

Dear Heart, Here's the Truth...

A love letter to the woman who forgot how powerful she is.

Dear Heart,

I know you're tired of being strong when it hurts, of smiling when you're quietly unraveling inside, of giving love that wasn't truly returned.

You may be wondering if you'll ever feel like you again. But here's the truth no one told us when love breaks us open:

You were never the problem.

You gave your all. You believed. You tried. And yes... maybe you lost yourself along the way. But that doesn't make you weak. That makes you deeply loving. That makes you brave.

I see you. The woman who shows up for everyone else but doesn't know how to show up for herself anymore. The one who forgot she was the whole damn prize.

You haven't lost your magic—you've just buried it beneath the pain.

And guess what? You get to dig it back up. You get to start again—on your terms.

You get to rebuild.

Not into the woman you were before love broke you... But into the woman you were always meant to become. The one who loves herself out loud. Who walks into rooms like she owns the place. Who doesn't settle for crumbs.

This version of you? She's not "too much." She's the whole fcking vibe*. And she's ready to rise.

Not perfectly. Not all at once. But powerfully. In her own way. In her own time.

With heart. With hips. With sass.

So take this as your permission slip. To stop shrinking. To stop apologizing. To stop thinking you're broken.

You're not broken.

You're becoming.

And I see you.

And when you're ready to rise, I'll be right here.

With love and sass,

Claudia

(Your Self-Love Coach & Your Biggest Cheerleader)

Soul Integration

Prompts

After reading the letter, I invite you into gentle reflection with 3 powerful prompts:

◆ **What line from this letter stirred something deep in you? Why?**

◆ **If your heart could write you a letter in return, what would it say?**

◆ **What is one small, brave act you can take this week to honour your healing?**

The “Tiny Comeback” *Ritual*

A simple, soulful ritual you can do in under 10 minutes to anchor the shift:

- ◆ Light a candle or incense.
- ◆ Read the letter aloud to yourself in the mirror.
- ◆ Place your hand on your heart and say:
 - ◆ “I am no longer available for anything that dims my light.”
 - ◆ “I forgive myself for all I didn't know then.”
 - ◆ “My comeback begins now.”

Bonus Audio *Love Note*

Want to *feel* the power behind these words?
Listen to the audio version of “*Dear Heart, Here’s the Truth...*”—a heartfelt reminder to the woman who forgot how powerful she really is. Close your eyes, press play, and let every word sink deep into your soul.

[Listen to the Audio Love Letter Here](#)

And if this letter stirred something in your heart...
Don't keep healing alone.
Why not try *The Comeback Code*
We'll walk through what's holding you back—and create your personalised comeback plan.
You're ready. And I can't wait to meet you.