

The Ultimate Quest - You Deserve to Know You



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The "Good Girl" Mask Is Costing You Your Life (Here's How to Drop It)

Video Title: The "Good Girl" Mask Is Costing You Your Life (Here's How to Drop It) Welcome back, and if you're new, welcome home to The Daily Life Hero Podcast: The Inconvenient Truth. Season-2-...

Thank you for choosing to come back to *you*.

Welcome back — and if you're new, welcome home.

This isn't "content." This is your reset. I'm **Rachna Khanna** — self-leadership, connection & influence coach. I help busy women (especially mums, leaders, and high-achievers) rebuild self-trust, calm their nervous system, and stop living in overdrive—so home feels safe again, and work feels lighter.

If you're carrying the mental load, stuck in people-pleasing, or feeling emotionally full... this edition is for you.

This month's spotlight — Sonya Figueiredo

Sonya is a coach, mentor, and host of **The Good Girl Talks** podcast. Her mission is *big heart, zero fluff*.

She helps women move from **being "good"** to being **whole** — through storytelling, somatic awareness, and truth you can actually use in real life.

In this episode, Sonya shares the moment she realised the Good Girl mask **cost her... her**, why the body whispers before it screams, and the simplest tool to stop damage mid-argument.

The "Umbrella" Method — pause → breathe → timeout → return

Umbrella = a safe word that means:

"We stop this conversation now... and we come back when it feels safe inside."

This one tool can change your relationship, your parenting, your workplace leadership — and your self-respect.

Meet Sonya Figueiredo: From Good Girl to Whole



Today's conversation features someone truly extraordinary. Sonya Figueiredo is a coach, mentor, and host of The Good Girl Talks podcast—a show that unravels the myths of silence, perfection, and proving ourselves to others.

Her mission? **Big heart, zero fluff.** She blends storytelling and somatic awareness to help you move from being "good" to being whole. We met during quantum training, and I felt instant warmth from her clear, grounded presence.

What follows are the most profound insights from our conversation about shedding masks, listening to your body, and reclaiming your voice.

The Cost of the Good Girl Mask

When I asked Sonya what the "good girl" mask cost her, her answer stopped me cold: **"It cost me, me."**

She shared a powerful moment from just twelve months ago, driving with her daughter. Sonya was doing what she'd always done—catastrophizing about her funeral, wondering if anyone would come. Her daughter's response changed everything:

"Mom, do you know what half your problem is? You don't let people see you. You don't let people know you. **Mom, I don't even know you.**"

That moment of truth cracked something open. For decades, Sonya had been the quiet caregiver, the invisible supporter, the one who made everyone else comfortable while disappearing herself.

The Inner Split

Sonya calls it "the inner split"—that moment when you consciously decide to separate from your true core to survive, to be accepted, to be safe.

For her, it started at age four, watching her pregnant mother's love flow toward her unborn brother. She became the "little mom," learning early that being quiet, being good, being invisible was the price of belonging.

When Your Body Says "I'm Done"

Before Sonya ended up in the hospital with a stress-induced heart condition, her body tried to warn her. Three times, a clear voice interrupted her daily life: "**I'm done.**"

First, standing in the kitchen making dinner. Second, pulling into the driveway after work. Third, waking her in the middle of the night—her Julia Roberts moment, lying on the kitchen floor, finally forced to listen.

A month later, she was hospitalized. Her heart was healthy, but her stress and cortisol levels had pushed her body beyond its limit. The diagnosis came with a wake-up call: *What is my legacy? Now it's time to do what I promised myself.*

- ❏ **Your body keeps the score.** When we suppress emotions, distract ourselves with work, or power through exhaustion, our bodies don't forget. They're waiting for us to listen—and if we don't, they'll find ways to make us stop.

The Warrior Within: When Protection Becomes Prison

Sonya discovered her warrior voice when she became a mother. If she couldn't stand up for herself, she would damn well stand up for her children. That fierce protectiveness kept her family safe—but it also kept her emotions locked away.

She describes a quiet rebellious streak: "If you told me I couldn't do it, God damn I was going to do it or I'd kill myself trying." That determination helped her survive premature birth, family illness, early responsibilities, and decades of self-silencing.

But suppression always has a cost. The warrior who protects everyone else eventually collapses under the weight of unprocessed grief, unexpressed anger, and unmet needs.

