, whether in business, leadership, or family life?

Community is essential.

Many women leaders are the ones everyone turns to for guidance, support, and stability. Yet they often have very few spaces where they themselves can be supported.

A healthy community offers three powerful things, *reflection, encouragement, and perspective.*

When women gather with intention, they remind one another that leadership does not have to be carried alone.

In this season of my life, I have come to deeply value communities that allow women leaders to share their voices and support one another. *Sara's Life Mastery* community is a beautiful example of this. Through the magazine, podcast conversations, and simple co-working spaces, women are given

opportunities to be seen, heard, and encouraged in their leadership journeys.

Community has also shaped my own path in meaningful ways. My early foundation came through the *church community*, where service, compassion, and leadership were first nurtured in me. That grounding continues to influence the way I approach wellbeing and leadership today.

In more recent years, I have also had the privilege of serving as a *TAPN2U Peace Partner Director (2025-2026)*. Through this global peace initiative we created spaces for reflection and dialogue—hosting virtual conferences, contributing to a collaborative poetry book and recital, and partnering with educational and humanitarian platforms dedicated to peace and human connection.



Locally in Grenada, I am part of the *Innovation Multimedia Association of Grenada (IMAGND)*, a recently launched and developing creative network working to strengthen connections among creatives while building opportunities for collaboration regionally and internationally.

I have also benefited from leadership spaces such as *Magnet 30*, the *Caribbean Global Awards community*, and international platforms like *Professional Pulse* and the *Build Your Own Table Global Conference*, where women leaders share ideas, visibility, and encouragement.

Each of these spaces reminds me that leadership flourishes best when we are connected.

Community transforms leadership from a solitary responsibility into a *shared journey of growth, creativity, and contribution*.

As someone who supports women navigating responsibility and impact, what is one message you would offer to women who feel exhausted but still feel called to lead, create, or contribute?

Exhaustion does not mean you have lost your calling. It may simply mean it is time to lead differently.

Many women who feel tired are not lacking passion or purpose. They care deeply about the work they do and the people they serve. They carry responsibility with courage and devotion. Yet too often, women leaders are celebrated only for how much they produce, how much they manage, and how much they give.

My work invites a different conversation.

Women leaders deserve not only to be celebrated for their performance, but to be supported in their humanity. To be seen, to be heard, and to be nourished, not because they are doing something for others, but simply because they are human.

Often exhaustion is not a sign of failure. It is a signal from the body and the spirit asking for restoration.

The invitation is not to abandon your purpose, it is to *lead with rhythm, wisdom, and restoration*.

Create rhythms that sustain you.

Allow space for reflection, creativity, and renewal.

Let your leadership emerge from clarity rather than constant pressure.

Women leaders also need to know that they are allowed to ask for and receive support without feeling diminished or less respected. Strength does not mean carrying everything alone. True strength often includes the courage to be vulnerable, to acknowledge when we need care, and to allow ourselves to be supported.

When a woman gives herself permission to restore her energy, something beautiful happens. Her leadership softens, deepens, and becomes more sustainable. She no longer leads only from obligation or effort—she begins to lead from *presence, wholeness, and wisdom*.

And from that place, her impact becomes even more powerful.

What does “life mastery” mean to you personally in this season of your life?

For me, life mastery is no longer about control or perfection. It is about alignment.


It means honoring my energy, moving with clarity, and building a life where my leadership, creativity, and wellbeing support one another rather than compete.

Life mastery is learning to move through life with intention and grace, while trusting the wisdom that already lives within us.

It also means walking in love, the deep kind of love that allows each person to grow at their own pace. I have come to understand that every phase of life has meaning, even the ones that feel uncertain or uncomfortable.

In my work with *Moon Medicine*, I often use the moon as a reminder of this truth. Whether we see the full moon shining brightly or only a small crescent in the sky, the moon itself is still whole.

In the same way, we remain whole through every season of our lives.

