

THE 5 POWER MOVES

For Ambitious Women Ready to
Create a Life That Actually Fits



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HOLISTIC

WELCOME

Hi, I'm Amy Evans, Holistic Performance Coach,
I'm so glad you're here.

*Sustainable change starts with
regulation, awareness and alignment.*

So many of us are juggling so much — careers, homes, children, relationships, endless responsibilities, and the pressure to stay connected to everyone and everything all at once. Modern life comes with more opportunity than ever before, but also more expectation. We've been told we can "have it all", which often leaves us feeling like we should be able to do it all too.

So we keep pushing

Working harder

Doing more

Setting bigger goals.

Trying to optimise ourselves into feeling better.

Then we notice — pushing harder isn't actually working. We don't feel calmer or more fulfilled. We feel overwhelmed, disconnected and exhausted.

That doesn't mean you're not capable of more.

In fact, you're likely capable of far more than you realise — but probably not through endless pushing. The real opportunity lies in regulating your system, creating more space and becoming clearer about what actually matters to you.

This guide outlines five simple but impactful "Power Moves" that I regularly use with clients to help build stronger foundations before diving into bigger goals, plans and life changes.



HOW TO USE THIS GUIDE

Use these Power Moves as simple, foundational tools to help you create more awareness, stability and alignment in everyday life.

It isn't about overhauling your entire life overnight. Start with the moves that resonate most, experiment with the tools and reflections, and notice what begins to shift.

The goal isn't perfection — it's to feel calmer, clearer and better equipped to create meaningful change in a way that's sustainable for you.



MOVE ONE

REGULATE

Before You Optimise

When your nervous system is overloaded, even small decisions can feel overwhelming. You may find yourself constantly pushing through exhaustion, feeling emotionally reactive, struggling to focus or relying on stress to keep functioning.

Real change becomes much easier when the body feels safer, calmer and more supported first.

One of the simplest ways to begin regulating the system is through a Central & Governing balance – a Kinesiology technique that helps support energy flow, reduce overwhelm and bring the body back into a more balanced state.

Try this:

Practice a simple Central & Governing balance, outlined on the following pages, daily for one week, especially during stressful or overstimulating moments.

As you do, begin noticing:

- how often you're operating in "push through" mode
- how your body feels in these moments
- what shifts do you notice after practising the balance

Reflection

Where in your life are you currently trying to push harder instead of creating more support?

