

# the **CHANGE** **CHALLENGE**

3 DAYS. 3 TOOLS.  
1 UNSTOPPABLE YOU.

THE CHANGE CODE

BY JODIE BOWEN

# CONTENTS

## WHAT'S INSIDE THIS GUIDE

### 01 **TWO MINUTE TRUTH**

Cut through overwhelm with a fast, neuroscience-backed grounding prompt

### 02 **SELF-SOFTNESS RESET**

An insight into what's happening in your brain and nervous system (and why it's not your fault)

### 03 **THE CALM CODE**

Shift your thoughts with a 2 minute nervous system reset that actually works

### 04 **REMEMBERING YOUR LIGHT**

Reflective guide to reconnect back to who you are - to remember your truth, your worth and your voice

### 05 **YOUR INNER COMPASS**

Anchoring everything you've processing to choose a next step to be proud of

### 06 **SUPPORT & CELEBRATION**

Breathwork, affirmations and celebrations for you showing up for yourself in the middle of the mess





# HEY, I'M JODIE

I know how brutal change can be. I've lived it, specialised in it and rebuilt through it. The Change Code is everything I needed when I didn't know where to start. I created this challenge because I know how hard it is to ask for help when you need it most. This guide is one step back to your power. I'm so glad you're here.

*Jodie xoxo*

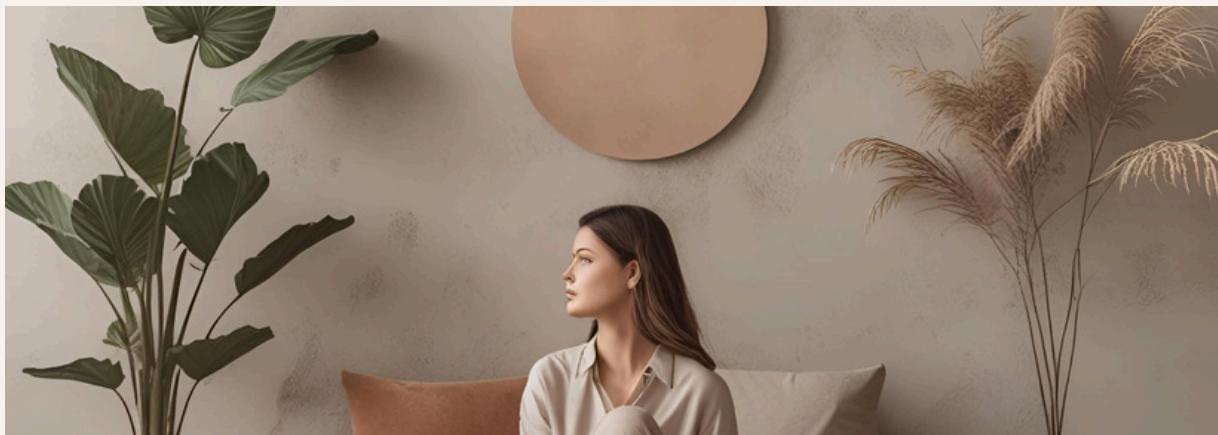
**LET'S DO IT!**



# the **CHANGE CHALLENGE**

CREATED BY: THE CHANGE CODE - 7 SHIFTS TO HELP YOU REBUILD THROUGH CHANGE.

You're here for a reason. Maybe it's a breakup. Maybe it's burnout or maybe you want to kickstart a reinvention. Whatever brought you here - one thing is clear already: you're not a victim of circumstance. You're someone who's seeing change as an opportunity and is ready to do something about it. That makes you a change maker.



TIME FOR ACTION...

This is **The Change Challenge**. Three days of tools that actually work, designed to help you:

Clear your mind and find some clarity within  
Regulate your nervous system and find some calm with compassion  
Stop any loops and take one meaningful step toward what matters

You don't need to have all the answers.  
You just need a few minutes and the willingness to start where you are.  
So let's get started.

DAY 1

# TWO MINUTE TRUTH

Truth has a way of bringing us peace, when we're ready to listen. A simple self-honesty practice to name what's real, release resistance, and reconnect with your inner clarity - even in the middle of chaos.

