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Before we begin, let me ask you an honest question...

Are you living the life you dream of living? ✨

The Zero-Budget “Becoming Her” Guide

Step fully into the woman who already lives your dream life - starting today.

If you are already living your dream life - amazing! Congratulations. This guide might still spark some new inspiration to the magnetic life you are already embodying. But for you, who are still not fully living your wildest dreams, this guide is your stepping stone to creating the life of your dreams. We are not waiting another day, another month, another year. We are starting TODAY.

This guide will help you figure out what you dream of and how to start taking actions that align with your inner calling.

If you are not living the life you truly dream of living, I want you to ask yourself WHY?

Is it because you don't really know what you want, are fears holding you back or are you not sure how to create the life you want? Regardless of what, I want you to know that it's never too late to move towards creating the life you actually crave.



Imagine yourself, being the MAIN CHARACTER in your life.

How does she behave?

What actions does she take in her every day life?

What she is doing?

How she taking care of herself?

What is she creating?

You are the creator of your dreams.

When you create from a place of joy and inspiration, rather than hustle, pressure and “should’s”, you create from a place of MAGNETIC ENERGY. This is where dreams are made. This is how you start embodying the version of you who already has it it all.

"She Already Exists

She whispers in the quiet,
a soft hum beneath your chest.
The woman you are becoming
already walks inside you,
laughs in your shadow,
dances in your unspoken dreams.

She asks nothing but attention,
asks only that you notice,
that you open a page,
take a breath,
and step
just a little, toward her light.

No perfect plans, no endless waiting,
only the small sparks of action,
the gentle tending of your energy,
the courage to create, to share,
to claim your own heartbeat as permission.

She is waiting in your sketches,
in the words you have yet to write,
in the songs your soul hums quietly at midnight.
She rises in the little steps,
the tiny acts of alignment,
the moments you choose you.

This is your map, your invitation,
to meet her, to nurture her,
to become her, not someday,
not in some distant dream,
but **NOW**.

She is here. She is you.
She waits for nothing.
She rises.

ZERO BUDGET

IGNIA

THE ART OF
BECOMING HER

Step 1: Discover Your Dreams

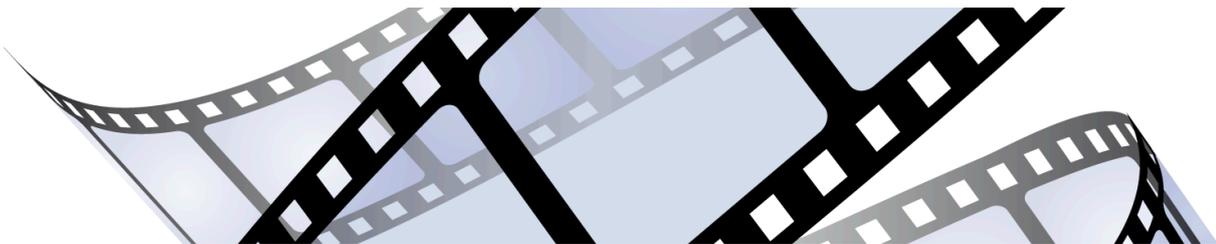
Before you can embody her, you must **know her world**.

Questions to explore:

- If nothing were impossible, what would your life feel like?
- What would a perfect day look like - from the moment you wake to the moment you rest?
- What experiences, people, and moments make your heart sing?
- How would you feel, move, speak, and create in this life?
- What is missing now that you secretly long for?

Creative Invitation:

- Write your dream life in **full, sensory detail**. Sights, sounds, smells, feelings, and moments.
- Sketch, map, or collage the life you long for. Let it feel alive and tangible.



Step 2: Meet Her - Your Future Self

The woman who lives your dream life **already exists within you**. She carries your energy, intuition, and courage.

Prompts to explore embodiment:

- How does she carry herself in small, daily moments?
- How would she speak to herself when fear or doubt arises?
- How does she nurture her energy, creativity, and focus?

Embodiment Invitation:

- Pick **one small action today** that feels like her: a 5-minute dance, a journal entry, a meditation, a sketch, a bold message, or even just sitting quietly in presence.
- Notice how it shifts your energy, your posture, your mood.

Step 3: Align Your Mindset & Energy

Your inner world creates your outer world.

Reflection Prompts:

- Which thoughts dim her light?
- Which rituals or environments fuel her vitality and confidence?

Exercise – Energy Mapping:

- Column A: Activities that drain me
- Column B: Activities that fuel me

Embodiment Action:

- Add **one micro-habit** that aligns with her energy: morning affirmation, mindful pause, creative ritual, or short visualization.

Step 4: Take Small, Magnetic Actions

Your dream self acts - even in tiny, zero-budget ways.

Prompts:

- What **three small actions** would she take this week?
- Which of these spark creativity, joy, or even small opportunities?

Micro-Action Ideas:

- Share a micro-creation online (poem, sketch, tip)
- Offer a small gift, freebie, or mini session
- Take **one tiny step** toward visibility, confidence, or monetizable action

Every action is a footprint of her life. Every step, a whisper of your becoming.

Step 5: Express & Share Her World

She leaves traces of magic wherever she goes.

Prompts:

- How does she express her creativity or gifts naturally?
- Who would benefit from seeing her work?
- What medium feels effortless: writing, painting, video, voice, or music?

Creative Invitation:

- Plan **one micro-content piece** this week. Aligned, simple, alive.

Step 6: Weekly Embodiment Plan

Each week is a garden. Plant seeds. Notice what blooms.

Template:

- **This week I embody:** _____ (Mindset / Energy / Creativity / Monetizable Action)
- **Creative Action:** _____
- **Monetizable Step:** _____
- **Content Idea:** _____

Reflection Prompts:

- Which actions made me feel most alive?
- What discoveries brought her closer today?
- What will I carry forward next week?

Step 7: Celebrate & Recalibrate

She honors herself. She notices every spark, every choice, every alignment.

Reflection Prompt:

- List **three wins this week**, no matter how small.
- Ask: *“Which moments felt most like living her dream life?”*

Every word, every sketch, every micro-action is a step into her world. Becoming her is a dance, not a race.

If you feel ready to join the full IGNIA Experience, we are embarking on a 6-months journey together, where you get to fully embody and become HER. The version of you that already lives your dream life. In just 6 months you'll move from feeling stuck, low on energy and confused in your path to **clarity, unshakable confidence** and **aligned actions** creating your dream life. This is where SHE RISES.

Your truth is already within you. It's time to become your most magnetic self!

Now, to begin your journey, *something magic is waiting for you...*

Once you've completed your own STAGE GLOW UP, you have unlocked 10 Stargaze Cards to use inside Ravens Lumina. This is an immersive, cinematic world where you reach your highest potential. This is the ART OF BECOMING HER.

The woman who manages to unlock all 500 hidden Stargaze Cards wins a magic box filled with wealth and abundance.

Are you ready to start living your best life?

Step inside [Stage Glow Up | Black Ravens Studio](#), and join the 6 months challenge inside Ignia: The Art of Becoming Her to fully awaken your truest potential.

ZERO BUDGET BECOMING HER

IGNIA

