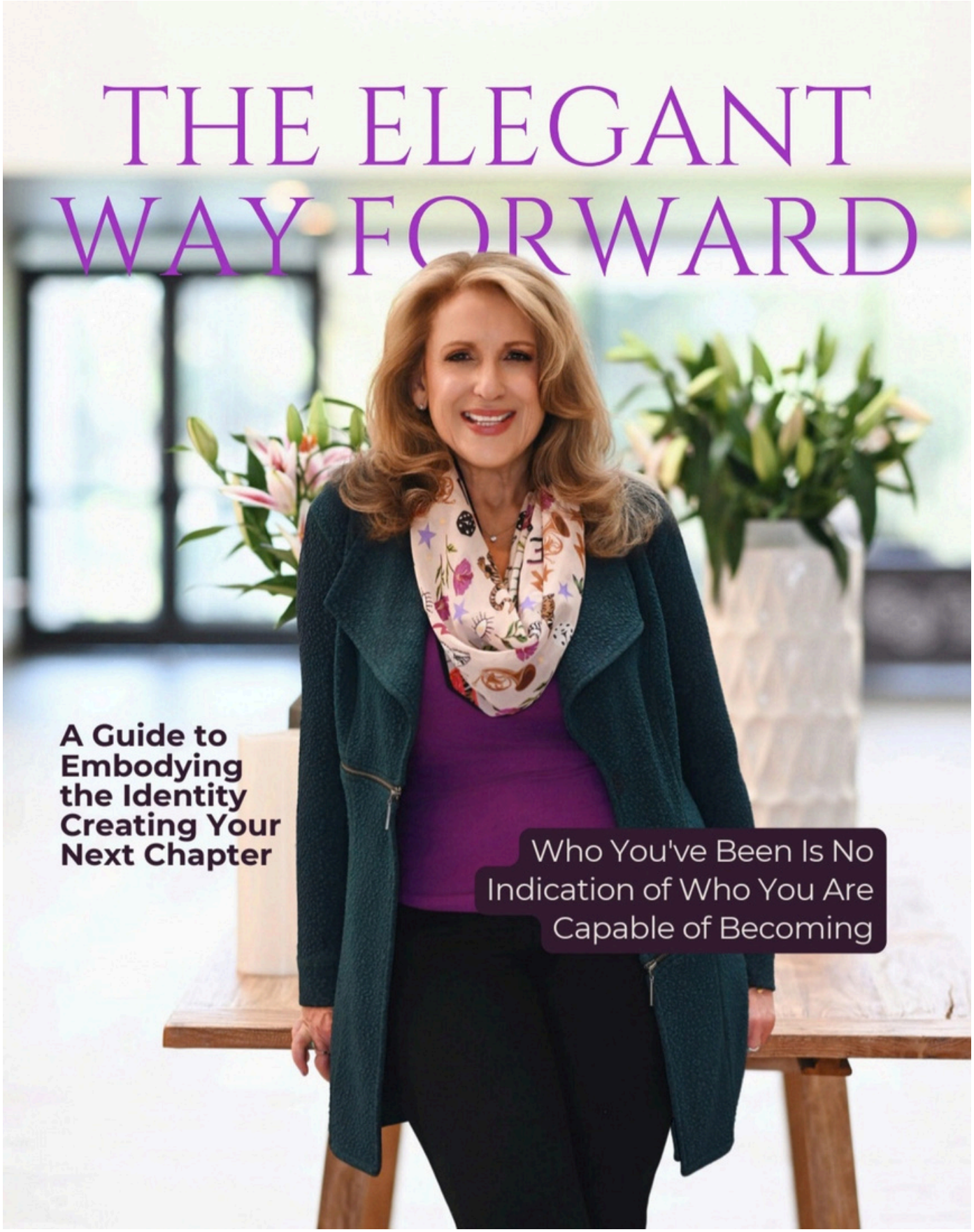
THE ELEGANT WAY FORWARD



A Guide to Embodying the Identity Creating Your Next Chapter

Who You've Been Is No Indication of Who You Are Capable of Becoming

REVERIE + VELVET | WWW.MARLADIANN.COM

A COMPANION GUIDE TO THE TRANSFORMATION GAP SUMMIT SESSION

reverie + velvet

Speaking. Workshops. Private Mentorship.

