

BR.EMPOWERMENT

AUG 2021

12

WEEKS TO
BECOME THE
BEST VERSION
OF YOU!

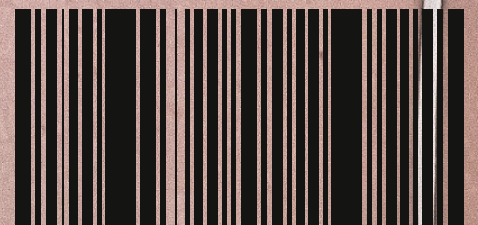
**FINDING SELF
LOVE AND
IMPROVE SELF
CONFIDENCE**

**BREAK LIMITING
BELIEFS**
WEEKLY TOPICS +
THEMES!

**THE BEST
YOU**

MINDSET + LIFESTYLE

@BR.EMPOWERMENT



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03 Creator's message

05 Mthly goal setting

06 Free br.empowered

07 Emotional Intelligence

09 Podcast ep.

11 Mindset

12 Mthly recipe

13 Mthly fitness

14 br. Journeys

“I believe in myself, my visions
+ my dreams.”





CREATOR

@_JUSTINTHOMASPHOTOGRAPHY

BRIE REICHMAN

"I created br. based on the importance and belief, every young woman deserves to feel supported and guided by a mentor.

Having a mentor throughout every stage of my life, especially my adolescent life, meant I felt equip whilst I found my independence and self-worth to continue becoming the best version of myself, free from judgement throughout every challenge life throws our way.

I have an important message for all young women who aspire to achieve greatness in their life! I also have recently found a way to teach every young girl who has every dreamed of fairytales that

the first person she is to fall in love with should be herself.

Loving yourself is the most important part of your self-development journey.

We all struggle with the fear of judgement, criticism and comparison to others. Especially women, the people on social media always seem to have it all, they seem more beautiful or more successful than we believe ourselves to be.

This all comes down to not accepting your true self.

The BR empowerment journey gives you the tools needed to build your self-confidence, enhance your self-body image and shift your mindset to become the best version of yourself.

The relationship with yourself is the most important one in your life. Speak to yourself with the kindness you speak to others, embrace failure and find your authentic power.



“

BRIE REICHMAN:

POWERFUL
THINGS HAPPEN
WHEN YOU
START PUTTING
IN THE WORK
TO ACHIEVE
YOUR GOALS

”

1:4:1

1 monthly goal
4 weekly targets
1 daily intention

AUG

SUN

MON

TUE

WED

THU

FRI

SAT

SUN	MON	TUE	WED	THU	FRI	SAT

MONTHLY GOAL :

WEEKLY GOALS

WK 1 :

WK 2 :

WK 3 :

WK 4 :

br.

A goal without a plan is just a dream

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mentoring | mindset | empowerment