## **SOMETHING I'M READY TO ACKNOWLEDGE IS ...**



**And what that means for me now is...**

I already know the truth - I've just been scared to say it out loud. I can choose differently - even if it's scary.

## **TRY THIS**

- Place one hand on your heart, the other on your belly.
- Breathe In - say: "I am here for myself"
- Breathe Out - say: "I am safe" (Repeat 3x)

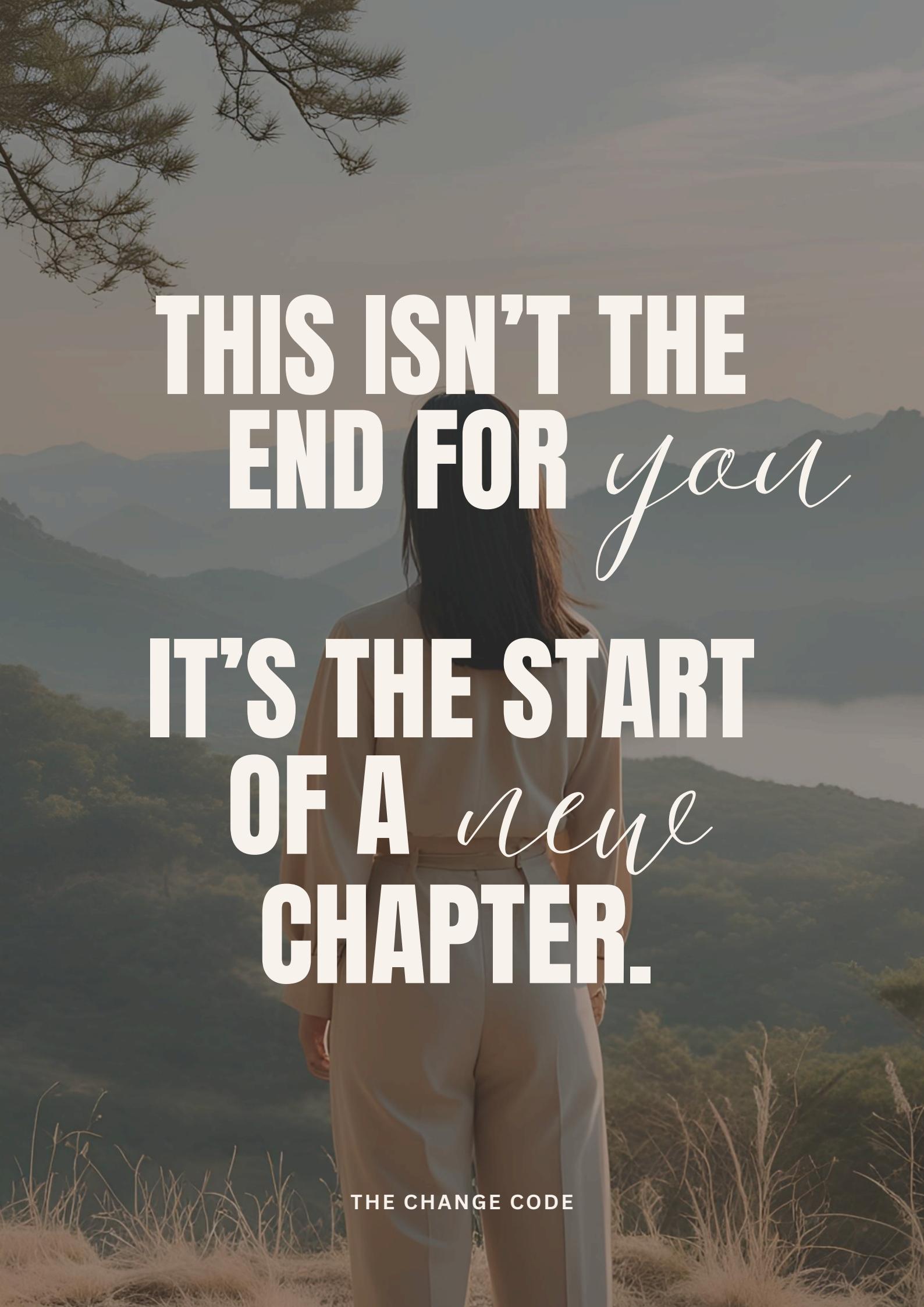
Your mind has been working hard to protect you. This isn't about forcing solutions or pushing through. It's about creating space for what's true to emerge naturally.

