

BR.EMPOWERMENT

OCT 2021

INTERVIEW FT.

**MOLLY
ROBERTS**

*Are you apart of
Walk for Epilepsy?*

GUEST APPEARANCES

VISUALISATION

EMOTIONAL INTELLIGENCE

HABITS + RITUALS

LEADERSHIP

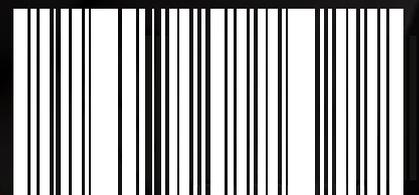
@BR.EMPOWERMENT

**CONFIDENT
EMPOWERED
STRONG**

**4 TIPS TO MAKING
A GREAT LEADER**

*6 step process
to success.*

LIFESTYLE + MINDSET



0000000000000000



THE SECRET TO YOUR
FUTURE IS HIDDEN IN YOUR
DAILY ROUTINE.



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CREATOR

 @BRIEREICHMAN

BRIE REICHMAN

Wow, what an incredible month we've had! It is WILD to think we are currently in week 7 of the br. empowerment mentoring journey, time flies when your smashing goals!

It has been such a successful month with plenty of positive movement and milestones achieved by the br. mentoring girls. They are coming such a long way and seeing massive improvements in their confidence and mindset strength - which is amazing!

Over the last month, we have covered some really interesting and valuable topics like optimal wellness, habits + rituals, emotional intelligence and leadership.

Mastering these 'must need' life topics are truly essential for becoming masters of their lives and controllers of their emotions.

While also, creating lifestyle habits that contribute to becoming the best possible version of themselves.

...

The BR empowerment journey gives young women the tools needed to build their self-confidence, enhance their self-body image and shift their mindset to become the best version of themselves.

Are you ready to unleash the strong, confident and empowered woman that is hiding inside you?

Are you ready to take control of your life and your future and manifest the life of your dreams? Learn the tools, tricks, strategies to true self-transformation by joining the BR Empowerment 12-week program in 2022.

A woman with long blonde hair, wearing a shimmering, long-sleeved dress and high-heeled sandals, is posing in a room. She is standing next to a large, leafy plant. The background is a plain wall. The image is overlaid with a dark, semi-transparent filter. Large white quotation marks are positioned at the top and bottom of the image. The text is centered and reads: BRIE REICHMAN: SELF LOVE IS EMPOWERMENT THE POWER YOU GIVE TO YOURSELF.

BRIE REICHMAN:

SELF LOVE IS
EMPOWERMENT
THE POWER
YOU GIVE TO
YOURSELF.



EMPOWERED

MOLLY ROBERTS

Every month a young woman from the br. empowered sista' hood is picked to be on the front cover of the br. empowerment magazine and they are asked a series of questions about their life, their goals, their inspirations and their self development journey.

This month, the beautiful Molly Roberts was chosen. Since the beginning of br. empowerment, Molly has been a massive part of the journey. She is incredibly dedicated to becoming the absolute best version of herself.

The commitment she shows towards her self development and her inner work is truly inspiring!

Molly has been a positive light and anchor of support for the rest of the br. babes who are also on their empowerment journey.

She is positive, kind and incredibly ambitious, as you will come to find out in her interview!

There is one thing for certain and it is the future is extremely bright for this young woman.

Molly truly represents what br. empowerment is all about, and her dedication to being a kind and positive woman that uplifts and inspires others is why she totally deserves to be on the cover of this month's magazine!

Molly gave a fascinating interview where you will get to know her a little better and how she got started on this journey!

Enjoy!
BR x

MOLLY ROBERTS

Can you tell us a little bit about yourself?

My name is Molly Roberts and I'm a certified, full-time beach bum from Sydney in Aus. I grew up in the Southern Highlands, a small country area south of Sydney, but have always had a calling to be by the ocean. My childhood consisted of weekend bush walks with my family, finding waterfalls and going for rides on our horses. Nothing much has changed, except the inability to find horses to ride in the city these days... I've always had a deep connection to the world around me and mother nature. Even as a child, I remember running away outside whenever I was feeling down, to be comforted by her. Still to this day, I find solace in a breath of wind and sun on my skin. There's something truly magical about the comfort she brings me.

