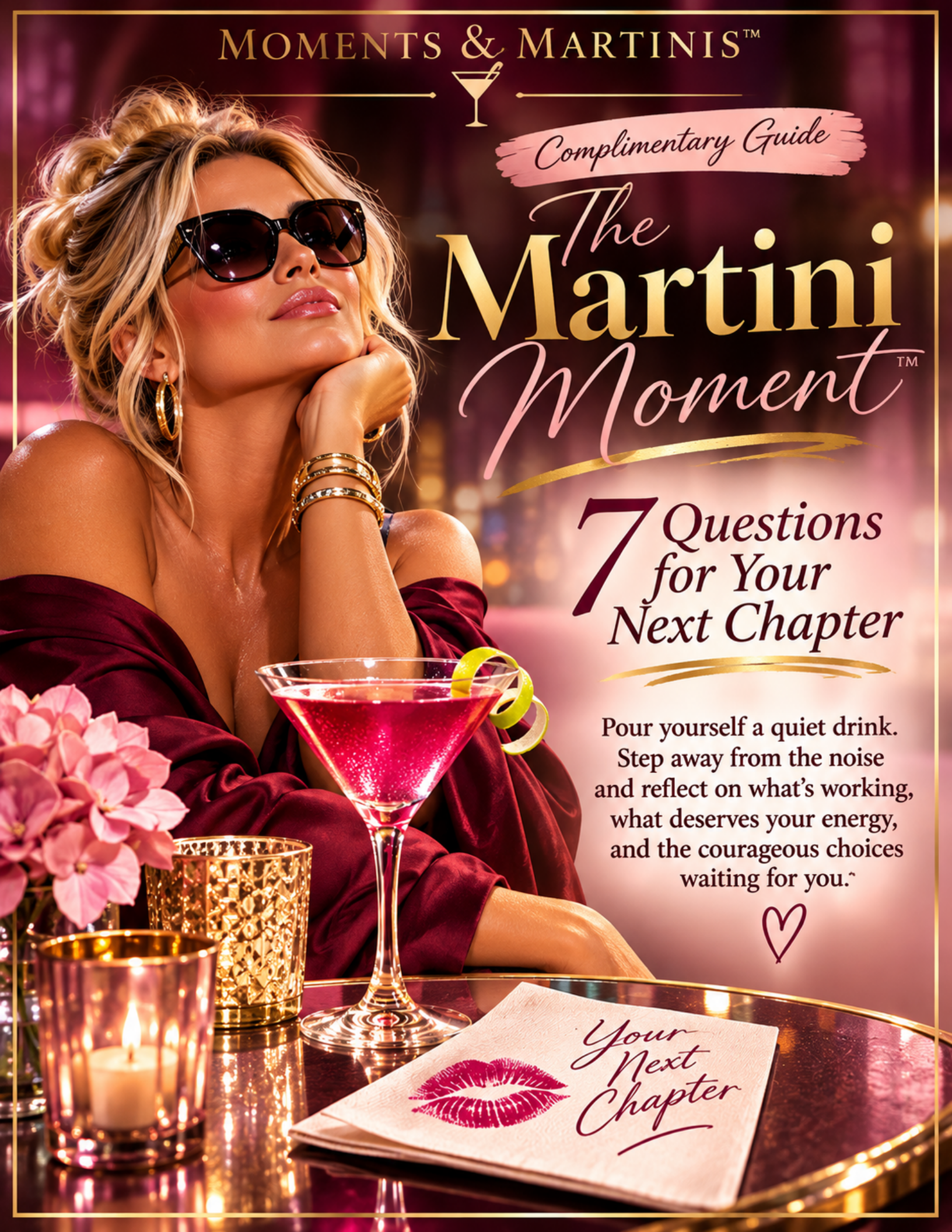
MOMENTS & MARTINIS™
Complimentary Guide
The Martini Moment™
7 Questions for Your Next Chapter
Pour yourself a quiet drink. Step away from the noise and reflect on what's working, what deserves your energy, and the courageous choices waiting for you.
Your Next Chapter

Welcome to Your Martini Moment

A little reflection. A little courage. A whole new chapter.