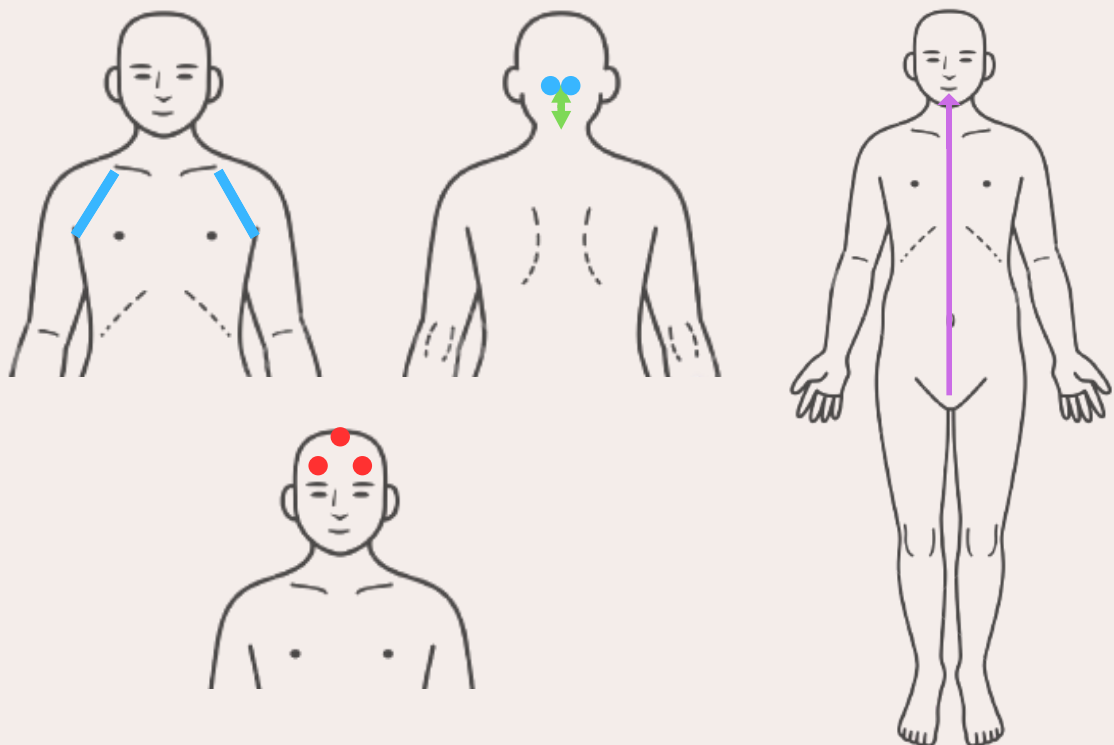
CENTRAL MERIDIAN

The Central Meridian is one of the key energy pathways in the body, running from the pubic bone up to the lower lip.

When this meridian is balanced, we feel more focused, grounded and resilient—but when it becomes disrupted, we may experience brain fog, low energy, or difficulty processing emotions.

- 1 Rub along the front of the shoulder creases, then up and down the very top of the spine where it connects into the base of your skull and either side of this point. (Shown by the blue and green highlights)
- 2 Lightly hold the red points on the forehead and in the middle of the crown for 20-30 seconds.
- 3 Place your hand on the pubic bone and lightly trace up the centre of the body to the bottom lip, keeping your hand on the body. (Shown by the purple arrow)

Watch the demo



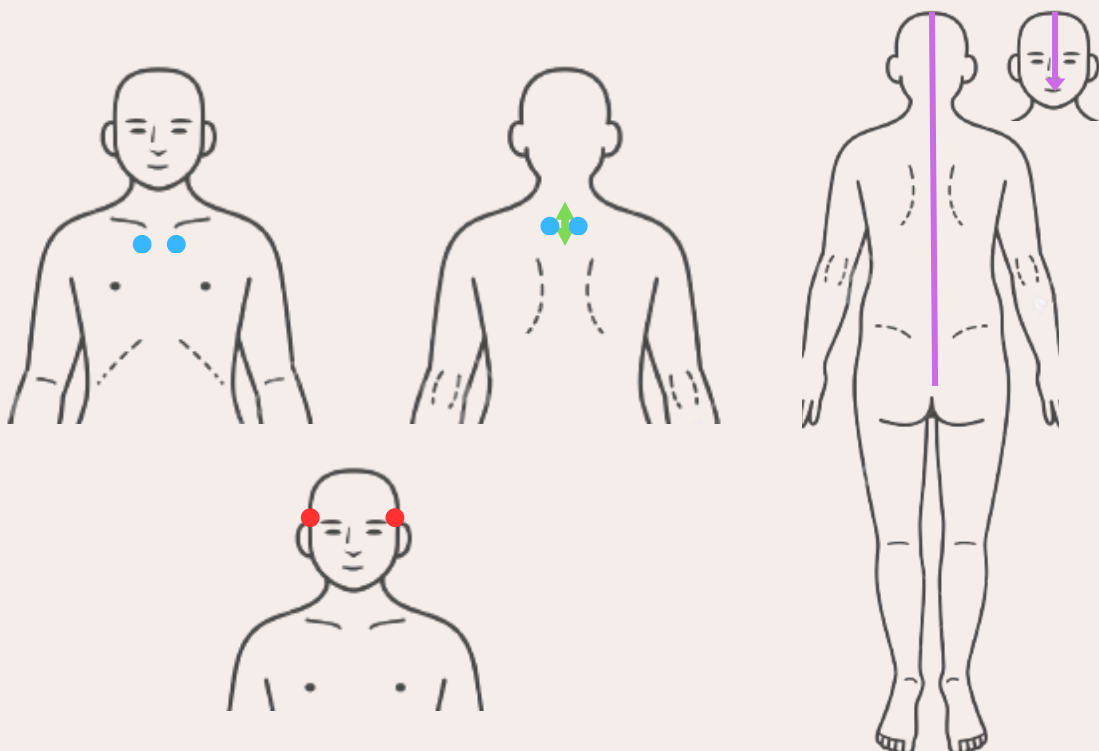
GOVERNING MERIDIAN

The Governing Meridian is another key energy pathway in the body, running from the tailbone up the spine, over the head, and ending at the upper lip.

When this meridian is balanced, we feel strong, centred and better able to take action. When disrupted, we may experience fatigue and low motivation.

