



BUILD HER: The Regulated Woman

3 Signs You're in Survival Mode

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AND WHY ITS BLOCKING YOUR NEXT LEVEL.

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A Build Her Guide to Regulation, Stability, and Sustainable Growth

You're not lazy.

You're not inconsistent.

You're not lacking discipline.

You've been living in survival mode... and calling it normal.

For many women called to build, lead, and carry weight—survival mode becomes a lifestyle.

You push through.

You show up.

You keep going.

But underneath it all...

you're tired, overwhelmed, and inconsistent in areas that matter most.

Let's be clear:

You cannot build a stable life from a survival state.

And if you stay here, it will eventually affect:

- Your finances
 - Your emotional health
 - Your ability to sustain your calling
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SIGN #1: You're Always "On Edge"

You feel:

- Easily irritated
- Overstimulated
- Mentally exhausted
- Reactive instead of responsive

You're constantly "on"—but never at peace.

What's really happening:

Your system is overwhelmed, and you're operating without regulation.

Quick Shift:

- Pause before reacting
 - Step away from overstimulation
 - Give yourself space to reset
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SIGN #2: Your Money Feels Inconsistent or Stressful

You notice:

- Money comes in... but doesn't stay
- You make quick or emotional spending decisions
- You avoid looking at your finances

Truth:

You cannot build wealth from a dysregulated state.

When you don't feel safe internally,
you will struggle to create stability externally.

Quick Shift:

- Look at your numbers without judgment
 - Slow down financial decisions
 - Choose awareness over avoidance
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SIGN #3: You Feel Called... But Can't Sustain It

You:

- Start strong, but struggle to stay consistent
- Feel overwhelmed by your assignment
- Know you're capable of more—but can't seem to maintain momentum

Truth:

Calling requires capacity.

Capacity requires regulation.

You don't need more pressure—you need structure and stability.

Quick Shift:

- Focus on ONE priority at a time
 - Do less, but do it well
 - Build consistency before expansion
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SELF-ASSESSMENT: How Regulated Are You?

Rate each statement from **1 (Never)** to **5 (Always)**:

- I feel calm and in control daily
- I make clear, intentional financial decisions
- I can handle pressure without shutting down
- I follow through consistently
- I feel safe in my life and future

Your Score:

5-10: You are operating in survival mode

11-18: You are transitioning, but still unstable in areas

19-25: You are functioning in regulation and stability

REFLECTION

Take a moment to be honest with yourself:

- Where do I feel the most overwhelmed right now?
 - What area of my life feels unstable?
 - How is this affecting my money, emotions, or calling?
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THE SHIFT: The Regulated Woman

A regulated woman:

- Moves with clarity instead of chaos
- Makes decisions from peace, not pressure
- Builds her life, finances, and calling with stability

She is not rushing.

She is not reacting.

She is **building**.

YOUR NEXT STEP

If this revealed something in you...
it's because you're ready for more.

Not more pressure.

Not more hustle.

More structure. More clarity. More regulation.

The Regulated Woman Master Class — \$67

Inside, I'll walk you through:

- How to regulate your mind, emotions, and decisions
- How to break survival patterns that keep you stuck
- How to build stability in your life and finances
- How to move in your calling without burnout

Continue your journey here:

www.BUILDHERHUB.org

Build Her (Proverbs 14:1)

Women who build with wisdom, stability, and purpose.