EMPOWERED IN 3 DAYS



FREE THREE DAY EMPOWERMENT JOURNEY
WITH BRIE REICHMAN

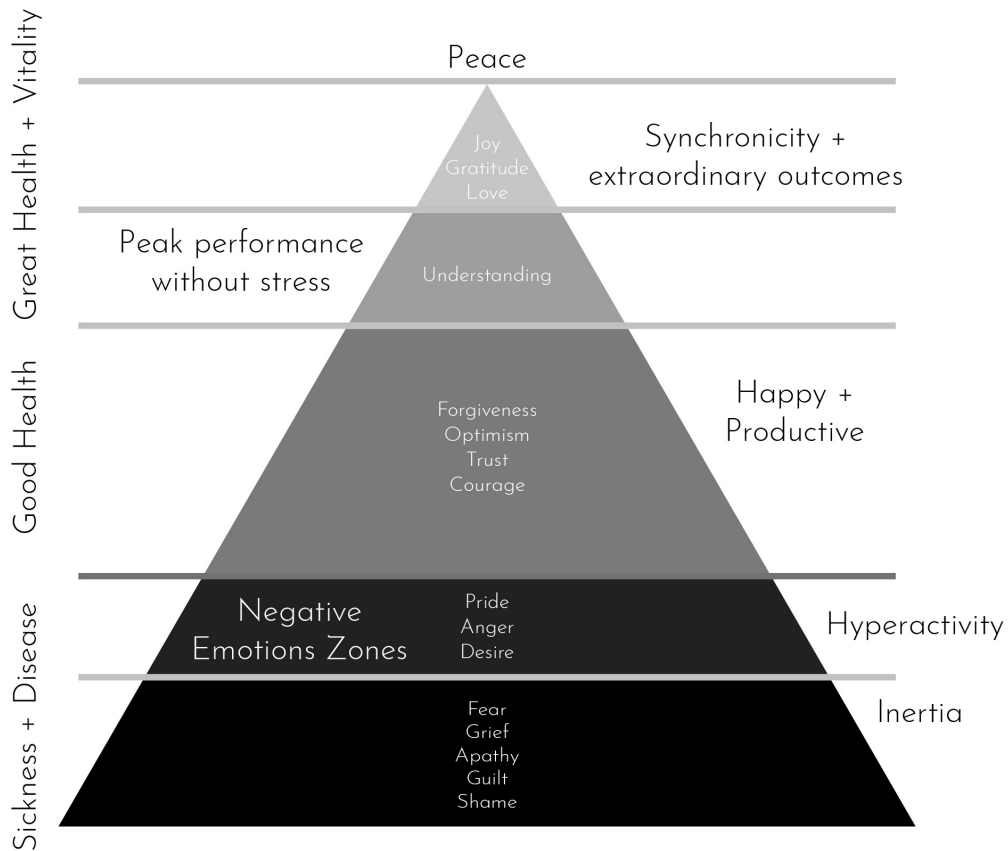
MONDAY 14TH FEB '22



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Levels of Consciousness

Source : Dr. David Hawkins



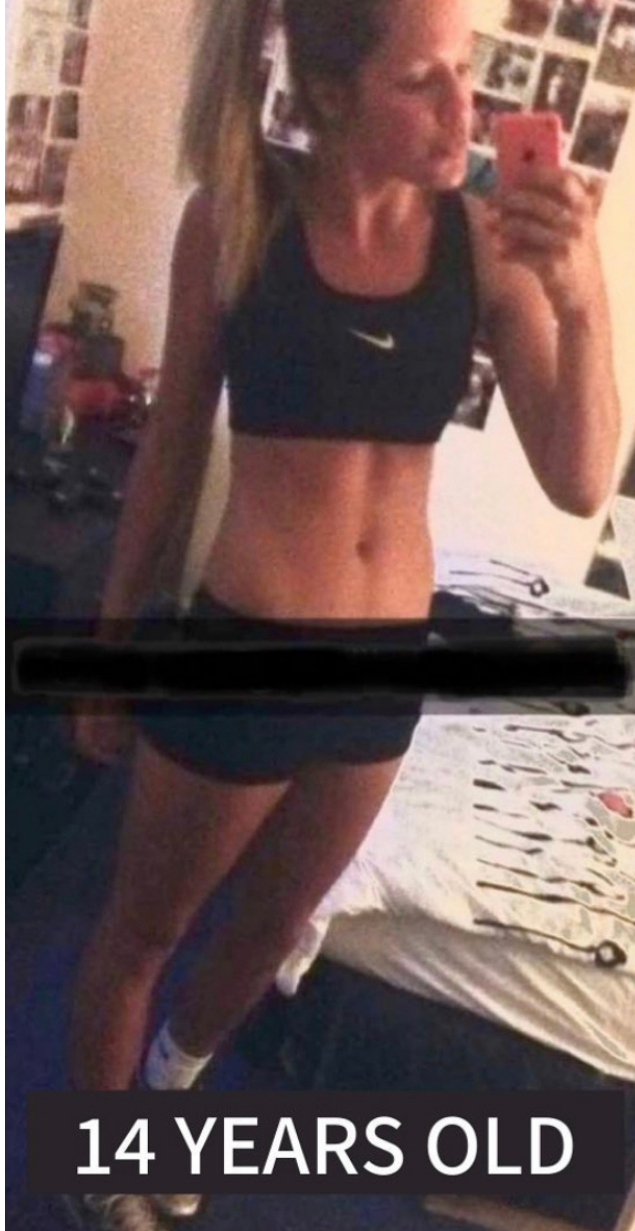
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How can you tell what level of consciousness you are on?
You can tell by how you feel.

Energy has a vibration or “vibe.” The vibration is what you’re feeling. When you get a ‘vibe’ from someone or something, you are actually feeling your energy, your state of consciousness.

Every thought, every emotion, every action, vibrates on a specific frequency. The vibration you give out to the world will be attracted back to you.

If you are feeling stressed, your world will attract you to stressed-out people or situations.



14 YEARS OLD



23 YEARS OLD



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9 things I wish I knew 9 years ago

1. Your thoughts create your reality. A belief is just a thought you keep telling yourself.

2. Weights training DOES NOT make you bulky.

3. Love yourself first! Speak to yourself the way you would want others to speak to you.

4. Ask yourself before doing anything.. "does this match the biggest version of myself and whom I want to be?"

5. Build your assets before unnecessary liabilities + materialistic goods!

6. Start a conversation with randoms! And continue leaving your trademark on others with a contagious smile and infectious positive energy.

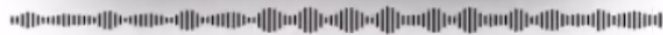
7. Life is ALWAYS mirroring back to you what you're putting out.

Good energy = positive outcomes
Sh!t Vibes = negative experiences.

8. Invest in yourself, your growth and your goals!

9. Listen to your grandmother when she says to have PATIENCE.

BONUS: Listen more than you speak. You have two ears and only 1 mouth for a reason.



Women of Influence with Kate Meade

I open up and share my story about the obstacles and hardships I have faced in life, but how I didn't let those moments define me.

A hard past doesn't mean a difficult future, as I decided to take control of the steering wheel and change the direction of my life.

When we face challenging times full of adversity, struggle and pain, we have two choices, play the victim or embrace being a student of life.

Even in my darkest moments, I visioned what my higher self looked like and decided to show up as her every day. Happiness, positivity and enthusiasm about life is all a choice.

We have all faced crippling pain, but hopefully, this interview sheds a light on the importance of self-healing, self-love and how you are in control of your life and every day is a chance to rewrite your story.

[Listen here!](#)



“

BRIE REICHMAN:

HEALTHY MINDS, HEALTHY BODIES

MINDSET | NUTRITION | FITNESS

”

MEDITATION

So many of us are living crazy, non-stop, hustle and bustle lives with families, friends, partners, jobs, social media, problems, bills, and the list goes on. But how many times a day do we take a step back away from the chaos, clear our minds and be still?

Sometimes it seems impossible right!

Especially in recent months, there has been so much fear, uncertainty, anxiety and we've lost a certain amount of control over our lives.

There is one common practice that is unparalleled to any other way of stilling the mind and coping with stress and anxiety.

Meditation.

Meditation is known to enhance the flow of positive and constructive thoughts and leads to an overall improved well being.

There are so many misconceptions about meditation that put people off or make them feel they are not doing it right. The most common misunderstanding is that you are expected to be able to completely empty your mind and think of nothing, while sitting in there in a completely tranced and blissful state.

Meditation is about observing your thoughts, rather than trying to block them out. Witness your thoughts coming in with no judgement or response, and return your focus to your breath.

Your mind will feel calmer, you will be less reactive, less stressed and you will be more in touch with your mind and body than you have ever been.

You will not be a master at mediation in your first try, or even your first 20 tries. But just like going to the gym to build muscle in your arms and legs, you must exercise the muscle in your mind.

Keep at it, be consistent and watch how the results will transform your life.





BUDDHA BOWL

QUICK, EASY + SIMPLE

INGREDIENTS

- 50g Corn
- 1 tsp Olive Oil
- Lemon *squeeze
- Pink Salt + Pepper
- 25g Avocado
- 125g Chicken Breast
- 40g Quinoa
- 50g Carrots
- 50g Cucumber
- 50g Cherry Tomato *chopped

**Measured raw weight*

SERVES: 1

TOTAL CALORIES: 464

Carbohydrates: 45.4g

Protein: 37.6g

Fats: 15.2g

[@indiactive](#)

METHOD

1. Cook Chicken your most preferred way
2. Cook Quinoa in boiling water for a minimum of 15 minutes
3. Cut + place ingredients into a bowl
4. Drizzle Olive Oil + Lemon dressing over ingredients + serve

KEEPING UP WITH THE INDI ACTIVE AUS FIT FAM

➔ We all start somewhere



Flashback to 2016, I was at a crucial stage in life where I could have let my setbacks define me.

I was ready to give up, fall back into the same habits and play victim, but that was NEVER going to be a choice!

Thankfully I found my playground! And, YES, I too was a beginner. I felt intimidated by the gym. I was scared of the unknown, and you bet I believed "weights would make me bulky."

BUT THEN... [read more](#)

➔ IA Fitness Retreat, Airlie Beach



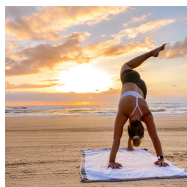
While we're keeping tight lipped on the finer details we're cooking up some pretty epic plans and can't wait to welcome you ALL.

[Find out more.](#)

7 DAYS | WHITSUNDAYS | FITNESS | LIFESTYLE
OCT 20 - 26

Share this with your partner in crime or your gym buddy! READY? we are.

➔ IA Tribe Full Body Stretch



Join the Indi Active Coaches!

Wednesday's @ 7am

20 minutes

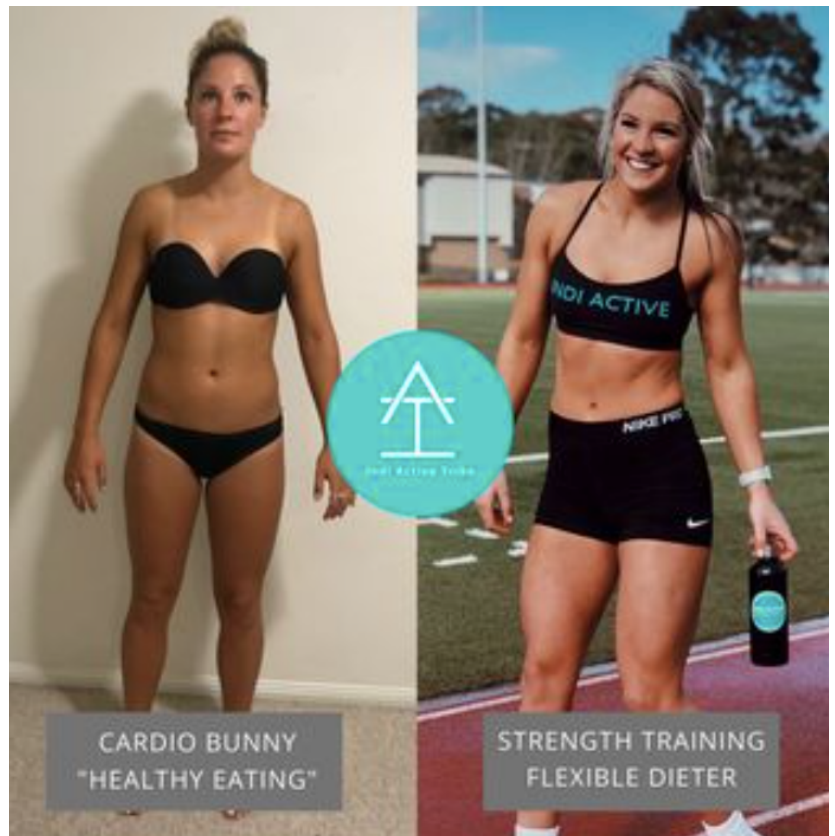
IA Tribe facebook group

Start your day the best way possible - through movement!

For the month of August the IA coaches will be hosting a stretch every Wednesday morning for our IA Tribe babes! Be sure to join our facebook group to get amongst the fun!

[IA Tribe facebook group here](#)

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CARDIO BUNNY
"HEALTHY EATING"

STRENGTH TRAINING
FLEXIBLE DIETER

WEIGHTS WON'T MAKE YOU BULKY

By Brie Reichman

Lifting weights WILL NOT make you big. It won't make you bulky and when combined with a great approach to your nutrition - lifting + strength-based training will actually give you a completely new body composition. You only need to check out the Indi Active socials to see some amazing examples of the IA Tribe transformations.

Our mission at IA is to re-program the beliefs women have towards losing body fat (not 'weight', BODY FAT!) which starts with busting the myth "lifting weights will make me bulky"

Consuming more energy (calorie surplus) than you are burning over an extreme period of time, overloading your training for MONTHS + months, over years will eventually have some impact. SO, STRESSLESS - YOU ARE SAFE. Indi Active Founder and coach, Brie Reichman has been strength training for over 3 years now and she mentions "I am FAR from 'bulky' - as much as I would love to have a couple more kgs of Muscle Mass to support my love for food + cocktails..."

Take it from these scientifically proven points, because knowledge is power!

[READ MORE >](#)



br. JOURNEYS

12 week program

Over the course of 12 weeks, together we will explore topics such as emotional intelligence, lifestyle habits, leadership as well as affirming one's passions + goals.

Each week we will delve into a new theme.

[SAVE MY SPOT](#)

12 month mentoring

COMING
SOON

briereichman

mentoring | mindset | empowerment




BECOME YOUR BEST SELF
with br. empowerment


first + last name


email

submit



 @br.empowerment | #brempowerment

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 br@briereichman