I'm an actress and a singer/songwriter; my passion for creative arts is tangible and I can't imagine doing life without it. It's great being a songwriter, I can turn every one of life's obstacles into a number one hit and be done with it! I supposed that is a little about me in a nutshell...

What started you on your self-development journey?

My self-development journey probably started when I moved to Melbourne to pursue acting. I studied at the Victorian College of the arts for three years - some of the hardest yet most rewarding years of my life so far. 5 days a week, from 8:30am-6pm I was training in all facets of the arts. It was gruelling and emotionally draining; We were pushed to our limits.

In the first year of being in Melbourne, my boyfriend and I did long distances. In the second year, he decided to follow me there and make the move from Sydney to Melbourne as well where we lived together. And during the third and final year, my long term relationship turned toxic and crumbled, my parents got divorced and I battled with some really bad mental health challenges.

I met Brie during my fitness journey. To this day, I attribute a lot of my growth through that period, to her and our blossoming friendship. I have a few very special friendships that I hold extremely close to my heart and Brie is one of them.



Through our conversations about spirituality, manifestation, personal growth in all its areas (physical, emotional, financial etc) I started diving deep into what it meant to be truly whole, all by myself, I realised that I needed to place more emphasis on my happiness and growth and that I had a choice to do that.

Ever since then, I have been grinding day in and day out, learning all about myself, how to communicate, where my emotions come from and what sets my soul on fire. Now that I have started, I don't plan on ever stopping.

What kind of person do you aspire to be?

I aspire to be a person that people feel an infinite well of love from. Someone people look up to and want to seek advice from. I want to be real and raw and honest. The person I aspire to be is ever-growing and ever-evolving. A creator of life and love, a nurturer, a giver, a home to someone, a safe place. She's talented and fierce and goes for her dreams. I want to inspire others to do the same.





MOLLY ROBERTS

What are your goals?

My goal is to make a living from a career in the arts and that alone. I'd love to be able to work in the field I want to and leave hospitality behind. I have big goals and big dreams. All of them creative. I want to sell out music shows and release music that people vibe to and enjoy. Go to the VMAS and marry Harry Styles. When I perform in roles, I want my audience to feel something emotionally and connect to a performance that makes them want more. I'd love to win an Oscar... or at least attend with my husband Harry Styles by my side... one day for sure!

What inspires you?

I'm inspired by the weather. I'm inspired by women who are creating such an awesome reality and being absolute powerhouses.. - *cough* Brie *cough* I'm inspired by my dad and his resilience to mental health struggles, and his emotional vulnerability. I'm literally inspired by a lot, it's hard to compress into a short answer.

What are your favourite self care practices?

Some of my fav self care practices include my skin care routine, and taking the time to enjoy washing my hair or shaving my legs. I really love making a moment out of it and physically pouring love from myself back into myself.

I love mediation. It's a big one for me. I haven't yet incorporated it into a daily routine but wouldn't go a week without meditating at least 3 times. I love connecting to my spirituality as well. It helps me to reflect on myself on such a deep level.

Why did you decide to join br. empowerment?

I signed up because of how incredible and motivated the br. 3 day empowered workshop made me. Brie and I attempted to start a podcast a few years ago where we would talk about the different aspects of life and how to find balance in them all to make the most out of your life. To see her take that, run with it and turn it into such an amazing community, program and business is truly inspiring. It made me realise that the work we had started all that time ago, was begging me to pick back up and practice what I was preaching. It was time to turn my hopes and dreams into my reality, and what better person to help me do that, than the woman who had been there from the beginning.

GUEST SPEAKERS

We have been blessed to have such a long lineup of successful + inspiring women to come on board and be a part of the br. empowerment journey. Our guest speakers have offered incredibly valuable content to our ladies during this one of a kind journey.

From boss babe business coaches, confidence mentors, manifestation gurus and women who are leaders in their field, we have covered so many aspects of self transformation.

Seriously, how lucky are we?

These talks are catapulting our women to becoming masters of their own life, embracing their inner power + unleashing their inner goddess.



GUEST SPEAKERS

Katrice Janelle



In week 4, we had Katrice Janelle speaking on the topic of emotional intelligence. She gave us an inspiring speech about how to manage our emotions, how we can utilise them to really embrace our inner power.

