



NOBLE WOMAN

# RISE

## 7-DAYS OF EMPOWERMENT

TO WALK IN POWER, GROW IN GRACE,  
AND LEAD WITH LOVE

[COLLEENLAUKKA.COM](http://COLLEENLAUKKA.COM)

The world needs strong women. The world needs YOU!

YOU with a vision and YOU with your soul. It needs YOU rooted in the earth and reaching toward the heavens. It needs YOU with your projects, your presence and your crew—showing up prepared, radiant and ready to go!

**Yes, your crew!** For YOU have an unseen team all around YOU—assigned to assist, ready to uplift, to encourage and celebrate YOU.

Call on them—often. Especially now, as you move into this next stage of your life, where more is being asked and more is being offered

**And you won't be walking alone.**

For the next seven days, I've been recruited by my angel posse (who hangs with your angel posse) to answer the call of your heart.

Together, we'll remind you of what's already alive within you.

**YOU are ready.**

Your heart's longings have been heard.

You are being called—to leadership, to greater responsibility, to greater visibility. This is a sacred threshold, and each day will meet you with words that heal, strengthen, and illuminate.

Your divine essence is not meant to be hidden.

Trust yourself. Trust your inner union.

Trust that the divine love you long to share is already pouring through you.



Each day also offers a meditation to help you rise, remember & reclaim the life you were born to live.

Simply click this icon each day to listen.



NOBLE RISE WOMAN

# Rise to the Occasion

7-days to awaken new light, embody your brave, remember your worth, celebrate your singular beauty, live joyfully, trust deeply, and walk in the truth of your legacy.

NEW

1



BRAVE

2



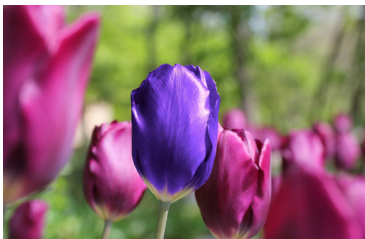
WORTHY

3



UNIQUE

4



JOYFUL

5



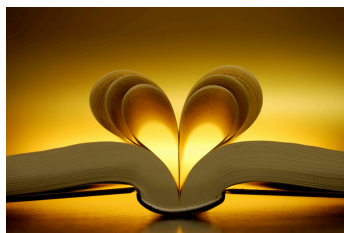
TRUST

6



LEGACY

7







# NEW



REMEMBER TO CLICK THE ICON EACH DAY TO LISTEN TO THE DAY'S MEDITATION

“

“And suddenly you know:  
It's time to start something new  
and trust the magic of beginnings.”

— Meister Eckhart

”



# NOBLE WOMAN



“And suddenly you know: It’s time to start something new and trust the magic of beginnings.”

— Meister Eckharts

There comes a quiet moment, often unexpected, when your heart whispers what your soul has known all along: It’s time . . .

**Time to step forward.**

**Time to release what no longer serves you.**

**Time to trust the unfolding of something beautifully new.**

Beginnings can feel tender, even a little scary—wrapped in both hope and uncertainty. Yet within that fragile space lies extraordinary power—the power to choose, to grow, and to redefine

You don’t need to have all the answers. You don’t need a perfect plan.

**You just need the courage to take the first step—however small—**  
and faith that the ground will rise to meet you.

**Trust** the magic in this moment.

Trust the strength that’s carried you this far.

**And most of all, trust yourself**—because within you holds the promise and power of eternity.

With love & fierce belief in you,  
Colleen



NEW

# NEW

P.S. I'm honored to walk this journey with you—to **encourage you** and **remind you** that **whatever you're stepping into, it is possible.**

This new path is fertile ground, rich with promise and potential—just like you.

Tomorrow, we'll step into deeper waters and meet the guiding spirit of our journey—our 'patron saint,' if you will. She'll be here, cheering you on, reminding you to move forward with courage, conviction and trust!

**Before you journey onward, pause here.  
Let today's meditation settle into your soul—  
It's the key that unlocks tomorrow's wisdom.**



# NOBLE WOMAN



# BRAVE

“

“I am not afraid.  
I was born to do this.”

— Joan of Arc

”



# NOBLE WOMAN



“I am not afraid. I was born to do this.”  
— Joan of Arc

Dear Brave Heart,

Yes! Let the power that flowed through Joan flow through YOU! Graft her into your spiritual family tree. Feel the fire of purpose rising in you—that’s what gave Joan of Arc her bravery. It wasn’t the absence of fear. It was the presence of purpose. Her courageous heart was ablaze.

She believed, with every fiber of her being, that she was walking the path laid out for her. That belief became her armor, her shield, and her strength.