Evolving Women Entrepreneurs, Founders, & Artists to Embody the Identity Creating Their Next Chapter

About Marla

Back in May 2026, I rebranded Marla Diann Mentoring Int'l to R+V after 18 years. It was time for a big change. I asked myself how did I want to bring together 38 years of what I loved working on the most making a bigger impact on humanity.

As a transformational mentor, speaker and business strategist, I am blending my three decades in human potential, entertainment PR, talent management, business strategy, personal branding, entrepreneurial coaching, and reinvention mentorship.

Today R+V is a transformational and thought leadership company dedicated to evolving accomplished women entrepreneurs, founders, and artists to embody the identity creating and shaping their next chapter.

Reverie means imagination in French and Velvet represents the dignity, class, emotional depth, and richness of a woman.

With that reinvention, I created The Elegant Way Forward Methodology which takes women through the evolution process of a refined identity that creates the next chapter of desires + goals achievement. We deepen your intuition to trust and listen as you learn how to live and work from a feminine-masculine blend and transform your money relationship.

Your Next Chapter Begins with Identity

There comes a point in an accomplished woman's life when the identity that created her current success is no longer compatible with the life she knows she is capable of creating next.

You may still be successful - and yet unable to fully relax. Restless for what's next. Tired of carrying so much. Less inspired by work that once excited you. Your income may have plateaued despite your experience and capabilities.

There is something new for me.

These are not necessarily signs that something has gone wrong. They may be signals that the woman you have been - and the identity that has carried you this far - cannot take you where you want to go next.
Your next chapter requires more than another strategy or mindset shift. It requires an evolved, embodied identity. That is the work at the heart of The Elegant Way Forward.

The Identity That Created Your Past Success...

...Is Not in Alignment with What You Will Create Next.

One of the most important questions you can ask at a transition point is:
Has the identity that created my current life become incompatible with the life I now desire?

For accomplished women, the signals can be subtle at first. Your body and intuition may have been communicating with you for weeks, months - or even years.

NOTICE WHAT RESONATES:
· You can't fully relax even though you've earned the right to.
· You're successful, but something no longer feels satisfying.
· You're restless for what's next but unclear about what that is.
· You're tired of being the one who carries so much.
· Your creativity or enthusiasm isn't what it once was.
· Stress shows up physically - contraction, tension, shallow breathing.
· You experience intuitive whispers and nudges asking you to get quiet and listen.
· You're more emotional - or strangely numb.
· You're increasingly unwilling to tolerate relationships, roles, habits or responsibilities you've outgrown.
· Your income has plateaued despite your experience and capabilities.
· You have a persistent inner knowing: There is something different for me.

Reflection.

What has your body, intuition or life been trying to tell you?

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You Cannot Embody Anything If You Are Not in Your Body

Two principles are foundational to my work:

-You cannot embody anything if you are not in your body.

-You cannot outperform or intellectualize your old identity into a new one.

For years, personal development has emphasized changing our thoughts, beliefs and mindset. Those things matter - but an evolved identity cannot live only in your intellect.

When something new feels unfamiliar, your old patterns can pull you toward what feels known and safe. You procrastinate. Distract yourself. Overthink. Return to familiar behaviors.

This is why The Elegant Way Forward begins with the body.

When your body feels grounded and safe, you create differently. You lead differently. You earn differently. You make decisions differently. You relate differently. You live differently.

A SIMPLE BODY-FIRST PRACTICE:

· Get quiet. Move away from noise and distraction.

· Feel the ground beneath your feet.

· Take a deep breath in and hold it for a few seconds.

· As you exhale, hum from the back of your throat with your mouth closed.

· Pause.

