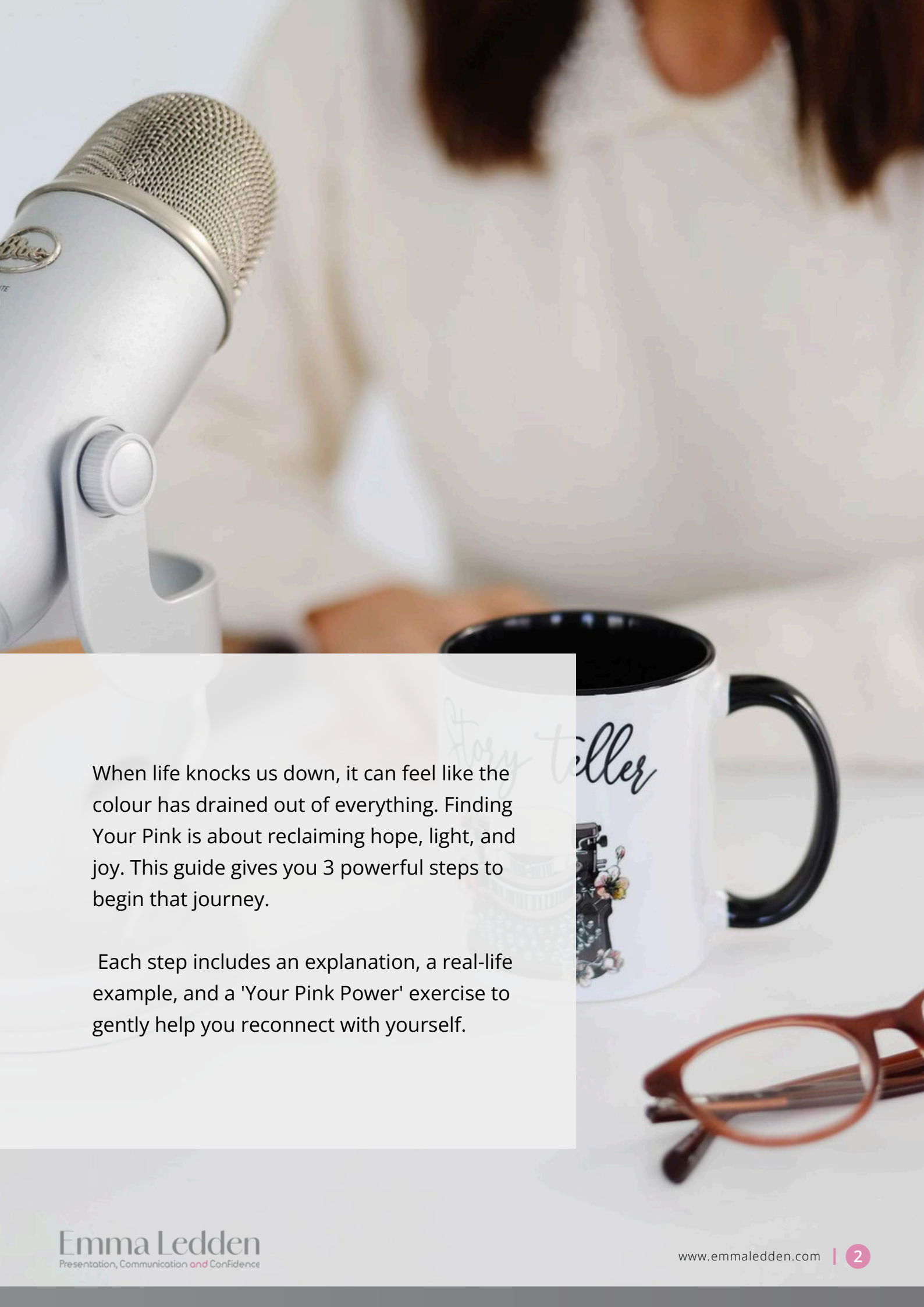




# Finding Your Pink

## 3 Steps to Start Getting Your Pink Back

[www.emmaledden.com](http://www.emmaledden.com)



When life knocks us down, it can feel like the colour has drained out of everything. Finding Your Pink is about reclaiming hope, light, and joy. This guide gives you 3 powerful steps to begin that journey.

Each step includes an explanation, a real-life example, and a 'Your Pink Power' exercise to gently help you reconnect with yourself.

## STEP 1 Accept the Loss

To start finding your pink again, you first have to acknowledge what you've lost even if its not something people typically recognize as grief-worthy.

Loss isn't just about death or divorce. It can be losing your sense of self, your identity, or the life you once knew. It's that invisible ache of missing you.

### Example:

After becoming a new mum, Jess was overwhelmed. She adored her baby but silently grieved the freedom, sleep, and simplicity of her old life. The late-night feeds, the pressure to bounce back, and her short temper with her partner left her feeling guilty and disconnected. But when she allowed herself to say it out loud 'I miss who I used to be' something shifted. That moment of truth opened a door back to herself.

### Your Pink Power Feel to Heal:

Write a letter to the life you've lost whether it's a version of you, a person, or a dream. Be honest. Say the things you've been too scared or ashamed to say. Then decide if you want to keep it , shred it or share it.

Bonus prompt: 'What do I miss that no one knows I miss?'

## STEP 2 Sort What You Can Control

Worry, guilt, fear they love to take the drivers seat. But they dont have to run the show.

When life feels chaotic or stuck, its easy to spiral into overthinking, self-blame, or anxiety. But not everything is yours to carry. Learning to separate what's yours to hold from what's not is a game changer.

### Example:

Dani dreaded Mondays. Her job drained her, but she stayed because it pays the bills. Every day, she'd come home and vent about her boss, her team, the meetings. But she never made a move. One evening, she sat down and listed all her complaints then asked: 'Which of these can I actually change?' That night, she started updating her resume. She hadn't applied for a new job yet, but even taking that first step made her feel in control again.

### Your Pink Power The Control Sorter:

Take a piece of paper. Draw two columns:

- What I Cant Control
- What I Can Control

Now, brain-dump all your worries, guilt, fears, and frustrations. Drop each one into a column. Then, take a highlighter and mark one item from the Can Control list. That's your pink power move. Focus there.

Bonus prompt: 'If I gave myself 10% more power, what would I do differently?'

**What I Can't Control?**

**What I Can Control?**

## STEP 3 Find Small Joys, Just for You

You weren't made just to get through life . you were made to enjoy it.

When you're in survival mode, joy feels like a luxury. But it's actually a lifeline. Small joys, a song that makes you move, the smell of your favorite candle, a solo coffee date are sparks of aliveness. They don't fix everything, but they remind you: I'm still here.

### Example:

After a tough year, Mel felt numb. One day, she remembered how much she used to love baking. She pulled out an old recipe and made muffins just for herself. No special occasion. That moment ,messy kitchen, music on, eating warm muffins felt like her first breath in months. That was pink.

### Your Pink PowerJoy Menu:

Make a list called 'My Joy Menu.' No pressure. No rules. Just a few things that make you feel human, alive, warm. Big or small. Aim for 10. Then circle one. Do it this week, even if its for 5 minutes.

Bonus prompt: 'Whats something that used to bring me joy and how can I bring it back in a small way



## Keep Going

Finding your pink isn't about being happy all the time it's about being honest, open, and gentle with yourself as you move through the hard stuff.

You are not broken. You are becoming.

Listen to the 'Finding Your Pink' Podcast

Follow along on Instagram: @findingyourpink

Start small. Start where you are. But start, because your pink is waiting for you.