**You, too, are being called to step more fully into your inspired life.**

You have felt the stirrings—the quiet nudges, the sacred pull. You’ve sensed the angels beside you, lifting and steadying you as you prepare to step more fully on the path you were born to live.

So go forward. Onward. Upward. Do not be afraid. You were born to do this.  
With unwavering belief in you,  
Colleen



# BRAVE

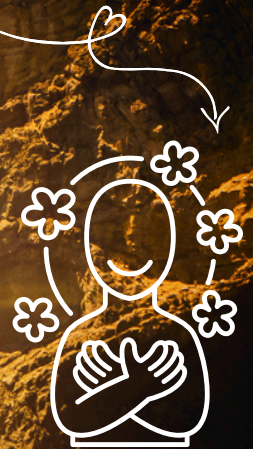
P.S. As you start this ‘something new’, always remember to let grace be your guide and courage be your companion. Joan of Arc, your soul sister, didn’t rely on her own power alone; she moved forward with Divine Presence for she knew:

“When you go through deep waters, I will be with you.” — Isaiah 43:2

Just as real faith is love in action, bravery is courage in motion. It’s the kind of action that steps into your dreams despite fear or challenge.

Tomorrow, with our courageous hearts ablaze, we step even deeper into the arc of our own light and worthiness.

**Hold still, beloved traveler. Today’s meditation is a seed — give it time to root before you move on.**



# NOBLE RISE WOMAN



# WORTHY

"If the sun and moon should  
ever doubt, they'd  
immediately go out."

— William Blake



## NOBLE RISE WOMAN



"If the sun and moon should ever doubt, they'd immediately go out."

— William Blake

If you're walking a path like mine, you've probably **known, at least in theory**, how truly amazing you are.

But here's the shift: To live that truth, you've got to move beyond the thinking mind. Let yourself soften. Relax. And take YOU all in—ALL OF YOU!

Moving from the spinning cycle of thought into your **glorious heart**.

**"There is a light** that shines beyond all things on earth, beyond us all, beyond the heavens, beyond the highest, the very highest heavens. This is the light that **shines in your heart.**" - Chandogya Upanishad

Mic drop!

Yes, you are lit from within by a brilliance that stretches far beyond what you've imagined.

**LIVING that knowing** sends ripples across the cosmos.



RAM

WORTHY

# WORTHY

P.S. Each of us is a unique ray of the ol' sun, so to say, here to share something no one else can. You know this. **Are you ready to live it?**

**Don't let doubt put you out!**

**Step into the fullness of who you already are!**

Tomorrow, we will step into the privilege and possibility of simply being YOU— beautiful, radiant YOU!

**Let today's meditation illuminate your inner light.  
Pause here and let it settle before you move on.**



# NOBLE RISE WOMAN



# UNIQUE

“

"The privilege of a lifetime is to become who you truly are."

— Carl Jung

”



# NOBLE WOMAN



"The privilege of a lifetime is to  
become who you truly are."

— Carl Jung

Hey you! Yes, you. This is your sacred reminder: your journey isn't about becoming someone else. It's about remembering, reclaiming, and reveling in the woman you've always been.

Beneath the layers of stories and doubts and expectations lies your truest self.

You don't need permission to be her. You don't need a map to find her. You simply need to be her—radiant and whole, quirky and flawed. All of you, wrapped together in the glorious package of YOU!

You don't need to be louder or shinier to be seen. You just need to be true - to you! And when you do, you naturally become a lighthouse. Not by striving, but by letting your own light source shine!

F

I AM

UNIQUE

# UNIQUE

P.S. Take a deep breath and feel YOU—your truth, your essence—coursing through your body. Let YOU, the unique creation that you are, flow more fully into your life. Celebrate you!

With each breath of divine recognition, your source light grows brighter. Your life expands—becomes more adventurous, more joyful, more fun.

Who knew that being YOU could lead to so much joy? And speaking of joy . . . Tomorrow, we'll stir the pot and savor the flavors of a life that makes your heart tremble with delight.

Before you turn the page, turn inward.  
Feel your essence radiant and true and let it open the unseen  
doors of your heart - because tomorrow we stir joy into  
everything!



# NOBLE WOMAN



# JOYFUL

"It's a shame to be caught up in something that doesn't absolutely make you tremble with joy!"

~ Julia Childs



NOBLE WOMAN



"It's a shame to be caught up in something that doesn't absolutely make you tremble with joy!"

~ Julia Childs

Dear One,

Do you love Julia's enthusiasm as much as I do? It's like you can taste the joy she's describing!