Katrice told us her story of feeling lost, having no purpose and how she turned it all around just by taking control of her life, her emotions and becoming her authentic self. She is now a successful female power and business coach, showing women how to scale their business by becoming the magnetic force behind their wealth.

Even for excelling in business, Katrice really puts an emphasis on manifestation, and how to take advantage of your magnetic power to attract money, success and all of your true desires.

Katrice was an incredible guest and the br. babes took massive amounts of valuable information, tips and golden nuggets from her talk!

India Vine

In week 5 we had the lovely India Vine speaking on all habits + rituals, manifestation and how to achieve true confidence, alignment and ultimate happiness. India is a magnetic mindset coach, so her knowledge on how to implement daily habits and rituals into our lives that will result in truly manifesting our true desires while becoming the highest versions of ourselves was fascinating.

Getting to pick the brains of someone who has truly grasped what it means to be a happy successful confident woman who is living the life of her dreams, is an honour.

We dive more into habits and rituals in the next few pages!



THE SECRET TO YOUR FUTURE IS HIDDEN IN YOUR DAILY ROUTINE.



Do not underestimate the power of your daily habits and rituals and how making small changes in your day can have a massive impact on your life!

Success starts at the basics, the simple little things that we do day in and day out are the things that shape our lives and the direction it is going in.

If you are unhappy, take a look at your daily habits. Do you sleep in late? Do you procrastinate? Eat unhealthy low vibe food? Speak to yourself in negative ways?

The real change starts in our actions, the daily habits we have and the rituals we live by.

For me, the 4 rituals I NEVER fail to practice are regular exercise, proper nutrition, meditation, and quality sleep. These are parts of my day that keep me focused and motivated and have the biggest positive effect on my overall wellbeing.

By incorporating positive actions into your daily life the results will speak for themselves!.

BR's Habits + Rituals

To become the person I wanted to be, I needed to make small changes to my lifestyle that would slowly but surely lead me down the path of success. Your actions should be driven and guided by specific practices that will enable you to yield positive results. The actions you take today will impact your future either negatively or positively, so make sure you are choosing what you do each day wisely! A new action takes 21+ days to form into a habit, so it takes consistency and discipline to continuously do it day in and day out, no excuses.

Here are my top rituals that keep me focused, organised, motivated and on top of my game!

Regular Exercise

Getting up and moving my body is crucial to keeping fit and feeling good. Going to the gym and going on beach walks early in the morning sets the tone for my day, releasing endorphins and has me feeling strong and energised!

Meditation

The benefits of meditation are endless. I live a busy life with a jam packed schedule and having a few minutes each day purely to myself, free of any thoughts and to just enjoy the present moment adds a sense of calm, peace and balance into my day, while also benefiting my emotional well-being and overall health.

Proper Nutrition

It really is true when they say you are what you eat! I enjoy fueling my body and mind with healthy, high vibe, energy giving foods. When I eat good, I feel good and having good nutrition improves my mood, my body and overall health.

Good Sleep

Getting at least 7-8 hours of quality sleep is a top priority each night as it massively impacts my energy and productivity the next day! I try to avoid scrolling for hours before bed and continuously knocking off the alarm in the morning! A good nights sleep allows my body and mind to recharge after a busy day.



1:4:1

1 monthly goal
4 weekly targets
1 daily intention

OCT:

SUN

MON

TUE

WED

THU

FRI

SAT

SUN	MON	TUE	WED	THU	FRI	SAT



MONTHLY GOAL :

WEEKLY GOALS

WK 1 :

WK 2 :

WK 3 :

WK 4 :

br.

A goal without a plan is just a dream

@br.empowerment

“

ACTION COMES
BEFORE
MOTIVATION

...

ALWAYS.

NUTRITION | FITNESS | MINDSET

”



Pumpkin + Spinach Salad

INGREDIENTS

- 125g Chicken Breast
- 30g Spinach
- 200g Pumpkin
- 15g Pecans *optional

Dressing

- 1 tsp Tahini
- 1 tsp Extra Virgin Olive Oil
- 1 tsp Lemon Juice
- Pinch of Salt + Pepper

METHOD

- Preheat oven to 200 degrees
- Roast Pumpkin in oven for approx 40 minutes until caramelised
- Cook Chicken your most preferred way
- Once Pumpkin + Chicken is cooked, place on a bed of Spinach and mix it all through

[@indiactive](#)

WALK FOR EPILEPSY

As you may know, every year in October, myself + the Indi Active Tribe take part in 'Walk for Epilepsy to raise awareness and funds for the Epilepsy Foundation who do amazing work for people in Australia that suffer from Epilepsy.

