



The Heart of the Comeback

Let's talk about the heart of the comeback, because this is the part that matters more than anything else.

If you look at the logo, you'll notice something. I didn't use a heart. And that wasn't an accident. If this is about passion, spirit, and joy, it would've been easy to throw a heart on it and call it a day. But that didn't feel honest to me.

Because I don't think heart is something you're given.

I think it's something you build.

And when you actually build it—when you reconnect with what matters to you, when you stop sitting on the sidelines of your own life and start stepping back in—it doesn't just sit there quietly.

It becomes something else.

It becomes *a flame*.

That's why I chose the flame.

Because when you find your passion again—real passion, not something you think you *should* care about—you feel it. When you find joy again, not in some big, performative way, but in the real moments that make you feel alive in your own life, you feel that too. And when you reconnect with your spirit—whatever that means to you—you stop drifting and start feeling grounded again.

And when all of that comes together, something shifts.

You don't just have heart.

You carry something.

There's an energy to you. A presence. A quiet fire that people can feel before you even say a word.

It shows in how you walk into a room. It shows in how you speak, how you hold yourself, how you engage. It shows in the fact that you're no longer watching your life—you're actually in it.

And people notice.



And I'll be honest—this part is personal for me.

I want to walk into a room and have *that* glow. I want people to look at me and think, *damn, that woman is on fire*. Not because everything is perfect, but because I'm fully in my life again.

I think about that movie, E.T. and his heart—the one that lights up from the inside. That's what I want. That kind of energy you can see from across the room. The kind that comes from actually knowing yourself, from not shrinking, from not hiding, from not sitting things out anymore.

But here's the part that matters most—it doesn't stop with me.

This isn't about becoming someone who just “feels better” in isolation.

This is about filling your own life first. Finding your own joy. Your own meaning. Your own rhythm again. And then when your cup starts to fill—and eventually overflow—that's when it spills into everything else.

That's when it touches other people.

That's when you start showing up differently for your family—not out of obligation, but because you're actually present. That's when you reconnect with people in a way that feels real again. That's when you give your time, your energy, your attention in ways that actually mean something.

You reach beyond yourself.

Maybe that's volunteering. Maybe it's mentoring. Maybe it's just slowing down long enough to really see someone and show up for them in a way that matters. It doesn't have to be big or flashy.

But it is real.

And it spreads.

That's what a flame does. It catches. It moves. It creates warmth, it creates light, and it reaches further than you ever expect it to.

Before you know it, your comeback isn't just about you anymore. It's in your relationships. It's in your community. It's in the way you move through the world.

Your comeback starts with you—but it was never meant to end there.

It grows. It expands. It reaches beyond where you've been and into something bigger than just getting yourself back.



That's the heart of this.

Not just getting your life back—but stepping into it in a way that creates something more.
For you. And for the people around you.

And that's when you know.

Not because everything is perfect. Not because you've figured it all out.

But because something in you is lit again.

And you're not sitting it out anymore.

And damn girl... you're on fire.