And isn't wonderful that joy doesn't require perfection? You'll have meltdowns, we all do. You might drop the proverbial turkey now and then. There will be obligations, appointments, and days that the souffle just won't rise.

But here's the secret to the recipe called life. We're not aiming for perfection. We're stirring, tasting, and adjusting the flavors as we go. Each day, we step into our lives, one joyful, imperfect recipe at a time.

It's not the perfect results that create a meaningful life. It's the awareness of what we're "caught up in." What are we cooking, energetically and practically, day by day?

So, what's simmering in your life right now? It's your choice.

Bon appétit, Noble Woman!

Colleen





# JOYFUL

P.S. Hey, good lookin' before we move on ask yourself:

**“what do I have cookin’ in the kitchen of my life?”**

Don't let the flame go out. Keep spicing up your day's with flavors that truly bring you joy and make your heart do a happy little spin.

Don't settle. Period. Especially not for a meh life when a rich, delicious one is yours for the choosing - it truly is!

Trust this my dear, because tomorrow, we do a trust fall into the arms of your own divine knowing.



Don't rush the unfolding. Let joy rise as you listen—  
today's meditation stirs your sacred embers  
and gently gives you wings.

# NOBLE RISE WOMAN



# TRUST

“As soon as you trust yourself,  
you will know how to live.”

— Johann Wolfgang von Goethe



NOBLE RISE WOMAN

“As soon as you trust yourself,  
you will know how to live.”

— Johann Wolfgang von Goethe

Dear One,

You were born fully divine, equipped to hear, to know, and to embody the  
truth of who you are.

You can trust that—completely and unshakably.

For there was an eternal seed of love planted in your heart at conception.  
This seed of love, when nurtured blossoms into an unquestioning belief in the  
power of your true self.

Every time you choose to believe in the silent wisdom that beats to the pace  
of your own heart and to honor your inner voice, you are saying yes to the  
sacred presence that is YOU!

The YOU that you know full well, for the truth of you is sparkling in your  
sinews and your tissues, your bones and your breath.

With love and unwavering belief in you,  
Colleen



TRUST



# TRUST

P.S. Oh and before tomorrow stretches it's wings - A heartfelt reminder from one Trust fund baby to another . . .

Trusting yourself isn't about having all the answers.

It's about standing in the mystery and knowing that you are held.

And that the guidance that you are seeking is seeking you.

You are never disconnected from this sacred guidance. Breathe into it. Rest in it. and let it lead you back home to your true self and your divine destiny.

**Before you turn the page,  
Pause here.  
Meditate. Listen. Trust.**



# NOBLE RISE WOMAN

# LEGACY

“The legacy you leave will not be in the things you’ve acquired but in the lives you’ve touched.”

— Max Lucado

”



NOBLE RISE WOMAN



The legacy you leave will not be in the things you've acquired but in the lives you've touched."

— Max Lucado

Dear One,

Imagine now, your last day of breath upon this planet and reflect on:

- Did I love and forgive freely?
- Did I make people feel loved and valuable?
- What will I be remembered for?

Every word of encouragement you've spoken, every hand you've held, every smile you've offered in someone's darkest moment—that is your legacy. It's woven into the lives you've touched, often in ways you may never fully realize.

So, stand tall in your worth. Your presence is a gift. Your compassion leaves imprints deeper than any material treasure ever could. Keep shining. Keep giving. Keep being the beautiful force you are in this world.

With heartfelt admiration,  
Colleen



# LEGACY

P.S. Your legacy is already unfolding—moment by moment, breath by breath.

You don't need a monument. You are the monument.

Live today as part of that legacy.

Speak the words only you can speak.

Touch the hearts only you were meant to touch.

Let your life be a ripple of grace that echoes far beyond your knowing.

Pause here. Let this last meditation be a quiet blessing —  
a moment to honor the love that you are, the lives you have  
touched and the beauty you've embodied.



# NOBLE RISE WOMAN



“Arise, shine,  
for your light has come.”

— Isaiah 60:1

Dear One,

YOU did it! Celebrate this moment!

You showed up. You listened. You opened.

You’ve walked through seven sacred days—each one a doorway into  
deeper truth, courage, and joy.

Let it be a turning point, a soul-deep exhale, and a joyful YES to the life  
that’s calling you.

This journey was about returning—  
to the soul of who you are.  
You are a living blessing.

Walk in Power. Grow in Grace. Lead with Love.

Let your life be a ripple of light, a legacy of love.

P.S. If your soul ever needs a pep talk, a flashlight, or just someone to  
remind you how wildly radiant you are—I’m here. Coaching with me may  
not include soufflés, but it will absolutely include soul fire.

With deep reverence and joy,  
Colleen



RISE. SHINE.