



INTRINSIC MIND

WAKE UP AND THRIVE

YOUR COMMUNITY HUB

10 Step Success Map

Members Tools



LET'S JOURNEY TOGETHER

Hello!

I'M SO EXCITED
THAT YOU
DECIDED TO
INVEST IN
YOURSELF!

Welcome to Intrinsic Mind Holistic Health & Wellness - Wake Up And Thrive, where you're not just another member – you're part of a caring, connected community.

Hi, I'm Leisa 🙌

I created this space for women like you, women who've given so much to others and are now ready to **reclaim** their **energy**, **radiance**, and **confidence**.

This isn't just a group. It's a sanctuary to **strengthen** your **body**, **calm** your **mind**, and **renew** your **spirit**. **Transformation** here happens from the inside out, at a **cellular** level.

Along the way, you'll also explore **Human Design**, a powerful tool that helps you live in alignment with your natural energy and choices.

My mission: to guide you back home to yourself, so you can **thrive in body, mind, and spirit**. 💖

Leisa James

Your 10 Step Success Map

Step 1

Start Here Your Welcome Roadmap + Rituals

Think of this as your Success Map in action. This PDF shows you exactly how to move through the community, where to find the tools you need, and which rituals will set the tone for your transformation. It's your first step toward building momentum and clarity.



 Home

 **Start Here**

 Public Hangout

 She Rises Live

 Replay Vault

 Announcements & Upd...

 Check-In Circle

 Celebrate Your Wins

 Questions & Help Here

 Mentorship VIP Clients

 Solar Transit Reports

Your 10 Step Success Map

Step 02

♥ Public Hangout – Share, Connect, and Be Seen

This is where the real magic of sisterhood happens. Grab your virtual coffee, drop in, and connect with women who truly get what it feels like to want more for yourself. Share your struggles, your wins, your questions. This is the safe, unfiltered circle where you'll never feel alone again.



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Your 10 Step Success Map

Step 03



She Rises Live – Weekly Empowerment Circle

Every week, we come together live to reset our energy, reframe our mindset, and step into our power. These sessions are your chance to get inspired, learn new tools, and feel the surge of support from women rising alongside you. You'll walk away lighter, clearer, and ready for the week ahead.



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Your 10 Step Success Map

Step 04



Replay Vault – Access Calls, Workouts, & Classes

Life gets busy, we get it! That's why every live session is stored here for you to revisit at any time. Whether it's a workout, a wellness ritual, or an empowerment training, the Replay Vault is your on-demand library to keep you consistent no matter what.



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Your 10 Step Success Map

Step 05

Announcements – Stay Updated with Fresh Drops

This is your news feed for everything exciting coming your way, from new challenges to special trainings, exclusive offers, and big updates. Check here frequently so you're always in the loop and ready to take advantage of the next opportunity.



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Your 10 Step Success Map

Step 06



☀️ Check-In Circle – Reflect & Realign Each Week

Your weekly reset button. Every check-in is a chance to pause, breathe, and ask: Am I moving in the direction I want to go? Share your reflections, celebrate progress, and reset your energy with the support of the group. This practice keeps you accountable and deeply connected to yourself.



👤 Home

📌 Start Here

❤️ Public Hangout

📅 She Rises Live

✦ Replay Vault

📢 Announcements & Upd...

💡 Check-In Circle

🏆 Celebrate Your Wins

🏠 Questions & Help Here

🔒 Mentorship VIP Clients

🔒 Solar Transit Reports



Your 10 Step Success Map

Step 07

🏆 Celebrations – Share Every Win, Big or Small

This is where momentum builds. Did you complete your first workout? Try a new recipe? Or simply show up for yourself today? Share it here! Celebrating your wins creates ripple effects, inspiring you to keep going and encouraging others to do the same.



Home



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Announcements & Upd...



Check-In Circle



Celebrate Your Wins



Questions & Help Here



Mentorship VIP Clients



Solar Transit Reports

Action Steps

Your 10 Step Success Map



Step 08

? Questions & Help Here

Your go-to space for support. Ask questions, get guidance, and receive help whenever you need it. You're always supported here.



 Home

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 Announcements & Upd...

 Check-In Circle

 Celebrate Your Wins

 **Questions & Help Here**

 Mentorship VIP Clients

 Solar Transit Reports



Your 10 Step Success Map

Step 09

VIP Clients - Next-Level Mentorship Space

For those ready to go deeper, this is your private sanctuary. As a VIP, you'll receive tailored coaching, advanced training, and direct support from me. This space is designed for breakthroughs, the kind that accelerate your journey and bring transformation at a whole new level.



