



“The Soft Life Starter Kit: A Soulful Reset for the Woman Who’s Tired of Being ‘The Strong One’”

Ideal For:

High-achieving, heart-heavy Black women ready to stop performing strength and start healing with softness, clarity, and self-trust. Women who resonate with your work but aren’t sure where to begin.

What’s Inside:

1. **The Strong Black Woman Detox Checklist**
→ Signs you’re stuck in emotional survival mode — and how to gently release it.
2. **Mini Masterclass Replay: “How to Stop Shrinking and Start Softening”**
→ 12–15 minute video training from Coach Dani
3. **Softness Ritual Guide (5-Day Reset)**
→ Journal prompts + simple daily practices to begin healing your nervous system and coming home to yourself.
4. **Affirmation Audio: “You Don’t Have to Hustle to Heal”**
→ A warm 3–5 minute spoken word-style affirmation track to anchor them daily.
5. **Exclusive Invite to Join You Betta Glow Sis or Coaching Waitlist**

Click Here to Access Your Files:

[The Strong Black Woman Detox Checklist](#)

[Mini Masterclass Replay: “How to Stop Shrinking and Start Softening”](#)

[Softness Ritual Guide \(5-Day Reset\)](#)

[Affirmation Audio: “You Don’t Have to Hustle to Heal”](#)

[Exclusive Invite to Join You Betta Glow Sis or Coaching Waitlist](#)

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Thank you for honoring the energy, time, and creative labor poured into each product. Your support allows us to continue serving this sacred community.

With gratitude,

The Black Velvet Growth Team