- 1 Rub either side of the sternum just below the inside end of the collar bone, then up and down on the spine just between your shoulders and either side of this point. (Shown by the blue and green highlights)
- 2 Lightly hold the red points on the temples on both side of the head for 20-30 seconds.
- 3 Place your hand lightly on the coccyx and lightly trace up the spine all the way over the top of your head and down to the upper lip. (Shown by the purple arrow)

Watch the demo



MOVE TWO

UNDERSTAND

Your Energy Patterns

Over time, stress, responsibility, people pleasing and constant overstimulation can become so normal that we stop noticing the impact they're having on us.

Understanding your patterns is often the first step towards meaningful change.

When you begin paying attention to what consistently drains, overwhelms or unsettles you, it becomes much easier to make choices that feel more supportive and aligned. One simple but powerful way to begin developing this awareness is by asking: "What am I carrying that isn't truly mine to hold?"

Try this:

Take 10 quiet minutes with a journal and answer the questions on the next pages.

As you write, gently reflect on:

- which pressures genuinely belong to you
- where you may be over-responsible for others
- what feels emotionally out of balance
- what repeatedly leaves you feeling depleted.

Reflection

What are you carrying that may no longer be yours to hold?

WHAT ARE YOU CARRYING?

Take some time to sit with these questions. Use them simply as prompts and feel free to note down anything else that comes up for you.

What are you carrying right now—mentally, emotionally, or physically—that feels heavy or draining?

(Let it be messy or unfiltered. This is for your eyes only.)

WHAT ARE YOU CARRYING?

What's feeling out of sync or misaligned?

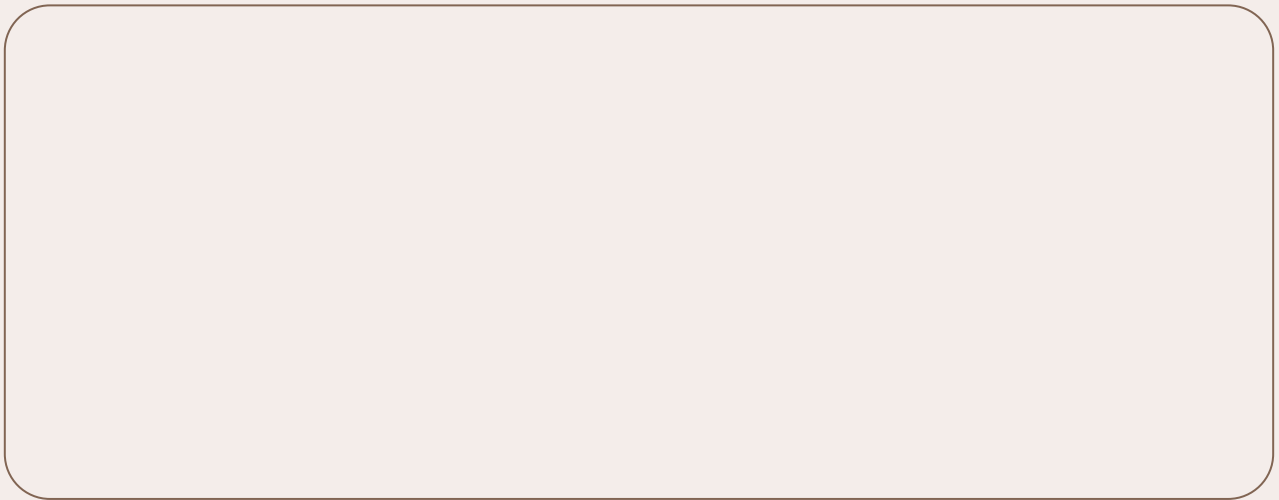
Consider how things feel in your body, your mind and your environment.

Are there any signs your body or mind is trying to get your attention?