Some experiences will feel joyful and expansive, while others may feel challenging or unsettling. Yet each moment carries its own lesson, its own invitation for growth. For me, life mastery is trusting that all of it, the beautiful and the difficult, is part of the journey. And learning to meet each phase with wisdom, compassion, and a quiet confidence that life is unfolding exactly as it should. 

CONNECT WITH JOSLYN:

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I loved having Joslyn’s perspective for this issue of the magazine. Let’s end this wonderful interview with a few rapid-fire questions.

RAPID FIRE WITH *Rev Joslyn Farrray Pierre*

Morning or night?	Morning – I love the quiet clarity of the early hours
Coffee or tea?	Tea. A rich cup of Grenadian cocoa tea is one of my favorites
Currently reading:	Books exploring consciousness, leadership, and spiritual psychology.
A quote I live by:	“Be still and know.”
Song that always gets me dancing:	Anything with a strong Caribbean rhythm.
What I say too often:	“Let’s take a moment to pause and breathe.”
My guilty pleasure:	Good chocolate, a glass of red wine, reflective time in nature, hot bath, plate of Grenadian Oil Down
Best advice I’ve ever received:	Trust the wisdom within you.
Go-to self-care ritual:	Journaling and quiet reflection.
One thing most people don’t know about me:	I served wholeheartedly the church community for decades, suffered profound personal losses, including the passing of my baby boy at six years old
What creativity looks like in my everyday life:	Writing, journaling, sharing transformational stories, designing reflective programs, and creating spaces where women can reconnect with themselves.
I feel most myself when...	I am guiding others into clarity while remaining grounded in my own rhythm.
One thing I’d tell my younger self:	You are allowed to trust your voice sooner.

CHALLENGE

THE “REDEFINING SUCCESS”

7-DAY RESET



This month, we invite you to pause and reflect on what success means to you now. Not the version you were taught, or the one you once chased, but the one that feels true in this season of your life.

This simple 7-day reset is designed to help you reconnect with what matters, one small prompt at a time. No pressure, no perfect answers—just a moment each day to listen, notice, and choose differently.

Day 1 – What Have I Been Measuring?