 Home

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 Announcements & Upd...

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 Questions & Help Here

 **Mentorship VIP Clients**

 Solar Transit Reports

Action Steps

Your 10 Step Success Map



Step 10

Solar Transit Reports - VIP Space

This is your deeper energetic guidance space. Here you'll receive exclusive Solar Transit insights and activations to help you understand the shifts you're moving through and how to work with them.

✨ A place to tune in, reflect, and align with your energy on a deeper level.



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 Mentorship VIP Clients

 **Solar Transit Reports**

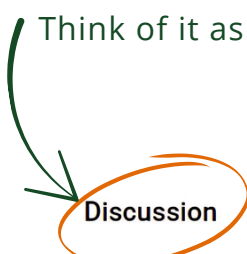


Members Tools

Discussion

This is your community living room, the place to share, ask questions, and connect. Post your thoughts, celebrate wins, or seek support when you need it.

Think of it as your daily check-in spot where conversations spark transformation.



Discussion

Learning

Events

Leaderboard

Members

About



What's on your mind, Leisa?



Leisa James

2mo ago



Welcome To Intrinsic Mind - Wake Up And Thrive

 Congratulations! You didn't just join a group. You entered a sacred space built for the woman who's done it all for everyone else and is finally choosing HER. This is Intrinsic Mind: Wake Up &...



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NOTES:

Members Tools

📺 Don't Miss Your Free Trainings & Bonuses

Unlock a vault of value inside the **Learning tab!** 🚀

Tap in now for exclusive free trainings, action-focused mini-courses, and powerful bonuses designed to fast-track your transformation. Whether you're just getting started or levelling up, these resources are here to support every step of your journey. Dive in and start implementing today! ✨

Discussion **Learning** Events Leaderboard Members About

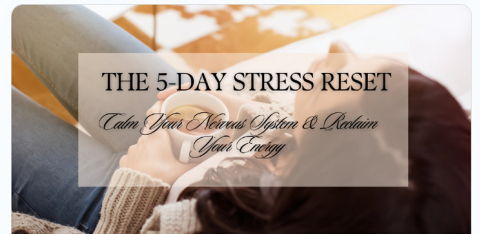
+ Add Course



Moon Cycles Journal

Free

OPEN



5 Day Stress Reset

Free

OPEN

NOTES:

Action Steps

Members Tools

Check the Calendar - Under the Events Tab

Never miss a chance to reset and rise! Add live VIP sessions, exercise programs, and empowerment calls straight into your week. This is where accountability and consistency are built.)

Discussion Learning **Events** Leaderboard Members About

August 2025

Australia/Adelaide (+09:30)

<

>

Today

Week

Month

+ Event

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30 7:00pm She Rises	31	1	2
3	4	5	6	7	8	9
10	11	12	13 7:00pm She Rises	14	15	16
17	18	19	20	21	22	23
24	25	26	27 7:00pm She Rises	28	29	30

NOTES:

Members Tools

🏆 Leaderboard

The Leaderboard is here to keep things fun and motivating! 🎉 Each time you engage, whether by commenting, completing courses, or showing up live, you earn points. Watch yourself climb the board and celebrate your progress while inspiring others to keep going.

[Discussion](#) [Learning](#) [Events](#) **Leaderboard** [Members](#) [About](#)



Leisa James

Level 1 - 🌱 Awakening
+5 points to level up ⓘ

1

Level 1 - 🌱 Awakening
100% of members

🔒

Level 2 - 🌟 Energy Rise
0% of members

🔒

Level 3 - 🌿 Grounded
0% of members

🔒

Level 4 - 🔥 Transform
0% of members

🔒

Level 5 - 🌸 Aligned
0% of members

🔒

Level 6 - 🧘 She Moves
0% of members

🔒

Level 7 - ✨ Confidence
0% of members

🔒

Level 8 - 🌌 Cellular
0% of members

🔒

Level 9 - 👑 Sovereign
0% of members

Last updated: Sep 2 2025 8:16pm

Leaderboard (7-days)	Leaderboard (30-days)	Leaderboard (All time)
No activity to show	No activity to show	No activity to show

NOTES:

Members Tools

Members

You're not on this journey alone. The Members tab is your chance to meet the incredible women walking this path beside you. Browse the community, connect with accountability buddies, and know that you're part of a supportive circle that truly gets it.

