



FREE GUIDE FOR WOMEN IN TRANSITION

5 Shifts to Bloom Again

You Are Not Lost. You Are Blooming.

A holistic guide for women navigating
life transitions — with clarity & confidence



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Holistic Space for empowering lives

WHAT'S INSIDE

- 5 mindset shifts
- Reflection prompts after each shift
- 5 emotional moves
- A clear, personalised next step
- 5 practical action steps

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You Are Exactly Where You Need to Be.

If you're reading this, something in your life has shifted — maybe everything has. A career changing. Children growing up faster than expected. A new chapter unfolding. A new move to a new place. Work that no longer feels fulfilling. A relationship evolving. The sense of reinventing yourself as you step into a new season of life. Or simply the quiet, persistent feeling that who you were no longer fits who you're becoming.

Transitions can feel disorienting, even the ones you chose. You might look composed on the outside while privately wondering: What do I do now? Where do I even start?

This guide is for that moment.

It won't tell you to 'think positive' or 'just believe in yourself.' Instead it gives you five real, holistic shifts — each touching your mindset, your emotions, and your next practical action — so that by the end, you know exactly where to place your next step.

You don't need to have it all figured out. You just need to begin.

HOW TO USE THIS GUIDE

- Read one shift at a time — sit with each before moving on.
- Use the reflection prompt to journal, breathe, or simply pause.
- The final page holds one clear next step. Take it.



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1 Release the identity that no longer fits

MINDSET SHIFT

You are not losing yourself — you are shedding a version built for a different chapter. This is not failure. This is growth.

EMOTIONAL MOVE

Allow grief for what you're leaving behind. Naming a willing loss is not weakness — it is your first honest act.

PRACTICAL STEP

Write 3 roles or beliefs you are ready to release. Fold the paper away. Your nervous system notices symbolic acts.

Reflect: What part of 'old me' am I still clinging to — and what would it feel like to gently set it down?

2 Get clear on what you actually want

MINDSET SHIFT

Many women in transition confuse what they 'should' want with what they truly want. Transition is permission to ask the real question again.

EMOTIONAL MOVE

Notice where you feel a quiet 'yes' in your body — not an anxious push. Desire from peace is your compass.

PRACTICAL STEP

Finish this sentence 10 times: 'In my next chapter, I want to feel...' Don't edit. Circle repeated words.

Reflect: If no one was watching and nothing could go wrong, what would I choose for my life right now?

3 Build a small, solid daily anchor

MINDSET SHIFT

Stability in transition doesn't come from a plan — it comes from a rhythm. One consistent act signals safety to your mind.

EMOTIONAL MOVE

Chaos outside doesn't have to mean chaos inside. A 10-min morning ritual creates an island of calm you return to daily.

PRACTICAL STEP

Choose ONE anchor for 14 days: a walk, journaling, breathwork, or tea without your phone. Same time. Every day.

Reflect: What is one small act of self-care I have been postponing that I could start tomorrow morning?

4 Ask for support before you need it desperately

MINDSET SHIFT

Asking for help is not evidence you can't cope. It shows you understand how humans thrive — in connection, not isolation.

EMOTIONAL MOVE

Many women carry transitions silently so as not to be a 'burden.' This story is costing you more than asking ever would.

PRACTICAL STEP

Identify one person — friend, coach, or community — and reach out this week. Not when it gets worse. Now.

Reflect: Who in my life would genuinely want to support me right now — and what's stopping me from letting them?

5 Take the next step, not all the steps

MINDSET SHIFT

You don't need to see the whole staircase. Clarity comes from movement, not from waiting until everything makes sense.

EMOTIONAL MOVE

Overwhelm is trying to plan ten steps when you have energy for one. Narrow your focus — your nervous system will thank you.

PRACTICAL STEP

Write down THE one next step that moves you forward. Not five. Not a plan. One. Do it before the week ends.

Reflect: If I had to take just one step forward this week — what would it be?

YOU HAVE TAKEN THE FIRST STEP.

Ready to go deeper?

Book a free clarity call with Jayasree — let's map your next chapter together.

bloombyond.com/free-appointments