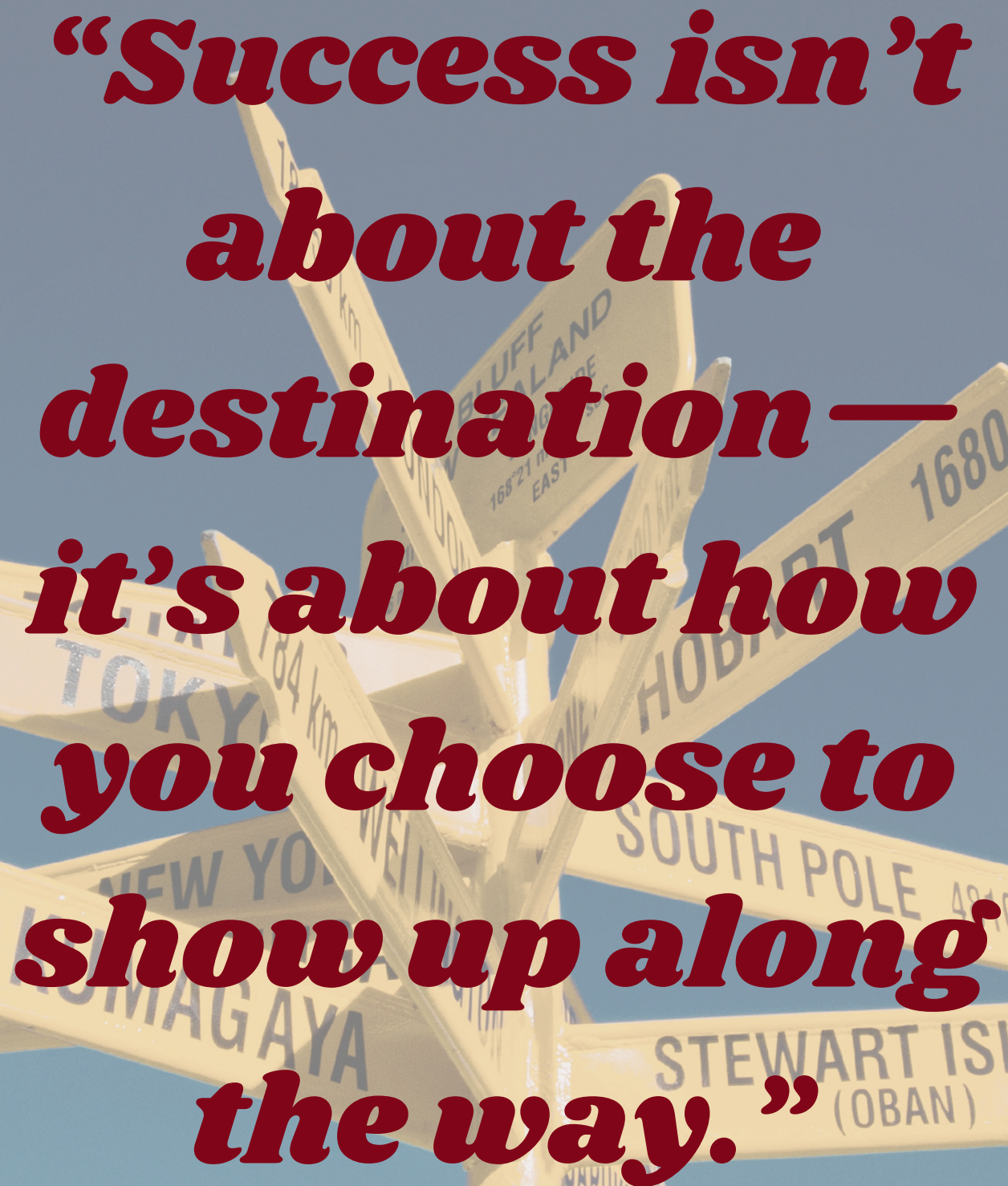
Day 2 – Does It Still Fit?

Day 3 – What Actually Matters Now?



Insiders, you'll find the full 7-day Redefining Success Reset, along with guided pages to help you go deeper at your own pace in Life Mastery Binder, in the **Circle**

If you're ready for more clarity, reflection, and structure, this is where the real shift begins.



***“Success isn’t
about the
destination —
it’s about how
you choose to
show up along
the way.”***

— Michelle Obama

AFFIRMATIONS

Redefining Success On Your Own Terms

Success does not have to look the way it once did, and it certainly does not have to look like anyone else's version.

This is your invitation to define it in a way that feels honest, supportive, and aligned with the life you are creating now.

Let these affirmations guide you back to your own voice, your own pace, and a version of success that feels like it truly belongs to you.

(Repeat the ones that speak to you daily to help you stay grounded throughout the season.)

- I am allowed to redefine success in a way that feels true to who I am today.
- My worth is not measured by timelines, titles, or expectations.
- I trust the path I am creating, even if it looks different from others.
- I honor the woman I have been and embrace the woman I am becoming.



Insiders - You can find more affirmations in your LM Binder for inspiration, and inside Life Mastery Circle.

JOURNALING PROMPTS

Redefining Success On Your Own Terms

Redefining success often begins with an honest conversation with yourself about what truly matters at this stage of your life.

These prompts are here to help you explore your values, question old definitions, and reconnect with what feels meaningful now.

There is no right answer, only the space to reflect, realign, and begin shaping success on your own terms.

- **What did success look like to me in my 20s or 30s—and how has that definition changed today?**
- **Whose expectations have influenced my idea of success, and are they still relevant to me?**
- **When do I feel most fulfilled, even if it doesn't look "successful" from the outside?**
- **What does a successful day look like for me now, in this season of my life?**



Insiders - You can find more Journaling Prompts in your Binder and inside Life Mastery Circle.

