

THE JOY EDIT

STOP POSTPONING YOUR JOY.

7 COURAGEOUS DECISIONS

Reclaim your confidence.

Say yes to adventure.

Feel alive again.

Not someday.
Starting now.



CANDI MESSINA MOORE

Founder of the Alive Again Movement

A FREE GUIDE FOR YOUR NEXT CHAPTER

Beautiful Woman, This Is Your Invitation

You did not open this guide because you need another list of things to accomplish.

You opened it because something inside you knows you are ready for more.

Not more responsibility. More life.

Maybe you have spent years being the dependable one. You have cared for your family, built a career, supported people you love, handled hard seasons and kept moving forward even when you were tired.

Somewhere along the way, your own joy may have moved to the bottom of the list. The trip became “someday.” The dream became “maybe later.” The woman you wanted to become became someone you promised to meet after everyone else was taken care of.

This guide is your pause. It is your chance to ask what you want, recognize what you have postponed and take one brave step toward a life that feels like yours again.

You are not too old. You are not too late. You do not need permission to begin living beautifully.

With love and belief in your next chapter,

Candi Messina Moore

Founder, The Alive Again Movement



**YOUR NEXT CHAPTER
starts with you.**

One honest choice. One brave step.

Let's begin. - Candi

1. The Alive Again Assessment

Rate each statement from 1 to 5.

1 = This rarely feels true 5 = This consistently feels true

Statement	1	2	3	4	5
I regularly do something simply because it brings me joy.	☐	☐	☐	☐	☐
I feel connected to women who understand this season of my life.	☐	☐	☐	☐	☐
I have something on my calendar that genuinely excites me.	☐	☐	☐	☐	☐
I can invest time, attention or money in myself without overwhelming guilt.	☐	☐	☐	☐	☐
I can clearly describe what I want from my next chapter.	☐	☐	☐	☐	☐
I feel curious, playful and open to new experiences.	☐	☐	☐	☐	☐
I treat my body with appreciation rather than punishment.	☐	☐	☐	☐	☐
I believe meaningful adventures are still available to me.	☐	☐	☐	☐	☐
I make decisions based on desire and wisdom - not only obligation.	☐	☐	☐	☐	☐
I feel present in my own life rather than like a supporting character.	☐	☐	☐	☐	☐

Your total: _____ / 50

A lower score is not a failure. It is information. Circle the two statements that most need your attention right now.

YOUR SCORE IS A STARTING POINT.

Your next choice matters more than your number.

2. Seven Ways We Postpone Ourselves

Postponement often sounds responsible. Over time, it can quietly become a lifestyle.

1. We wait for a different body.

We tell ourselves we will travel, swim, dance, date, dress boldly or take photographs after we lose weight. Your present body is allowed to live now.

2. We wait for permission.

We look for approval from partners, children, friends or family before honoring our own desires.

3. We wait for someone to join us.

We place our dreams in another person's hands and call it patience.

4. We wait for responsibility to disappear.

There will always be another task, request, bill, holiday or person who needs something.

5. We wait until fear is gone.

Courage is not the absence of fear. It is choosing to move while fear is still talking.

6. We wait for the perfect financial moment.

Wise planning matters. But “not yet” deserves a real date, a real plan and an honest reason.

7. We assume our best years are behind us.

The next chapter does not need to repeat the last one. It can become more intentional, adventurous and alive.

Which excuse has been making decisions for you?

SOMEDAY NEEDS A DATE.

Choose one dream. Give it space on your calendar.

3. The “Someday” Inventory

Do not edit your answers to make them practical. Write what is true.

The sentence I use most often to postpone myself is:

I have always wanted to visit...

I have always wanted to learn...

I miss doing...

I would feel more alive if...

One experience I want within the next twelve months is...

4. Give Yourself Permission

Read this aloud. Then sign it as a promise to yourself.

I do not need to become younger, thinner, less busy or more deserving before I begin living. I give myself permission to experience joy, friendship, wellness, beauty and adventure now.

