

SOFT LIFE RESET GUIDE

10 STEPS TO STEP INTO YOUR SOFT LIFE

A GUIDE TO HELP YOU RESET, REALIGN,
AND BECOME HER

TELIA TIANNE



“
*You get in life
what you have
the courage to
ask for.”*

OPRAH WINFREY



INTRODUCTION

Welcome to Your Soft Life Reset

This is your starting point.

Not for a perfect life—but for a softer one.

A life where you feel more at peace, more aligned, and more in control of your direction.

If you've been feeling stuck, overwhelmed, or like you're meant for more... this is your reset.

These steps are here to guide you—not rush you.

Take your time, be honest with yourself, and allow this to be the moment you start showing up as the version of you you've been dreaming about.

You don't need to have everything figured out.

You just need to start.

STEP 1: GET CLEAR ON THE LIFE YOU ACTUALLY WANT

Before anything in your life changes, you have to get honest about what you actually want. Not what looks good. Not what other people expect—but what feels right for you.

The life you're stepping into requires clarity. When you're unclear, you stay stuck. But when you decide what you truly want, everything starts to shift.

This is where your soft life begins—not with doing more, but with choosing differently.

Start here:

- Notice what drains you and what brings you peace
- Choose one small habit that supports the life you want
- Check in with yourself daily and celebrate small wins

You don't need to have everything figured out today.

You just need to start choosing the life that feels better for you.

 *Try This Today: Write down what your ideal day looks like. Identify one thing you can change this week. Take one small aligned action.*

STEP 2: DECIDE WHAT YOU'RE NO LONGER SETTling FOR

A soft life requires standards. You can't step into a better life while accepting what no longer aligns with you. This is the moment you decide: what you're no longer tolerating, entertaining, or settling for.

Ask yourself:

- What do I actually want my life to look like?
- What am I no longer willing to accept?
- How can I create boundaries that protect my peace and happiness?

Once you've answered these questions, it's time to take aligned action.

Remember, even small changes can lead to significant transformations.

 *Try This Today: Identify one area in your life where you need to set a boundary. Reflect on how you can communicate this boundary clearly and kindly to those involved. Practice enforcing it with confidence, knowing that it's a vital step toward preserving your peace and happiness.*

STEP 3: START SHOWING UP AS HER

Start living like the person you're becoming. A soft life requires strength and confidence. Embrace determination to be your best self. What drives you forward? Do you believe in your worth? You must. Without it, success slips away. Remember, the story you tell yourself shapes your reality. Craft a narrative where you are the hero of your own journey. Visualize the person you aspire to be and embody their qualities every day. Walk with purpose, speak with conviction, and act with the grace that mirrors your envisioned self.

 *Try this Today: Identify one positive habit that aligns with your desired self and commit to incorporating it into your routine. Whether it's setting aside time for reflection, reading something inspiring, or practicing gratitude, take this small step to begin your transformation.*

STEP 4: MOVE WITH INTENTION EVERY DAY

Taking action is essential. You don't need to wait. Your desires deserve your pursuit. This is where the real journey begins. Intentions and beliefs set the stage, but without action, where would you be? Stalled.

Align your actions with your dreams. Focus on your goals, and guidance will follow. Begin today. Act with intention every day until you achieve what you envision.

 *Try This Today: Start by identifying one small step you can take toward your goal. It could be as simple as making a phone call, researching online, or setting aside time for planning. Take that step today and feel the momentum build.*

STEP 5: LET GO & ALLOW LIFE TO FLOW

As you progress toward your goal, it's natural to question if things will work out. Feelings of discouragement and frustration might arise. To succeed, maintaining trust in the process is essential.

When doubts creep in, remind yourself, "I'm moving closer to my desires every day. I have support, and I will achieve what I set out to do." Repeat this to yourself until it resonates within you. You're allowed to move at your own pace. Your life is not a race.