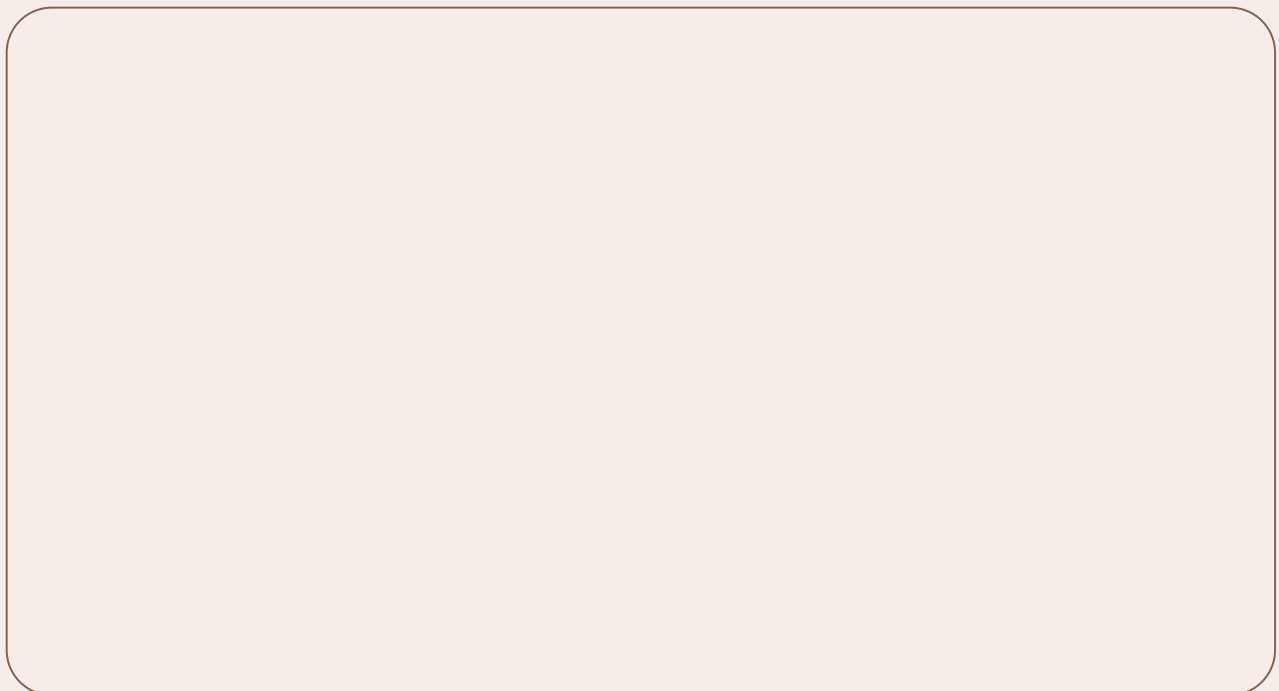
(Tiredness, tension, forgetfulness, irritability—note anything that feels off.)

WHAT ARE YOU CARRYING?

If you could wave a magic wand and shift one thing in your life today, what would it be? Why that?



Looking at everything you've written so far, what theme keeps appearing? What might it be trying to tell you?



MOVE THREE

CLARIFY

Your Values

When you're clear on your values, it becomes much easier to recognise what genuinely matters to you – and what no longer fits the life you want to create.

Without that clarity, it's easy to drift into decisions shaped by expectation, habit or obligation instead.

Taking time to clarify your values can help you feel more grounded, intentional and connected to the direction you're moving in.

Try this:

Work through the values exercise on the next page.

As you do, notice:

- where your current life feels aligned with your values
- where there may be tension or imbalance
- which values you want to prioritise more intentionally moving forward.

Reflection

Are the things demanding most of your energy actually aligned with what matters most to you?

VALUES

How to use this:

1. Read through the list and highlight anything that stands out
2. Narrow it down to 5-10 core values
3. Don't overthink it – go with your instinct

If it feels like a strong “yes”, keep it

If you're unsure, leave it

ALIGNMENT	Building a business that feels true in both heart and strategy.
AMBITION	Having big dreams and the drive to make them real.
AUTHENTICITY	Being unapologetically yourself in every part of your work.
AUTONOMY	Creating the freedom to work how, when, with whom you choose.
BALANCE	Making space for both purpose and personal wellbeing.
BEAUTY	Bringing care and aesthetics into your brand and environment.
BOLDNESS	Taking brave steps and refusing to play small.
CALM	Prioritising steadiness and nervous system peace.
CLARITY	Communicating your purpose with focus and confidence.
COLLABORATION	Thriving in co-creation and mutual support.
COMPASSION	Leading with empathy, both for others and yourself.
CONNECTION	Building meaningful, human relationships through your work.
CONSISTENCY	Showing up regularly and with intention.
CREATIVITY	Letting inspiration, innovation, and expression guide you.
CURIOSITY	Staying open to learning and exploring new perspectives.
DISRUPTION	Challenging the status quo and doing things differently.
DRIVE	Channeling your inner fire to move your business forward.
EASE	Creating simplicity and letting things flow without force.
EMPOWERMENT	Standing in your power and helping others rise too.