· Repeat four times. Think as you repeat, “I am safe. I feel calm. I am suppported.”

Then notice what has changed in your body, breathing, thoughts and sense of urgency. You will feel calmer, your mind will have quieted. Identify shifts when you reconnect with your body before asking your mind to solve the problem.

Feminine Wisdom + Masculine Action

My own burnout became the catalyst for a different way of living and working. The Elegant Way Forward integrates body intelligence, intuition and feminine wisdom with the masculine structures of strategy and action. It is not about rejecting the masculine. It is about consciously accessing both according to what is a priority.

The feminine connects you to vision, desire, expansiveness, creativity and nourishment. Then the masculine comes into devotion to that vision and puts action behind it.

REFLECTION

Where do you spend most of your time: doing, producing, achieving and executing - or listening, receiving, imagining, creating and connecting with what you actually desire?

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Become Her First

This is where identity evolution becomes practical.

Instead of continually asking, 'What do I need to DO to create my next chapter?' begin asking, 'Who is the woman capable of creating it?'

Embodiment is not waiting until the new life arrives and then becoming her. It is beginning to feel, think, choose and act from her identity now.
After returning home from my month in Florence, I kept asking myself: If I were still in Florence, how would I feel? How would I think? What would I do? I consciously began bringing that woman home with me rather than returning to the identity I had been before I left.

Become her first.

Your 14-Day Identity Observation

For the next two weeks, become an observer of yourself. Notice how you feel, think and act in different situations as the woman you are today.

No judgment. Just witness.

Keep a journal nearby and record what you notice. From that vantage point, begin deciding which traits, beliefs, behaviors and patterns you want to carry forward - and which no longer belong in the next chapter you're creating.

DAYS 1-7
What patterns, reactions, choices and feelings am I noticing?

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DAYS 8-14
What do I want to keep - and what am I ready to evolve?

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Your Refined Identity Prompts

Answer these questions as your refined, evolved identity - not as the woman you are today. Let your answers become the beginning of your Refined Identity Blueprint.

1. How do I respond to life's ups and downs?
2. How do I feel about myself?
3. Do I have consistent self-love?
4. What are my consistent revenues or income - and from what channels?
5. What are my beliefs about money?
6. How often do I spend money on myself without guilt?
7. What is my intention behind saving money? Investing?
8. How do I navigate relationships?
9. What are my daily priorities?
10. What do I do for fun, play and adventure - and how often?

REFINED IDENTITY BLUEPRINT

What are the defining traits, beliefs and ways of being of the woman creating my next chapter?

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Your Elegant Way Forward

Your next chapter isn't created by abandoning everything that made you successful. It is created by discerning what comes with you - and what has completed its purpose.

The goal isn't less ambition, less action or fewer meaningful achievements. It is a more conscious relationship with how you create them.

Body before overthinking.
Intuition alongside intellect.
Desire before automatic obligation.
Feminine wisdom integrated with masculine strategy and action.
Who you've been is no indication of who you are capable of becoming.

You are inherently whole and worthy.
You matter. Your impact matters.

Continue the Conversation

If this guide has illuminated an identity you're ready to evolve, I invite you to a complimentary 45-minute Identity + Next Chapter conversation with me.

We'll explore where you are now, what you're being called toward next, and the identity capable of creating it. We will use my Elegant Way Forward Methodology as our backdrop for a stimulating, creative connection.

SCHEDULE YOUR CONVERSATION

BONUS: after completing the call, you will receive Marla's private guide, ***"The Four Money Truths to Live by That Will Increase Your Earning Power, Wealth, and Self-Worth with Several of My Favorite Financial Resources."***

Who do you know has a group who could benefit from Marla's expertise? Contact her to discuss details for a presentation, keynote, or workshop. Email: support@marladiann.com

Marla is the host of the **Follow Your Joy Podcast** featuring conversations with entrepreneurs, thought leaders and artists who have transformed their lives and careers by trusting intuition over logic. Streaming on Spotify, Apple, Amazon Podcasts, iHeart & YouTube.

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