

UNLOCK YOUR POTENTIAL



BECOMING
Her

A PROVEN METHOD BY SANDRA TORRES

THE ULTIMATE GLOW-UP GUIDE

Become the Woman Who Elevates Everything She Touches

THIS IS YOUR REMINDER
YOU DON'T NEED TO BECOME SOMEONE ELSE
YOU NEED TO BECOME WHO YOU WERE ALWAYS MEANT TO BE
YOUR GLOW-UP IS NOT JUST PHYSICAL
IT IS MENTAL, EMOTIONAL, AND ENERGETIC
YOU DON'T ATTRACT BETTER UNTIL YOU BECOME BETTER

IDENTITY

Decide who you are becoming and start aligning your life with her.

Raise your standards, stop accepting what drains you, and choose what reflects your worth.

I am becoming a woman who _____

HABITS

Your life is built through what you do daily. Move your body, take care of your appearance, protect your energy, and keep the promises you make to yourself.

Discipline creates the confidence you are looking for.

INNERWORK

Pay attention to your patterns instead of reacting automatically.

Release the need for validation and start choosing from self-respect.

Awareness is where your power begins.

STANDARDS

Stop chasing, stop over-explaining, and stop accepting inconsistency.

If something costs your peace, it is too expensive.

You teach people how to treat you by what you allow.

ENERGY

Your presence speaks before you do. Slow down, speak with intention, and own your space.

You don't need to be louder, you need to be certain.

RESET ROUTINE

Move with intention in the morning, protect your energy during the day, and reflect at night.

Ask yourself daily: Did I act like the woman I am becoming?

FINAL MESSAGE

Stop trying to be chosen and start choosing yourself.

Everything changes when you do.

This is your moment. Decide who you are.