VALUES

ENERGY	Being mindful of where yours goes — and what restores it.
EXCELLENCE	Taking pride in doing things well and with intention.
FOCUS	Keeping your eyes on what truly matters.
FREEDOM	Working in a way that feels liberating, not limiting.
FUN	Creating lightness and joy in how you work.
GENEROSITY	Giving with intention and healthy boundaries.
GRACE	Responding with emotional maturity and self-respect.
GROWTH	Committing to evolution — personally and professionally.
HARMONY	Blending your values, life and business into one aligned system.
HONESTY	Being transparent, even when it's vulnerable.
INCLUSIVITY	Creating a space where all feel safe, respected, and seen.
INDEPENDENCE	Doing things your own way, even if it's unconventional.
IMPACT	Making a meaningful difference through your work.
INNOVATION	Leading with fresh thinking and original ideas.
INTEGRITY	Acting in alignment with your values at every level.
INTUITION	Trusting your inner compass to guide your choices.
JOY	Letting pleasure and delight fuel your decisions.
KINDNESS	Meeting others with care, even when boundaries are needed.
LEADERSHIP	Owning your role as a guide, example, or voice.
LEARNING	Staying curious and open to growth.
LOVE	Rooting your work in care, connection, and compassion.

VALUES

MINDFULNESS	Being intentional and present in your process.
OWNERSHIP	Taking full responsibility for your path and decisions.
PASSION	Letting your enthusiasm be a force for momentum.
PATIENCE	Trusting the pace of growth and honouring the process.
PEACE	Creating emotional and energetic spaciousness.
PLAYFULNESS	Inviting creativity and experimentation into your work.
PURPOSE	Building a business that means something – to you and others.
RESPECT	Valuing your time, energy and the people you serve.
RESILIENCE	Growing stronger through challenge and change.
SIMPLICITY	Cutting through clutter to focus on what's essential.
SPACIOUSNESS	Making room for rest, inspiration, and breath.
SPIRITUALITY	Feeling connected to something deeper than logic.
STABILITY	Creating a solid foundation that supports your growth.
STRENGTH	Owning your capacity and trusting in your ability to lead.
TRUST	In yourself, your decisions, your clients and the process.
TRUTH	Being honest about your beliefs and why you do what you do.
VITALITY	Prioritising physical energy and emotional health.
VISIBILITY	Being willing to be seen and share your voice.
WEALTH	Welcoming abundance in a way that aligns with your values.
WELLBEING	Ensuring your business supports, not drains, you.
WISDOM	Leading from your lived experience and inner knowing.

VALUES

Now ask yourself:

- What are your top 5-10 values?
- Which of these values are you actively living – and which deserve more space in your life?

A large, empty rounded rectangular box with a thin black border, intended for the user to write their answers to the questions above.

Clarity doesn't come from doing more.
It comes from understanding what actually matters.

MOVE FOUR

ALIGN

Your Environment

When the space around you feels cluttered, chaotic or draining, it's highly likely to be influencing your mood, focus and energy levels.

It's about becoming more intentional about the spaces you spend time in and ensuring they support the way you want to feel and function.

Creating alignment in your environment isn't about creating a perfect home. Small changes can often create a surprisingly noticeable shift in how a space — and you within it — feels.

Try this:

Take time to energetically reset your home using the tools outlined in the following pages.

As you do, notice:

- how different areas of your home make you feel
- where energy feels calm or heavy
- what small shifts make the space feel more supportive and intentional.

Reflection

Does your environment currently support the way you want to feel?

CLEANSE YOUR SPACE

When a space is blocked, heavy, or disorganised, it can leave you feeling drained, unmotivated, or emotionally off-centre – and it can also contribute to stagnation or blocks in areas of your life. The good news? Simple shifts can make a big difference.

OPEN IT UP

Each morning (or whenever the house feels heavy), open the back door wide and take a moment to thank any stagnant or heavy energy for the lessons it's brought. Then, gently ask it to leave.

Whilst the door is open, open all internal doors including those to rarely used rooms. Shake out throws, rugs, duvets, cushions, and even the kids' cuddly toys.

Next, close the back door and open the front door and consciously invite fresh, supportive energy in.



ADD VIBRATION

Energy loves vibration. It can be sound, crystals, or even fragrance.

Burning sage ("smudging") is a traditional practice used for centuries to clear heavy or stagnant energy.

Light the end of a sage bundle (or loose sage in a dish) until it begins to smoulder, then gently blow out the flame so the smoke can drift. Hold a heatproof dish underneath to catch any embers. Move slowly, clockwise, around the room, wafting the smoke into corners, doorways, and under furniture.