## **HOLD YOUR TRUTH TENDERLY**

Sometimes the most powerful thing we can do for ourselves is simply witness what is. You and your truth are both worth holding with tenderness. The first, and only, rule of change is: be soft and gentle with yourself.

**Practice self-softness for the next 24 hours. If you catch yourself being hard on you, meet that you with love too.**



A woman with long brown hair is standing on a grassy hillside, looking out over a vast landscape of rolling green mountains under a clear blue sky. The foreground is filled with tall, dry grass.

THIS ISN'T THE  
END FOR

*you*

IT'S THE START  
OF A *new*  
CHAPTER.

THE CHANGE CODE

DAY 2

# SELF-SOFTNESS RESET

**Small, intentional actions create ripples of change.  
The cultivation of self-softness rewires how you feel  
about yourself and the world around you.**

How could be softer with yourself generally?

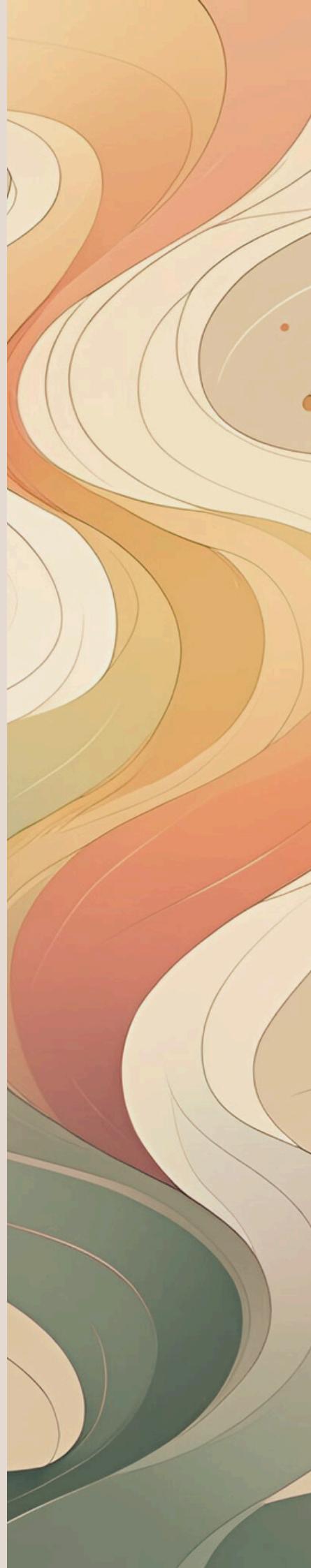
**Today's Invitation:** What is one nurturing thing you can do for yourself in the next few days?

**Choose what resonates:**

- Feeling overwhelmed? → Write it out. Light a candle. Move gently. Honour what you need.
- Feeling uncertain? → That's wisdom speaking. Trust your timing. Take one small step when it feels right.
- Feeling both? → Breathe deeply. Make some tea. Take time in nature. Care for yourself first, then see what wants to unfold.

Be choosing self-softness first, you're not avoiding or delaying. You're honoring your own internal rhythm and process. There's profound wisdom in moving at the pace that's right for you. Every gentle action and moment of self-softness tells yourself:

**I matter. I'm worth taking care of.**



DAY 3

# REMEMBERING YOUR LIGHT

**Time to reconnect with the strength that's always been within you and discover your warrior within.**

**Today's Invitation:** Something I'd like to cultivate more of is...

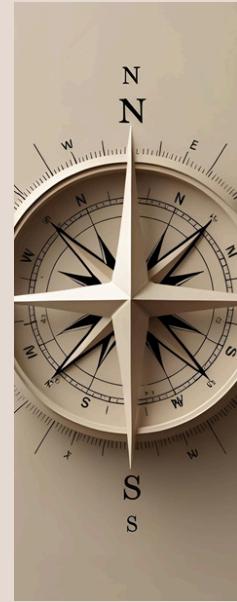
**Choose what feels most fitting for this moment:**

- **Movement:** Put on music that lifts you. Move in whatever way feels good. Celebrate the body that carries you through life.
- **Stillness:** Notice 5 things you see, 4 you hear, 3 you feel, 2 you smell, 1 you taste. Return to this moment.
- **Voice:** Speak gently to yourself: "I am strong. I am a warrior. I am exactly where I need to be."