We have set a goal of running, walking or swimming 1000km throughout the month of October. This is an ambitious goal but so doable if all of the team gets on board!

We also aim to raise \$3000 for the Epilepsy Foundation so donating anything you can is a positive contribution.

So far, the girls have been smashing it! Everyone has come together, got their running shoes on and have been reaching closer and closer to our target goal!

You may know that this charity is close to my heart and important that I show support for the amazing cause because once upon a time I was diagnosed with a type of Epilepsy.

Thankfully, with treatment, the help and support of my doctors and the local community, I grew it out of it when I was eight years of age.



Meaning that I wasn't stripped away of experiences like driving, swimming and so many others that we may take for granted.

65 million people in the world live with epilepsy, and 250,000 people in Australia, so any love and support you can give to this cause are massively appreciated!

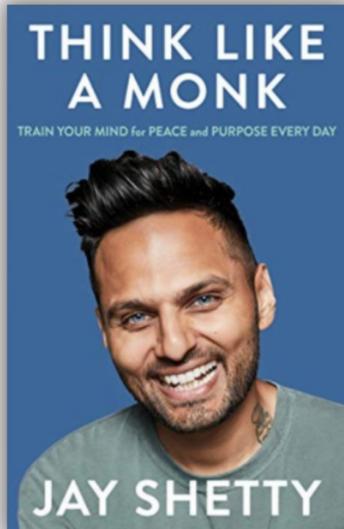
To register or donate, please visit <https://www.walkforepilepsy.org.au/>

By Brie Reichman



@br.empowerment

BR's October Book Recommendations



Think Like A Monk

Jay Shetty is an incredible author, podcast host and life coach who spent time as a monk in a monastery in India. He conveys the wisdom that he learned through the ancient scriptures while being a monk and relays it in a relatable way to help modern day society overcome anxiety and live a meaningful life. He shows you how to train your mind to find peace, calm and purpose, in other words, how to develop a monk mindset! Think Like a Monk show you how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us.

Buy [here](#)

The Morning Miracle

This book will give you the simplest and most effective step-by-step process to wake up each day with more energy, motivation, and focus to take your life to the next level. The Miracle Morning includes meditation, silence, visualisation, exercise, reading and journaling. The author shows you how you can transform your life by implementing simple habits into your daily routine.

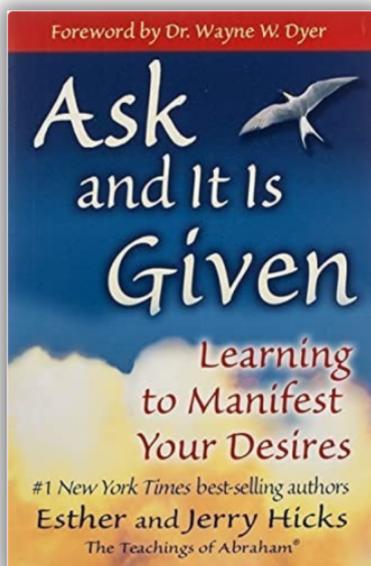
Buy [here](#)



Ask and It is Given

If you want to learn about manifestation, energy, law of attraction and how to manifest all of your desires then this book is for you! As you read, you'll come to understand how your relationships, health issues, finances, career concerns, and more are influenced by the Universal laws, and learn how to take advantage of it to create a meaningful and joyous life. If you are new to learning about the law of attraction the this is a great introduction to the world of manifestation!

Link [here](#)





br. JOURNEYS

12 week program

Over the course of 12 weeks, together we will explore topics such as emotional intelligence, lifestyle habits, leadership as well as affirming one's passions + goals.

Each week we will delve into a new theme.

[SAVE MY SPOT](#)

3 DAY BR. EMPOWERED

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SOON

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mentoring | mindset | empowerment

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12-WK JOURNEY



6-MTH MENTORING



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