As you do this, set a clear intention in your mind, such as "I release what no longer serves me and welcome fresh, supportive energy." When you're finished, extinguish the sage by pressing it gently into sand, soil, or a ceramic dish.



OPTIMISE THE ENTRANCE

In Feng Shui, the front entrance is often referred to as the 'mouth of chi' because it represents how energy enters the home.

A clear, well-maintained entrance helps create a sense of ease and flow, while clutter, obstacles or neglect can contribute to a feeling of heaviness or stagnation. Small improvements here can often have a surprisingly positive impact on how the whole home feels.



Keep it Tidy

Clutter slows energy flow. Keep paths, driveways, and entrances clear and inviting. Sweep, weed and store bins out of sight.

Make it Easy

Energy, like a guest, needs clear access. Ensure your home is easy to find with clear signage and a welcoming entrance. Avoid obstacles like cars or furniture.

Block Negativity

Use wind chimes or crystals (black tourmaline and selenite) at the entrance to repel negative energy.

Maintain Positive Energy

Regularly open your front door to welcome positive energy. Store shoes and coats neatly to keep energy moving.

Good Lighting

Ensure the entrance is well-lit to attract positive energy and create a welcoming atmosphere. Replace broken or dim lights promptly.

Add a Welcome Mat

A clean, vibrant welcome mat can invite good energy into your home while symbolically "cleaning" the energy that enters.

MOVE FIVE

SUSTAIN

Your Aligned Life

There will still be stressful days, setbacks and overwhelming moments. The goal isn't to avoid them completely – it's to become better equipped to recover, recalibrate and move through them without abandoning yourself in the process.

Sustainable growth requires nervous system support, self-awareness and the ability to return to balance when life inevitably pulls you out of it.

Try this:

Begin using the Rapid Recovery Technique on the next page, any time you notice yourself feeling emotionally overwhelmed, overstimulated or stuck in stress mode.

As you practise, notice:

- how your body responds to stress and overwhelm
- how quickly you recognise when you're dysregulated
- what helps you return to a calmer, more balanced state.

Reflection

What would it look like to build a life that supports you long term, rather than one you constantly need to recover from?

RAPID RECOVERY TECHNIQUE

This technique is a powerful, three-step practice to quickly restore balance and reset your nervous system. Breathwork to calm the body, Karate Tap to quieten negative thoughts, and K27 Tap aligns energy and encourages endorphin release.

BREATHE

Ensuring a longer exhale than inhale will help to transition you from sympathetic (fight/flight) to parasympathetic (rest/digest) nervous system.



KARATE TAP

With four fingers tap the fleshy part of the outside edge of your hand. Helps to centre your energy and quieten negative thoughts.



K27 TAP

With two fingers tap just below the bottom end of your collar bones. Aligns the body's energy system and encourages the release of endorphins.

[Watch the demo](#)

FINAL THOUGHTS

Creating meaningful change in your life doesn't always start with bigger goals, stricter routines or pushing yourself harder.

More often, it starts with awareness.

With recognising what's no longer working.

Supporting your nervous system.

Understanding your patterns.

Creating environments and rhythms that feel more aligned with the life you actually want to build.

These Power Moves are designed to help you create stronger foundations — not perfect ones.

Start small.

Choose the moves that resonate most.

Notice what changes when you begin supporting yourself differently.

Sustainable change starts with regulation, awareness and alignment.

ABOUT ME



Hi, I'm Amy Evans – a Holistic Performance Coach dedicated to helping ambitious women create more clarity, energy and alignment in their lives.

After a successful corporate career and my own journey into motherhood, I realised that lasting change doesn't come from pushing harder. It comes from understanding yourself more deeply, supporting your nervous system and creating environments that help you thrive.

Today I combine coaching, kinesiology and Feng Shui to help women create lives that feel more aligned, sustainable and fulfilling.

The ideas in this guide are just a small sample of the tools and approaches I use with clients every day.

If you'd like support taking this work further, I'd love to hear from you.

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Amy x

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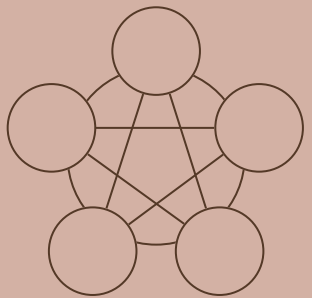
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