

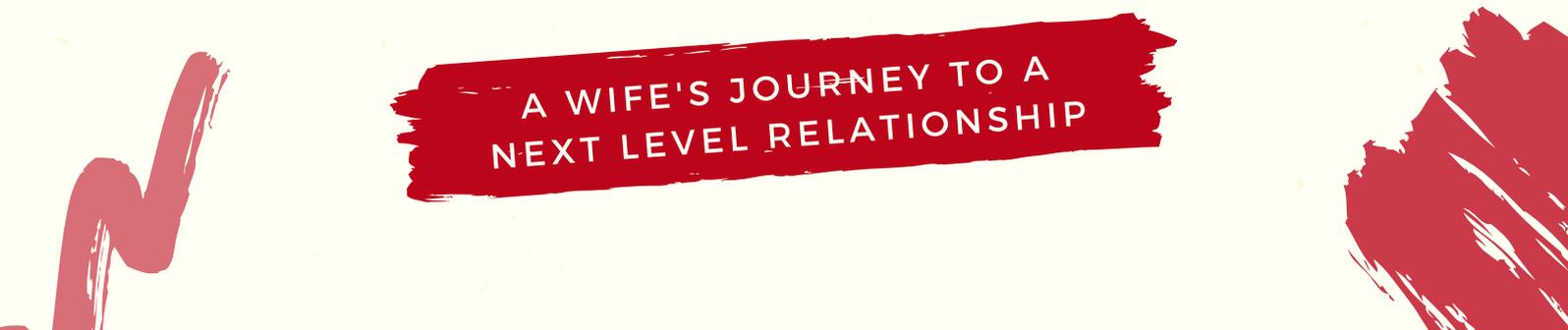


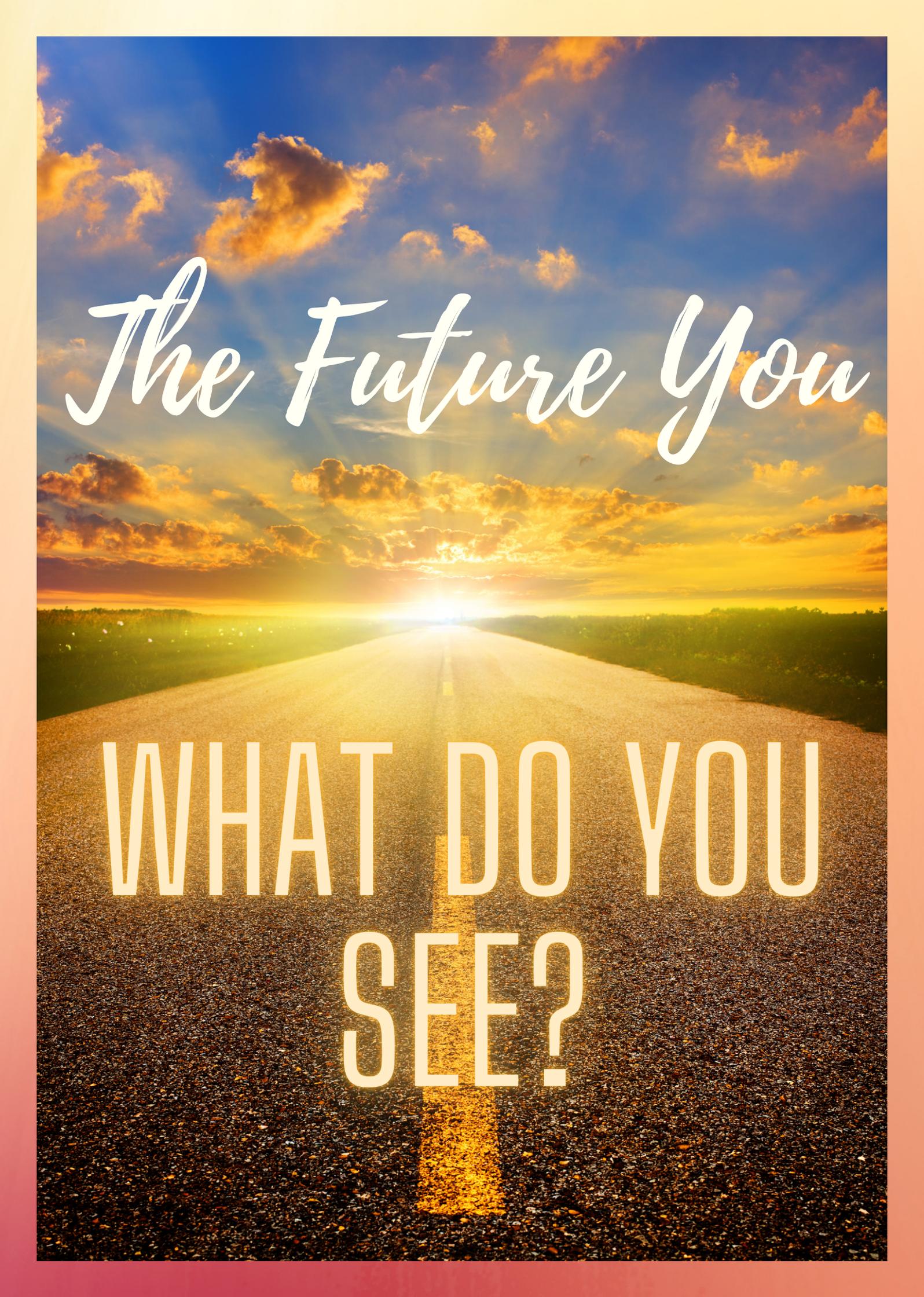
GOING ALL  
IN FOR MY  
MARRIAGE:

EXPECTING  
NEW



A WIFE'S JOURNEY TO A  
NEXT LEVEL RELATIONSHIP





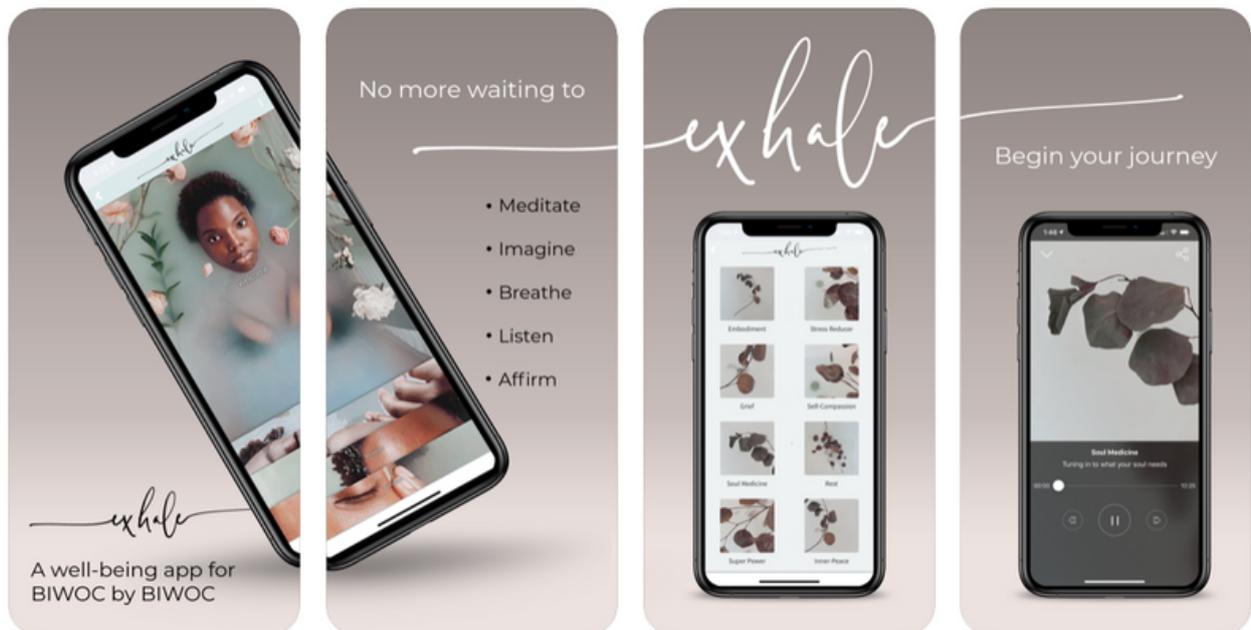
*The Future You*

WHAT DO YOU  
SEE?

# The Future You

DATE

Today with the help of the ladies from the Exhale App you will visit the Future You. Use the following pages to record the wisdom and essence of the Future You .



EXHALE is an emotional well-being app designed for Black, Indigenous, Women of Color (BIWOC).

It's time to exhale - to let go of all that isn't serving you and breathe in life, energy, healing, and love. The practices in this app are what we call "soul medicine"- medicine for the depths of our souls.