**A truth to remember:** You don't need to become someone new. You're remembering who you've always been beneath the stories and circumstances. You are more than anything that can happen. What matters now is what you're going to build. It's not about what's happened, it's how you get up, and keep going.

Life is hard. Let your challenges make you stronger. Let them elevate you into the person you're meant to be. Allow the change you face today to shape you into a better person tomorrow. Appreciate the opportunity to grow. To see change as a springboard into a better chapter. Figure out how to harness the spirit of a warrior and live every day as if it were your last.





# YOUR INNER COMPASS

**Whenever you feel lost, this practice helps you get grounded and connect back in to yourself, fast.**

Gentle check-in

## **KNOWING**

What's one thing I feel certain about right now?

## **FEELING**

What's happening in my body at this moment?

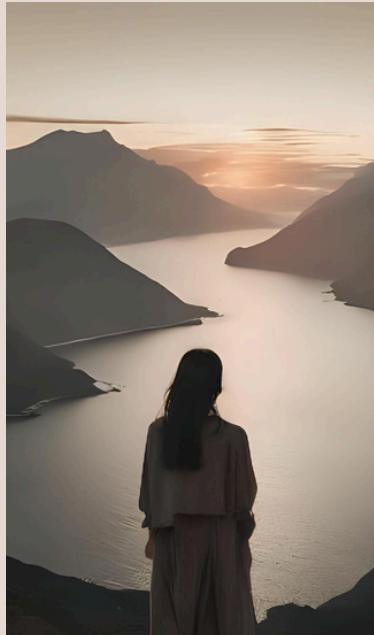
## **NOTICING**

What story am I telling myself? Is it helping or limiting me?

## **CHOOSING**

What's one small way I can give myself love, and honour myself, today?

You don't have to have everything figured out. You just need to trust yourself enough to take the next gentle step. That's more than enough.



# FANTASY VS. REALITY LIST

## Step 2: Write the Reality

Now, name what actually happened.

- What did they consistently show you?
- How did you feel in your body - over time, not just in the highs?
- What did you have to shrink, deny, or tolerate to stay?

This part might hurt. That's ok. You're not here to punish yourself - you're here to get some perspective and reclaim your power.

Example prompts to guide you:

I kept waiting for... I often felt... To stay, I had to pretend...

This isn't about proving the relationship was bad. It's about seeing clearly so your healing isn't built on a fantasy. Now, **what do you want more of next time?**

# RESET RITUAL



## When it all feels too much, start here.

You don't have to figure everything out today. You don't need to be over it. You just need a way to feel a little more steady - in your body, breath, and power.

This isn't about fixing the pain. It's about giving yourself a moment of calm inside it. A reset that brings you back to you, even for just a minute.

### Step 1: Ground (30 seconds)

Put both feet on the floor. Place one hand on your chest, one on your belly. Take three slow, deep breaths, in through your nose, out through your mouth. Say (silently or out loud):

**"I am safe in this moment."**

### Step 2: Interrupt the Loop (30 seconds)

Change your environment - even slightly. Stand up, stretch your arms, shake out your hands, splash water on your face. If you're stuck in thought, name five things you can see right now.

### Step 3: Choose a Power Phrase (30 seconds)

Repeat one of these to yourself:

- "I can't change the past, but I get to choose what happens next."
- "What I feel is real, but it's not forever"
- "No one gets to take me from me."