THE MOMENTS THAT STAYED WITH US

Over the past year, LM Magazine has become more than a collection of articles. It has grown into a space where stories are shared, perspectives shift, and women reconnect with themselves in ways that feel both grounding and expansive. Some pieces reached many, others stayed with the reader long after, and a few created conversations that continued beyond the page.

This is a reflection of those moments. Not just what performed well, but what truly resonated.

MOST VIEWED ISSUE



November 2025 – Unstoppable Resilience
featuring Verna Haywood

This issue drew readers in with a theme that feels both universal and deeply personal. It spoke to the kind of strength that is not always visible, the kind that builds quietly over time, and it resonated with women who are navigating their own moments of perseverance and growth.

If you haven't already, connect with Verna, she is an amazing person to know with a life story that many of us relate to, one way or another.

A STANDOUT CONTRIBUTOR MOMENT



January 2026 – Michele Schalin,
Mental Fitness Coach & Author

Michele's contribution brought depth, clarity, and a grounded perspective on the inner work that supports lasting change. Her voice stood out not through intensity, but through a calm and steady presence, offering readers a way to approach growth with both intention and self-compassion.

MOST READ ARTICLE

There is something powerful about stepping forward and allowing your own story to be seen. This interview connected deeply with readers, offering a more personal look behind the magazine and the journey that shaped it. It became a reminder that the spaces we create are often reflections of the paths we have walked ourselves.



Sara Fernandes – Interview with
the Woman Behind LM Magazine
(August 2025).

MOST SHARED ISSUE



June 2025 – Monetizing Your Personal Brand

This edition sparked conversation and connection, reaching beyond the page as it was shared within communities of women building something of their own. It reflected a growing desire to align personal expression with meaningful income, in a way that feels both authentic and sustainable.

As we continue forward, these moments serve as a reminder of why this space exists. Not to provide all the answers, but to offer perspective, connection, and a place where women can feel seen in their experiences.

To every reader and subscriber who has taken the time to open these pages, reflect, share, or simply sit with a story, Thank You. Your presence is what brings LM Magazine to life and allows it to grow into something meaningful.

If you haven't yet subscribed, consider this your invitation to stay connected. Each new issue is created with you in mind, offering thoughtful insights, real stories, and a space you can return to, one chapter at a time.



DAY OF THE MONTH... **April 23**

World Book Day

There is something deeply comforting about sitting down with a book, not with the intention of learning something new or improving yourself (although that's also awesome!), but simply allowing yourself to be present with the words, the story, and the quiet space that opens up around you when the world softens for a little while. Reading has a way of inviting us out of the constant movement of everyday life and into a slower rhythm, one where there is no urgency, no expectation, and no need to perform or produce anything at all.

It began as a call for dignity.

In a world that often feels driven by productivity and outcomes, where even personal growth can start to feel like another task on an endless list, a book offers a different kind of experience, one that is not measured by progress or results but by presence, imagination, and connection. It allows you to step into another perspective, another life, or even simply a different way of thinking, without needing to justify the time you are taking or the value it brings, because the value is already there in the pause itself.

There is also something powerful about the way reading reconnects us with ourselves, especially in seasons of life where everything may feel a little uncertain or in transition, because within those pages we often find reflections of our own thoughts, emotions, and questions, sometimes in ways we did not even realize we needed. A sentence can stay with you long after the book is closed, not because it changed everything in an instant, but because it helped you see something a little more clearly or feel a little less alone in what you are experiencing.