Darling, life does not come with instructions. But it can come with a cocktail-inspired recipe for finding your way forward.

Pour your favorite drink, settle into a quiet corner, and give yourself permission to be honest. These seven recipes are not about becoming someone else. They are about discovering what deserves a place in the life you are creating.

HOW TO MIX YOUR MARTINI MOMENT

- Choose a quiet place and a drink you love (mocktails welcome).
- Read each recipe and sit with its question.
- Write without editing or judging your answers.
- Finish with one specific step you can take this month.

THE HOUSE RULE

There are no perfect answers. Only the ones that are true for you.

MOMENTS & MARTINIS™

The Clarity Cosmo

What do I really want?

RECIPE NO. 01

THE INGREDIENTS

- 2 oz honest reflection
- 1 oz big-picture thinking
- A splash of what brings me joy
- A twist of courage

SHAKE, STIR & REFLECT

If no one else had an opinion, what would I want more of in my next chapter?

YOUR NOTES

THE LAST SIP: Clarity tastes better when it is yours.

The Energy Martini

Where am I investing my energy?

RECIPE NO. 02

THE INGREDIENTS

- 2 oz priorities
- 1 oz awareness
- A splash of reality
- A dash of letting go

SHAKE, STIR & REFLECT

Where am I spending time and emotional energy that no longer matches what matters most?

YOUR NOTES

THE LAST SIP: Not every invitation deserves a yes.

The Boundary Blonde

What needs to change?

RECIPE NO. 03

THE INGREDIENTS

- 2 oz self-respect
- 1 oz discernment
- A splash of no more tolerating
- A generous pour of standards

SHAKE, STIR & REFLECT

What boundary would make my life feel lighter, calmer, or more like my own?

YOUR NOTES

THE LAST SIP: A boundary is not a punishment. It is a promise to yourself.

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The Love & Dating Detox

What do I want in love?

RECIPE NO. 04

THE INGREDIENTS

- 2 oz honesty
- 1 oz self-love
- A splash of lessons learned
- A twist of what I actually want

SHAKE, STIR & REFLECT

What patterns am I ready to leave behind, and what kind of connection do I want to welcome?

YOUR NOTES

THE LAST SIP: Chemistry is delicious. Consistency is essential.

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The Reinvention Martini

How do I want to grow?

RECIPE NO. 05

THE INGREDIENTS

- 2 oz curiosity
- 1 oz courage
- A splash of new experiences
- A twist of possibility

SHAKE, STIR & REFLECT

What dream or version of myself have I been postponing, and what is holding me back?

YOUR NOTES

THE LAST SIP: You are allowed to change the recipe.

The Fulfillment Fizz

What brings me joy?

RECIPE NO. 06

THE INGREDIENTS

- 2 oz passion
- 1 oz connection
- A splash of fun
- A dash of spontaneity

SHAKE, STIR & REFLECT

Which people, places, and experiences make me feel most alive? How can I make room for them?

YOUR NOTES

THE LAST SIP: Joy is not an extra garnish. It belongs in the glass.

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The Next Chapter Martini

What is my bold next step?

RECIPE NO. 07

THE INGREDIENTS

- 2 oz intention
- 1 oz confidence
- A splash of faith in myself
- A generous pour of action

SHAKE, STIR & REFLECT

What meaningful step can I take in the next seven days to move closer to the life I want?

YOUR NOTES

THE LAST SIP: The next chapter begins when you do.

The Big-Picture Pour

What did your seven recipes reveal?

Which answer surprised me the most?

What am I ready to release?

What deserves more of my time and attention?

What will I stop apologizing for wanting?

Your Next Chapter Plan

Turn reflection into action.

Choose three realistic actions for the next 30 days. Small, consistent choices can create meaningful change.

MY STEP 1

MY STEP 2

MY STEP 3

My first step starts on: _____

The person who can support me: _____

The Last Sip

A toast to the person you are becoming.

Your next chapter does not happen by accident. It happens one choice at a time.

Clarity, boundaries, self-love, courage, and a little playfulness are the ingredients for a life that feels more like yours.

You do not need to have everything figured out. You only need to begin.

MY MARTINI MOMENT PROMISE

Cheers to your next chapter!

MOMENTS & MARTINIS™