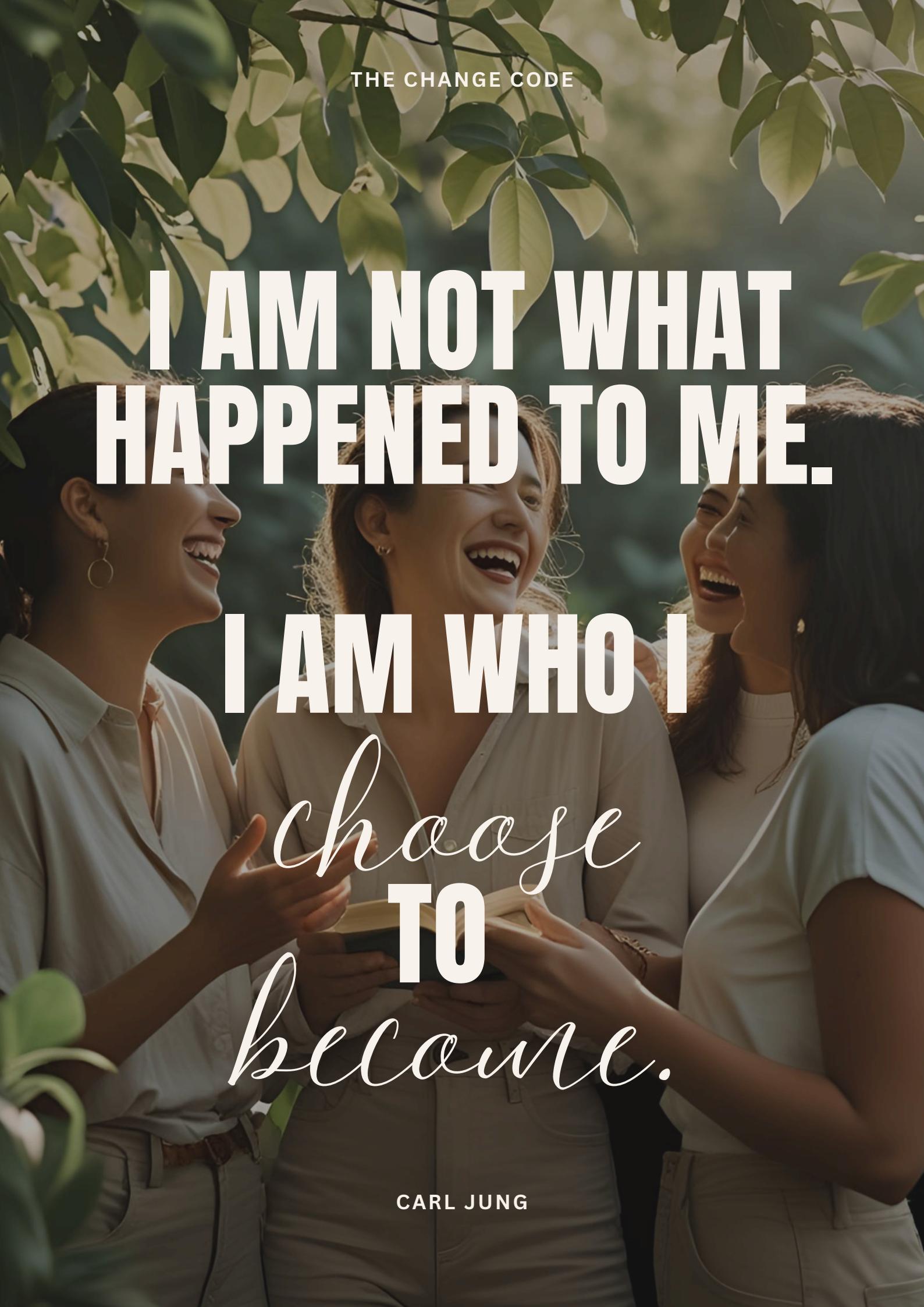
### Step 4: Anchor (30 seconds)

Give yourself one small act of care. Put on a calming song. Light a candle. Text someone safe. Get outside.

#### Remind yourself:

This is how I build safety - one moment at a time. Save this page. Come back to it any time. You're allowed to pause and reset again - and again.



A photograph of a group of diverse young women laughing together outdoors. They are standing in a lush, green environment with large leaves in the foreground. The women are dressed in casual, light-colored clothing. The overall mood is joyful and positive.