 *Try This Today: Take a moment to write down three specific ways you've made progress recently. Reflect on each one, acknowledging your efforts and growth. This practice will help reinforce your belief in your journey and keep you motivated.*

STEP 6: ALIGN YOUR THOUGHTS WITH THE LIFE YOU WANT

The way you think shapes the way you live.

If your thoughts are rooted in doubt, fear, or limitation, your actions will reflect that.

A soft life begins in your mind first. When you start thinking differently, you begin showing up differently.

Pay attention to your inner dialogue. Are you supporting the life you want—or holding yourself back from it?

 *Try This Today: Notice one negative thought you've been repeating. Replace it with a more supportive one. Choose thoughts that align with the life you're creating.*

STEP 7: CREATE DAILY MOMENTS OF GRATITUDE

A soft life isn't just about where you're going—it's also about appreciating where you are.

Gratitude shifts your focus from what's missing to what's already working.

When you slow down and acknowledge the good in your life, you create more space for peace, joy, and contentment.

 *Try This Today: Write down 3 things you're grateful for today. They don't have to be big—just real. Let yourself actually feel them*

STEP 8: VISUALIZE YOUR NEXT LEVEL LIFE

Before you live it, you have to see it. Visualization helps you connect with the version of you you're becoming. This isn't about perfection—it's about direction.

What does your life look like when things feel aligned, calm, and fulfilling?

 *Try This Today: Take 5 minutes to picture your ideal day. Where are you? How do you feel? What are you doing? Write it down or say it out loud.*

STEP 9: SPEAK LIFE OVER YOURSELF

The way you speak to yourself matters more than you think. Your words shape your confidence, your decisions, and how you show up in your life.

A soft life requires self-support, not self-criticism. Start becoming someone who encourages herself.

Fill your thoughts with positivity and compassion, nurturing an inner dialogue that uplifts and empowers you. Speak to yourself as you would to a dear friend—with kindness, patience, and understanding. Notice the language you use and aim to replace any negative self-talk with supportive statement that remind you of your worth and potential.

 *Try This Today: Pay attention to how you talk to yourself today. Replace one negative statement with something more supportive. Speak to yourself with patience, not pressure.*

STEP 10: BECOME YOUR FUTURE SELF NOW

The life you want isn't something you wait for—it's something you grow into. You don't become her overnight, but you do become her through your daily choices.

Every decision you make is a vote for the version of you you're becoming. So choose accordingly. Embrace the habits, the mindset, and the values of the person you wish to be. Visualize her vividly and start embodying her qualities today. Imagine how she thinks, how she deals with challenges, and how she celebrates victories. Align your actions with her vision, and gradually, you'll find yourself transforming into that future self.

 *Try This Today: Identify one quality of your future self and incorporate it into your routine today. Whether it's practicing gratitude, being more organized, or showing kindness, every small step counts. Remember, the journey to becoming your best self is a marathon, not a sprint. Celebrate each stride along the way.*

ABOUT

Telia Tianne LLC is a coaching and lifestyle brand dedicated to helping women reset their lives, get clear on what they truly want, and step into a version of themselves that feels aligned, peaceful, and in control.

We focus on intentional living, mindset shifts, and practical strategies that support real transformation—not just in how life looks, but in how it feels.

Through digital guides, coaching, and experiences, we help you gain clarity, release what no longer serves you, and take aligned action toward the life you deserve.

Our mission is to empower women to create lives they love by becoming more intentional, more confident, and more connected to who they're becoming.

Hi, I'm Telia — a Lifestyle Strategist and Transformation Coach.

I help women reset their lives, get clear on what they want, and step into a version of themselves that feels aligned, peaceful, and in control.

Through simple structure, mindset shifts, and intentional habits, I teach you how to create a life that actually feels good to live—not just one that looks good on the outside.



“Change your thinking. Change your life! Your thoughts create your reality. Practice positive thinking. Act the way you want to be, and soon you will be the way you act.”

LES BROWN

Telia Tianne



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