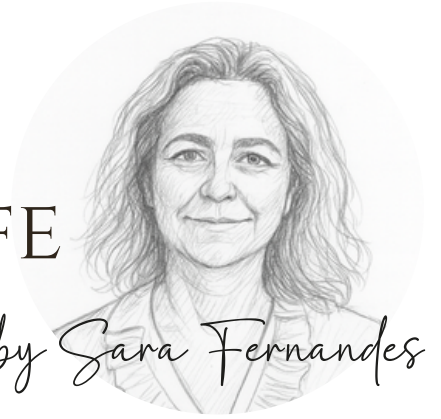
And perhaps this is where reading connects to the idea of redefining success, not as something external or visible or constantly moving forward, but as something that also includes how we feel in the middle of our days, how we allow ourselves to rest, and how we create small moments of calm and meaning within the life we are already living. Success can look like building something meaningful, but it can also look like choosing to slow down without guilt, to sit with a book and a cup of tea, and to let the world carry on without you for a little while.

***“You get to
decide what
success looks
like for you—
and it can
change as often
as you do.”***

— LM Magazine

HOW TO BE WILDLY SUCCESSFUL IN MIDLIFE

(According to Everyone Else... Not You) *by Sara Fernandes*



If you've made it this far in life without a perfectly colour-coded five-year plan, a morning routine that starts at 5am, and a vision board that includes a beachfront property, a green juice, and a six-figure something... congratulations. You are clearly doing it wrong.

At least, that's what we've been told.

Because *apparently*, success still comes with a checklist. A very loud, very busy, slightly exhausting checklist.

So today, in the spirit of redefining success on your own terms, I thought we'd do something different.

Let's look at what not to do... if you want to keep living by everyone else's definition of success.

1. Definitely compare yourself to people on the internet.

Ideally, people who are ten years younger, have a team of twelve, and somehow manage to meditate, meal-prep, and launch a new business before lunch. Bonus points if their life looks effortless and yours feels... not.

2. Ignore your energy completely.

Feel tired? Push through. Feel overwhelmed? Add more to your list.

Because clearly, the secret to success is doing more of what's already draining you.

3. Stick to the plan you made 20 years ago.

Even if you've changed. Even if your values have shifted. Even if that version of success no longer feels like yours.

After all, consistency matters... even when it costs you your peace.

4. Say yes to everything.

Be helpful, available, and everything to everyone.

Who needs boundaries when you can have burnout?

5. Measure your life in milestones only.

Promotions. Income. Achievements. External validation.

Ignore the quiet wins, the peace, the joy, the freedom, those don't count on paper.

6. Wait until you feel "ready."

Which, if we're honest, might be sometime around... never.

Because there's always one more thing to figure out before you begin.

7. Keep proving yourself.

To your past, your peers, and specially to people who aren't even paying attention.

Just in case someone, somewhere, is keeping score.

8. Believe it's too late.

This one is essential. Tell yourself you've missed your moment.

That the best years are behind you. That it's all downhill from here.

(It's not—but let's not ruin the list.)

And if you follow all of this advice... You might look successful, tick all the boxes and even impress a few people.

But here's the part no one puts on the checklist:

You may not feel like yourself anymore.

Because somewhere along the way, success became something we were chasing instead of something we were choosing. And midlife has a funny way of interrupting that.

So maybe SUCCESS now looks a little different.

Maybe it looks like saying no without explaining yourself, choosing rest without guilt, changing direction without asking for permission and building something more aligned.

Maybe it looks like waking up and not feeling that tightness in your chest.

Maybe it looks like peace.

So if you're redefining success right now...

If things feel a little uncertain, a little messy, a little in-between...

You're not lost.

You're just no longer following a map that was never meant for you.

And honestly?

That might be the most successful thing you've done yet.

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SAVE MY SPOT

SUCCESS IS NOT...

For a long time, success has been defined for us. Measured by milestones, timelines, and expectations that don't always reflect who we are or what we truly want. At some point, many women begin to feel that something is off. Not because they have failed, but because they have been following a definition that was never fully theirs.

Redefining success often begins by gently questioning what it is not.

Success is not doing everything at once or constantly trying to keep up. It is not proving your worth through how much you produce or how much you achieve.

It is not following a timeline that was created by someone else, or staying in a path that no longer feels aligned.

It is not ignoring your needs, your pace, or your desire for something different. It is not about becoming someone else in order to feel validated.

Success, in its truest form, becomes something much simpler and much more personal.

It is choosing what matters to you, even if it looks different from what you once imagined.

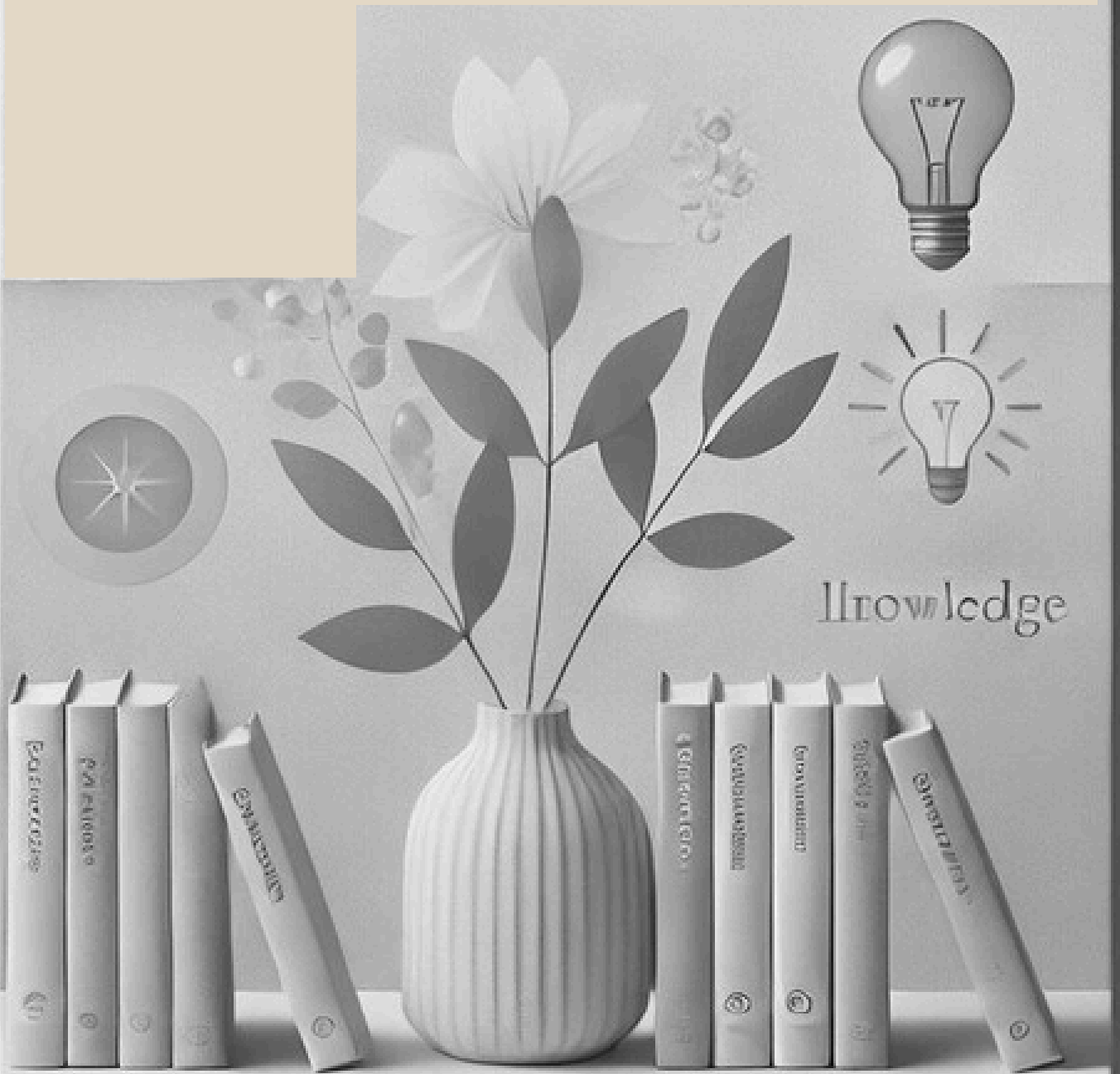
It is allowing your life to evolve as you do, without needing to justify every change.

It is creating a way of living that feels supportive, meaningful, and honest.

It is trusting that your path can be built step by step, in a way that reflects who you are now.

And perhaps most importantly, it is giving yourself permission to define it for yourself.

RESOURCES



Knowledge



COME SIT WITH ME FOR A MOMENT.

Life Mastery isn't just something you read - it's something you live.

On my YouTube channel, we talk about money, mindset, midlife shifts, reinvention, and the quiet decisions that shape your next chapter.

No pressure. No perfection. Just honest conversations for women who are figuring things out, one step at a time.

- Conversations about midlife, money, and meaning
- Gentle guidance for reinvention and side hustles
- Reflections to help you feel less alone and more yourself

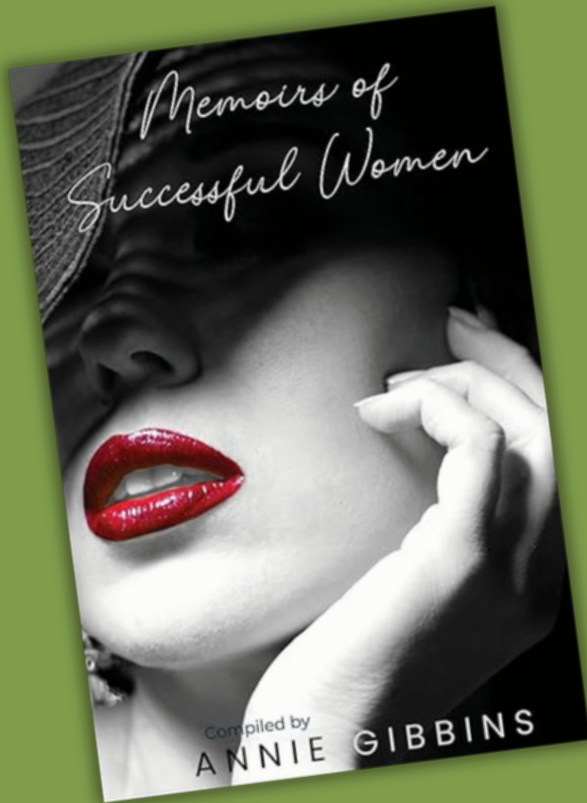
Watch when you need clarity, calm, or company.



Sara Fernandes — Editor of Life Mastery Magazine • Clarity & Growth Coach

BOOK OF THE MONTH

Memoirs of Successful Women- Compiled



by Annie Gibbins

In a world still apologetic when it comes to women with a voice, there is no greater time than now to publish the prowess of women on a mission. Success is not biased with the leaders it chooses, because when women champion women, the rewards are limitless. Shooting beyond the stars, this is the anthology that smokes out the success stories from women around the world.

In this empowering anthology, women share their tried and tested methods to success, as well as the pitfalls and breakthroughs that have catapulted their careers tenfold.

Thanks to our fellow co-authors Annie Gibbins, Kez Wickham St George, Layne Beachley, Marley Majcher, Patricia Jo Grover, Pooja Bhatia, [Rev. Joslyn Farray Pierre](#), Shelli Brunswick, Suzy Michael, Heidi Dugan and Swati Tyagi.

Our very own Cover Lady is a co-author in this book. Congratulations Rev Joslyn Farray Pierre!

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JOURNALS & PLANNERS

Redefining Success On Your Own Terms



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AFFIRMATIONS

Redefining Success On Your Own Terms



Positive Affirmations for Self Worth & Confidence
Daniela Baumann

PODCASTS

Redefining Success On Your Own Terms



Unlocking Us

Brené Brown



The Midlife Feast

Jenn Salib Huber RD ND



The Mel Robbins Podcast

Mel Robbins



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