Discussion Learning Events Leaderboard **Members** About

Active 2

Admins 2

Contributors

Requested 0

Banned

 Search Member



Leisa James

@leisa-james-2nQFxF

I'm Leisa James, a holistic wellness coach blending yoga, Human Design, and mindset work to help women 45+ reclaim calm, confidence, and vitality through movement, energy, and self-discovery.

 Active 23m ago

 Joined 14 Mar 2025

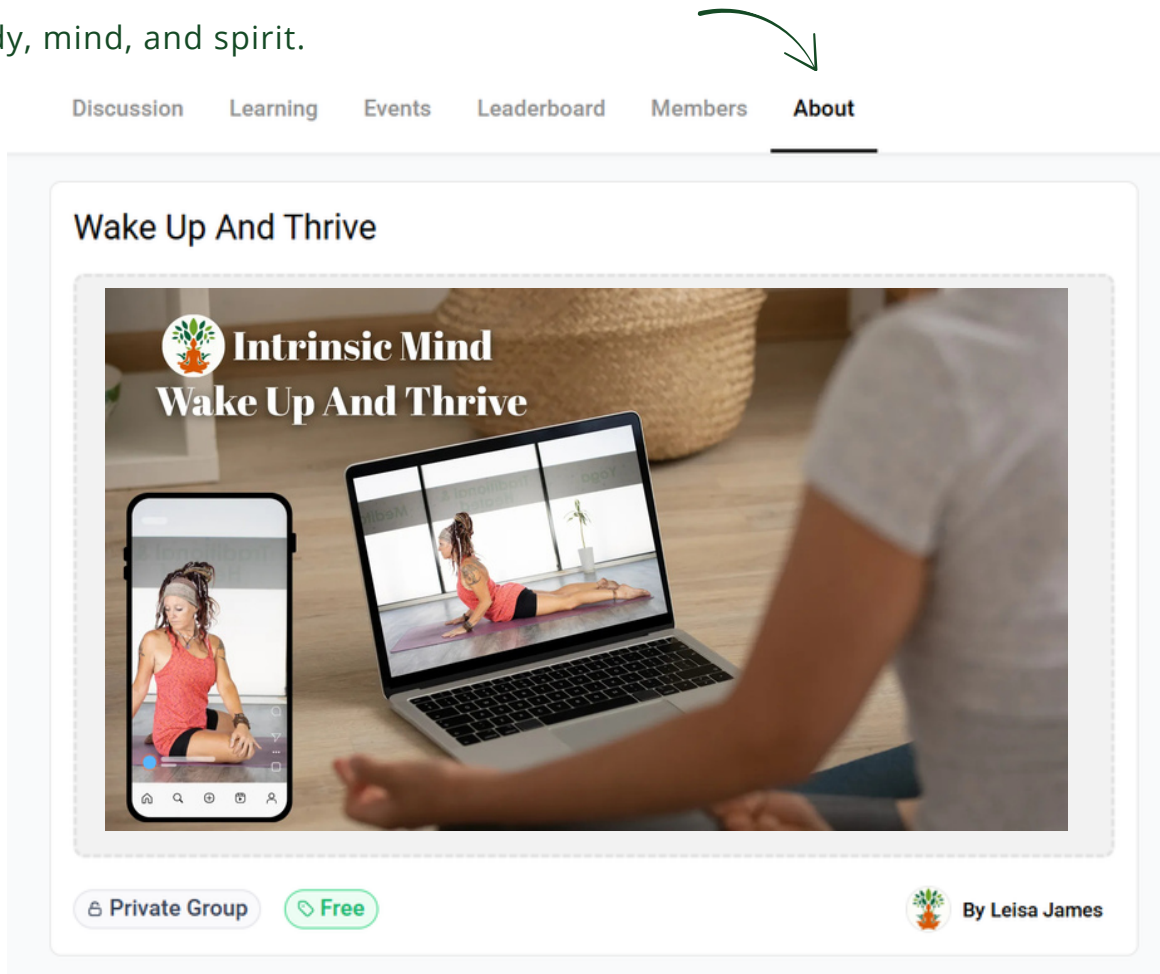
 support@myintrinsicmind.com

NOTES:

Members Tools

☀ About

Curious about the heart of this space? The About tab is your go-to for the bigger picture: who we are, what we stand for, and how this group supports your growth. It's a reminder that this is more than a platform; it's a movement toward thriving in body, mind, and spirit.



NOTES:

Thank you

Awesome