THE CHANGE CODE

**I AM NOT WHAT  
HAPPENED TO ME.**

**I AM WHO I  
choose  
TO  
become.**

CARL JUNG

# WHO ARE YOU NOW?

**Breakups don't just break your heart - they can break your sense of self.**

Who you were with them. Who you thought you'd become together. When that story ends, it can leave you wondering:

**Who am I now?**

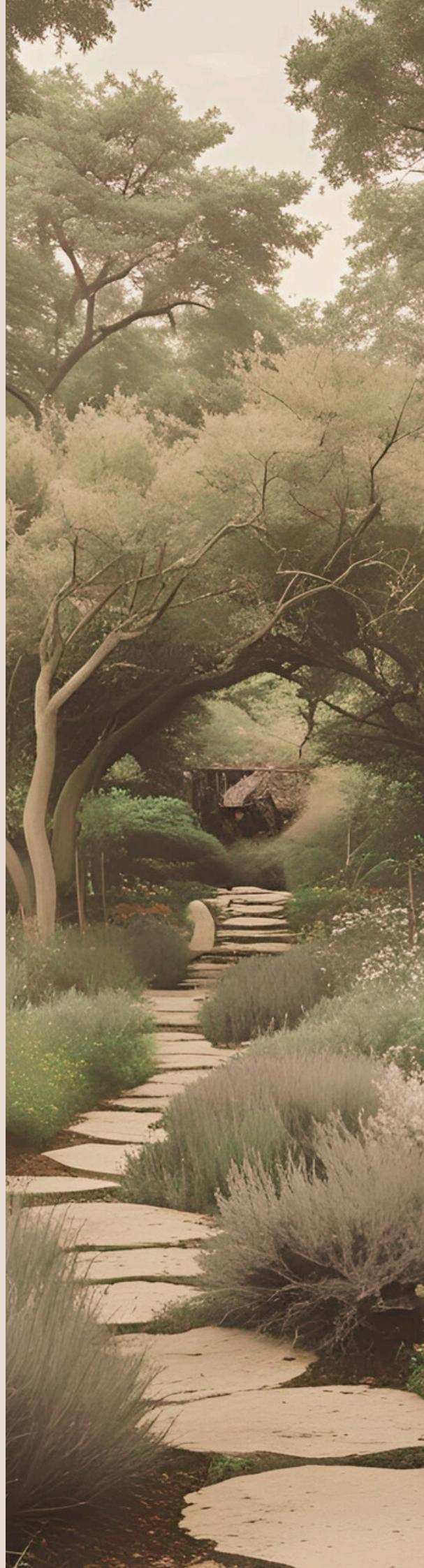
**Where do I go from here?**

You're not just grieving the relationship. You're grieving the version of you who lived inside that relationship - and that's valid. The routines. The roles. The reflections. It's normal to feel lost. Detached. Like you don't quite recognise yourself anymore. But the reality is: **You are still here.** Still worthy. Still ludicrously lovable. O yes, you are.

Even if you feel like a stranger to yourself right now, and everything feels unfamiliar, keep believing, better days are coming. This part isn't about reinventing or rushing to figure it all out. It's about meeting the moment and tuning back in to your voice, your needs, and your future. To the you who gets to decide who, what, where, when, without needing anyone's permission.

Take a minute to ask yourself:

**What new story am I writing about who I am and what I deserve?**



LET'S START TO DEFINE  
**WHO YOU ARE NOW**



Identity Recovery

**WHAT PARTS OF ME FELT SILENCED OR SMALL?**



Voice Reclaim

**WHAT DO I WANT TO START SAYING YES TO AGAIN?**



Personal Power

**WHAT STRENGTH IS WAKING UP IN ME?**



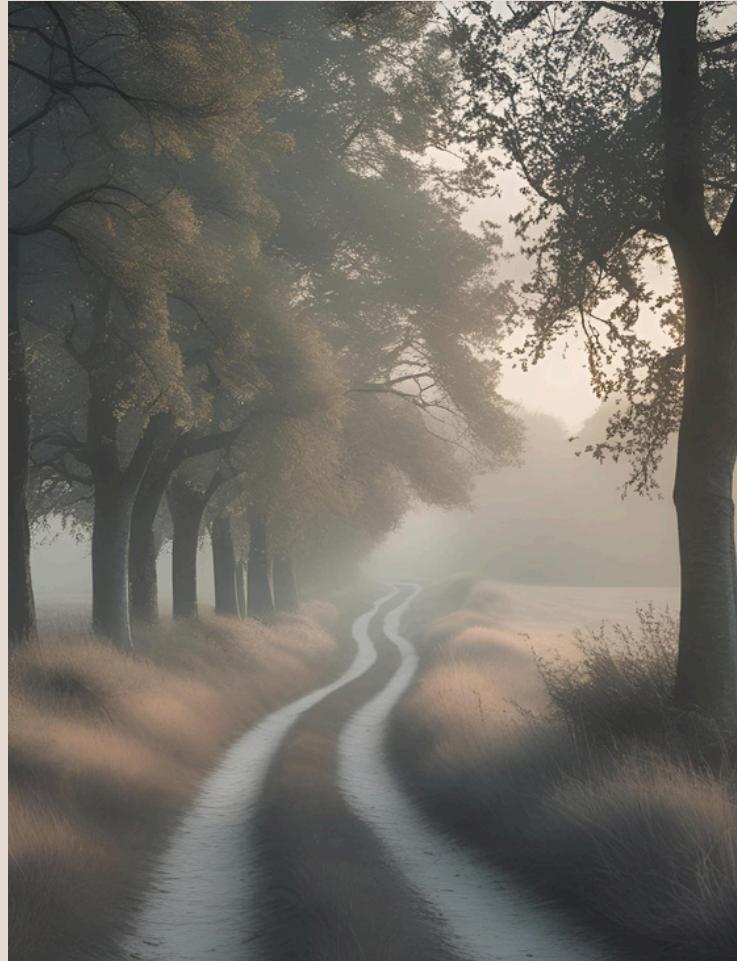
Next Chapter Clarity

**WHAT VERSION OF ME AM I BECOMING?  
HOW CAN I SUPPORT HER TODAY?**

# ONE STEP FORWARD

You don't have to know exactly where you're going yet. You just have to take one step forward. Right now, choose one micro-move. Ask yourself:

**What would my future self thank me for doing today?**



It could be:

- Going for a walk instead of checking socials
- Eating something nourishing
- Texting a friend instead of staying silent
- Working out or just getting out
- Booking something to make you feel better
- Planning a day out or a trip
- Starting a course in something you always wanted to learn
- Hugging someone you love
- Connecting with an old friend

The options are endless. Whatever floats your boat - choose one - and do it. Take one step closer to your big, beautiful and bright future. Because the future is built in moments like this. When you decide to back yourself. Every small, but brave, act of self-respect is a declaration. A line drawn. A fire lit.

**You're not waiting to be chosen anymore.**

**You're choosing you.**

And that changes everything!

# WHAT'S NEXT?

FIRSTLY, CELEBRATE YOURSELF... CHILL...



## THE CALM CODE - 2 MIN RESET

Hand on heart.  
Inhale for 4  
Exhale for 6  
Say: I am safe. I am enough. I am here.



## REAL TALK

You just showed up for yourself in the middle of a heartbreak. That's power. You faced it. You told the truth. You backed you, and chose yourself. The fact is: you are strong af and this guarantees you win.



## WHAT ARE YOU PROUD OF?

What did you today - even a tiny thing - that makes you proud of yourself?



## KEEP GOING

This isn't the end - it's your next beginning. If this helped you even a little, there's more support.

More £1 guides, calming tools & inspiration [here](#)

[Breakup Brain Reset](#)

[Burnout Recovery](#)

Follow [@the.change.code](#) on TikTok or Instagram for tools & tips



## STAY CONNECTED

Exclusive tools, surprise gifts, and personal letters from me - landing in your inbox soon.

A woman with long brown hair, seen from the back, stands on a grassy hillside. She is wearing a light-colored, long-sleeved top and light-colored pants. The background features a range of mountains under a clear sky. In the foreground, there are some dry, tall grasses.

THIS ISN'T THE  
END FOR

*you*

IT'S THE START  
OF A *new*  
CHAPTER.

THE CHANGE CODE

# YOUR NOTES:

