**REASONS YOU NEED ME- part 1**

Tired of being the “strong friend”?

**Tann** can be, will be a safe place for you to be authentically You. Breathe, sis!

Sis, I got you!

Being the strong friend is a heavy burden that often goes unrecognized. You pour so much into others and sometimes it feels like there’s nothing left for yourself. Your energy, your love, it’s a finite resource. It’s a beautiful and daunting thing, feeling so deeply for others. But as much as you want to carry the world on your shoulders, you deserve your moment to rest, too. 🖤

Sis, I got you!

The strong friend carries so much weight because of the immense love and care they have for their friends. You uplift others, you see their potential and encourage them. But it's important to remember that you, too, deserve that same support. You need your moment to be held, to be seen, to be supported. You’re not just a strong friend—you’re human, and you need rest and love, too. I've got your back. 🖤

Sis, I got you!

You are here, so lets put a plan in place. Let’s take some powerful steps toward self-awareness and self-care, focusing on creating a supportive environment, detoxing from draining relationships, practicing self-care, understanding the power of saying “no,” and nurturing self-kindness. This will be a solid blueprint for reclaiming your energy and prioritizing your own well-being.

It’s crucial to surround yourself with people who uplift and support you, and to be mindful of where your energy is going. Remember, it’s perfectly okay to say “no” and to prioritize your own needs.

Growing self-kindness is transformative. You deserve to be happy and in love with yourself! What’s one step you’ll take first? …..call me 🖤

Ready to take that first step toward being your own biggest cheerleader? 💪💕

Sis, I got you!

*Available services (see services menu for more):*

* **Analyzing your environmental strengths**

Who are the people that have your back? Is your circle a support circle or are y’all just hanging out?

* **Detox your relationships**

Who are you spending time with that is draining you? Let’s be intentional about who gets your time, and energy!

* **Self- care**

Are you taking care of your physical appearance, health, emotional needs…plus others

* **The power of NO**

Let’s gain understanding on when No is necessary & how to say No w/out feeling guilt

* **Grow your self-kindness**

Let’s discover why you need to grow you self-kindness, Let’s explore ways to do so. Its time to be HAPPY AND IN LOVE with self!

**REASONS YOU NEED ME- part 2**

Coming soon …… Need to improve your communication skills?