I give myself permission to...

- ☐ Rest without explaining myself.
- ☐ Spend time with people who make me feel energized and seen.
- ☐ Try something new before I feel completely ready.
- ☐ Wear the outfit, take the photograph and enter the room confidently.
- ☐ Travel even when no one else is available to come.
- ☐ Ask for help instead of carrying everything alone.
- ☐ Place my own joy on the calendar.
- ☐ Build a next chapter that reflects who I am now.

Signature: _____

Date: _____

YOU ARE ALLOWED TO WANT MORE.

Make room for the woman you are becoming.

5. Make One Brave Decision

You do not need to change your entire life today. Choose one decision that proves your life still belongs to you.

What do I genuinely want?

Name the experience, change or feeling without minimizing it.

What is the real obstacle?

Separate the practical obstacle from fear, guilt or other people's opinions.

What information do I need?

List the facts that would help you make a wise decision.

What support would help?

Identify the person, plan, savings goal, boundary or resource you need.

What can I do within 48 hours?

Choose a small action: make the call, request the details, open the savings account, invite the friend or reserve the date.

6. Your Seven-Day Alive Again Reset

One small choice each day can interrupt years of postponement.

DAY 1 - REMEMBER HER	Write ten things you enjoyed before life became so demanding.	☐
DAY 2 - CLAIM ONE HOUR	Place one protected hour on your calendar that belongs only to you.	☐
DAY 3 - WAKE UP YOUR BODY	Walk, stretch, swim or dance for fifteen minutes with gratitude, not punishment.	☐
DAY 4 - REACH OUT	Contact one woman you would enjoy knowing better.	☐
DAY 5 - WEAR THE THING	Choose an outfit, color or accessory that makes you feel visible and alive.	☐
DAY 6 - PLAN AN ADVENTURE	Research one trip, class, event or experience you want within twelve months.	☐
DAY 7 - DECLARE YOUR NEXT CHAPTER	Complete: "In my next chapter, I am a woman who..."	☐

My next-chapter declaration:

7. What If Your Brave Decision Led to Tuscany?

Imagine waking inside a luxurious private villa nestled among the hills and olive trees of Tuscany.

You step outside with your morning coffee. The olive branches move gently in the breeze. Before you is an enormous infinity pool, nearly half the length of a football field, appearing to flow into the countryside.

Your days unfold through morning yoga, journaling, horseback riding in the hills, authentic Italian cooking, Tuscan wine tasting, sightseeing, beautiful meals, laughter and meaningful sisterhood.

You may arrive alone. But you do not experience Tuscany alone.

Alive Again in Tuscany is Candi Messina Moore's first signature branded retreat for women ready to stop postponing joy and begin living boldly again.

Tuscany is the setting. The villa is our sanctuary. The olive trees invite us to slow down. But you are the reason for this experience.

COME TO TUSCANY. COME HOME TO YOURSELF.

Request the private retreat details:

[YOUR WEBSITE OR APPLICATION LINK]

Submitting an interest form does not guarantee acceptance or require a purchase. Final dates, itinerary, inclusions, pricing, policies and availability are provided in the official retreat materials.

THE ADVENTURE STARTS WITH A YES.

Your next chapter deserves your attention.

A Final Word from Candi

Years from now, you may not remember every ordinary week.

But you will remember the moment you stopped placing yourself last.

You will remember the trip you finally booked. The woman you called. The boundary you honored. The room you entered. The photograph you allowed yourself to be in. The dream you gave a date.

You do not need to become a different woman before you begin.

You only need to make one honest decision for the woman you already are - and the woman you are still becoming.

Your life is not winding down. It is waking up.

Candi Messina Moore

Founder of the Alive Again Movement

Follow Candi: @candimessinamoore

[YOUR WEBSITE]



THIS IS YOUR INVITATION.
Keep choosing your joy.

With love, Candi