



V.I.B.E. WELLNESS WOMAN

A practical guide for women over 40

Your V.I.B.E. After 40

Four simple practices for more energy,
self-trust, confidence, and empowerment.

Why I V.I.B.E.

I believe women deserve to feel Vibrant, Intuitive, Beautiful, and Empowered at every age. After 40, our bodies, relationships, responsibilities, and sense of identity can shift. We deserve space to ask: What do I need now? What do I want next?

For African American women, this invitation has special meaning. Many of us have learned to be strong, keep going, and care for everyone else. Our own needs deserve attention, too. Rest, joy, support, and the freedom to grow belong in our lives.

START HERE: ONE SMALL CHOICE

Pause and ask: Which part of my V.I.B.E. needs the most care today?

You do not have to change everything at once.
Choose one practice. Begin where you are.

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V.I.B.E. WELLNESS WOMAN

Nurture your energy. Listen to your wisdom.

V | Vibrancy

Cultivating your aliveness

Vibrancy is the energy, curiosity, and joy you bring to life. It connects you with purpose and gives you something to look forward to. You deserve to enjoy your life while you are living it.

- Make room for restorative sleep, nourishing food, movement, and rest.
- Reconnect with what lights you up: music, dancing, creativity, friendship, or learning.
- Notice what gives you energy and what keeps draining it. Let that awareness guide one choice.

REFLECT: What is one thing I can welcome back into my life just because it brings me joy?

I | Intuition

Listening to your inner wisdom

After years of hearing what you should do, intuition helps you notice your own needs, values, and desires. Your lived experience holds wisdom. Give yourself space to listen.

- Create quiet through prayer, meditation, journaling, or a few intentional breaths.
- Notice when you feel at ease, pressured, hesitant, or excited. Explore what may be behind it.
- Honor small preferences and boundaries. Pair your inner wisdom with facts and trusted guidance.

REFLECT: Where am I overlooking a need or preference that deserves my attention?

TRY IT TODAY

Take a quiet minute. Ask: What do I need? Write down your first thoughtful response.



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Honor your beauty. Put your voice into action.

B | Beauty

Honoring the woman you are now

Your beauty deserves recognition at every age, in every shade, and through every season of change. It includes your presence, expression, confidence, and the stories you carry.

- Choose clothes, colors, hairstyles, and rituals that help you feel like yourself.
- Care for your body with kindness. Speak to yourself with the respect you offer someone you love.
- Notice comparison and return to appreciation: name something you value about yourself today.

REFLECT: How can I celebrate who I am in this season?

E | Empowerment

Turning self-worth into action

Empowerment means recognizing that your voice, needs, and choices matter. For Black women accustomed to being everyone's support system, receiving support is part of empowerment, too.

- Set a boundary, ask a question, or speak up for something you need.
- Build relationships with women who encourage your growth and respect your limits.
- Take one practical step toward something that matters to you. Let action help build your confidence.

REFLECT: What choice would I make this week if I treated my needs as important?

TRY IT TODAY

Finish this sentence: One way I will honor myself this week is...



V.I.B.E. WELLNESS WOMAN

Your next chapter starts with a V.I.B.E.

Your Personal V.I.B.E. Blueprint

Choose one small action for each area. Keep it realistic enough to begin tomorrow morning.

Vibrancy | One thing that will nourish my energy or joy:

Intuition | One way I will make space to listen:

Beauty | One way I will appreciate and care for myself:

Empowerment | One boundary, request, or next step I will act on:

Find Your V.I.B.E.

V.I.B.E. Sister Conversation Circle

V.I.B.E. Sister Circle Membership

V.I.B.E. Living Podcast

V.I.B.E. Wellness Tools

Scan to explore, connect, and take your next step.



vibewellnesswoman.com/links

Live vibrantly. Trust your intuition.
Honor your beauty. Stand empowered.