The Pattern

Born three months premature into isolation and bright lights

The Role

Became the "little mom" at age four, then caregiver through her teens

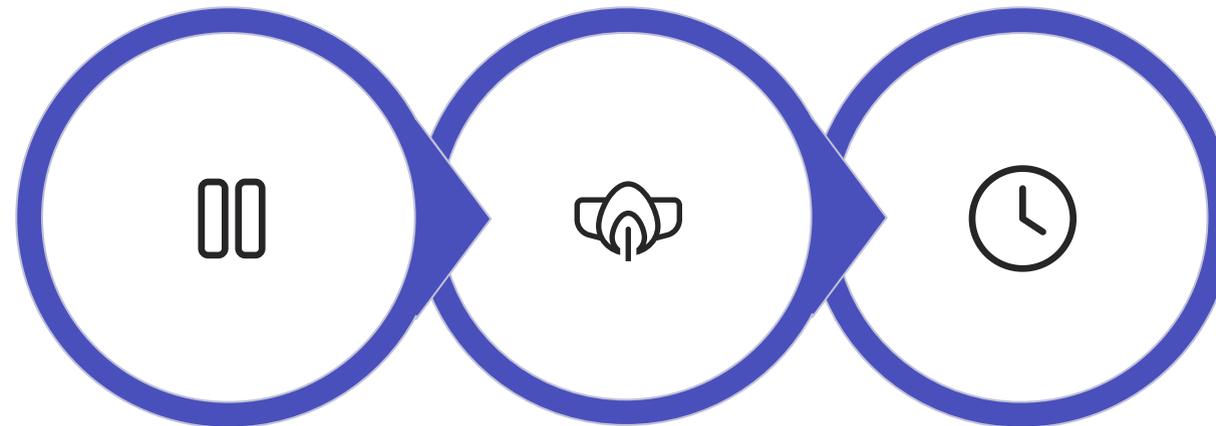
The Cost

Decades of loneliness, anxiety, and a heart condition from chronic stress

The Awakening

Finally hearing "I'm done" and choosing to listen

The Umbrella Practice: Your Emergency Reset



**Pause &
Notice**

**Breathe &
Back Up**

**Request
Timeout**

When emotions run high—in arguments, at work, with your kids—you deserve better than the reactive version of yourself. Sonya shared her most practical tool: the umbrella practice.

Here's how it works: When you feel yourself switching into that voice you don't like, pause. Just for a second. Acknowledge what's coming up. Recognize it's probably not about this moment—it's something deeper. Breathe.

If you can't continue safely, ask for a timeout. Sonya and her husband use "umbrella" as their code word for "we need to stop and come back to this when we're both regulated." She's used it in boardrooms, with friends, with her children. The response? Always gratitude.

You're not avoiding the conversation. You're honoring both people enough to show up conscious, clear, and grounded—not triggered and reactive.

Sitting with the Messy Feelings



Messy Self-Compassion

What does self-compassion look like on the hard days? Sonya's answer surprised me with its simplicity: **Allow yourself the emotion.**

Most of us were taught by big people when we were little people that emotions are problems to fix. "You're too sensitive." "You're overreacting." "Stop being so emotional." These voices still live inside us, shaming us for being human.

But emotions exist for a reason. They're messengers, not mistakes. When depression or anxiety shows up, the first question isn't "What's wrong with me?" It's "What is this feeling trying to tell me?"

Give yourself quiet time. Let whatever's coming up just be there. You don't have to be the good girl all the time. Sometimes you need to be the "bad girl"—the one who feels, who rests, who says no.

Listen to the Little Voice

Sonya's Invitation to You

For years, Sonya had a little voice inside asking, *"Who are you? What do you stand for? What do you want?"* She was too busy being perfect, pleasing everyone, being good. She never stopped to listen.

Her advice? **Start listening now.**

For the next six months, every time that little voice speaks up, write it down. Notice the patterns. Those whispers are your true self trying to reach you through the noise of obligation and expectation.

That pattern you discover? That's where you start. That's your roadmap back to yourself. You can walk it alone, or you can find a coach who will hold space, see you fully, and support you without judgment.

But the first step is always the same: **Stop suppressing. Start listening.**

The Good Girl Be Gone: Coming Soon



Sonya's Story

From premature birth through hospital stays to finding her voice—every chapter includes practical exercises and a 12-month workbook



Your Journey

Learn the umbrella practice, the inner split, and tools for reclaiming your wholeness—all grounded in real stories of transformation



Next Steps

Connect with Sonya on LinkedIn or explore her 6-week and 12-week coaching programs. It all starts with a conversation.

The Good Girl Be Gone releases January/February 2025. It's more than a book—it's a healing journey that helped Sonya find her voice. Now it's your turn.

You Are Already Whole

The Truth About Mental Health

In Australia, one in five people (22%) experience a mental disorder in any 12-month period. Women report higher anxiety rates (21.1%) than men (13.3%). These numbers represent real people carrying invisible burdens—people like you, like me, like Sonya.

But here's what the statistics don't show: **You don't have to fix yourself because you're not broken.** You don't have to become someone else. You don't have to wear the mask anymore.

You are already unique, already whole, already complete. The work isn't about transformation—it's about remembering who you've always been beneath the roles, the expectations, the good girl conditioning.

Keep sharing, keep listening, and don't forget to subscribe. You are a daily life hero. Until next time. 🧡

Your Daily Life Hero Reminder

You have already faced inconvenient truths. You have already survived what you thought would break you. You just have to say yes to yourself now.

**Because you know you can. Because you know you can, you must.
And if you must, you are.**

Both Sonya and I hold space for people exactly where you are. If anything in this conversation resonated, if something lit up your heart, we're here. Ready to walk alongside you.

[Connect with Us](#)

All information shared in this is for educational purposes only.

Your Invitation to Begin

If the insights and approaches shared in this newsletter have resonated with you, consider this your formal invitation to begin or deepen your journey of self-discovery and authentic living. Rachna Khanna offers several pathways to support you:



The Daily Life Hero Podcast

Listen to conversations with expert guests exploring the nuances of **alignment**, **self-leadership**, and **authentic transformation**.



Newsletter Subscription

Receive monthly insights, reflection prompts, and practical tools to support your journey, delivered directly to your inbox.



Workshops & Programs

Join upcoming events where you can experience The Ultimate Quest and learn to apply the S.E.L.F. Method™ in your own life.

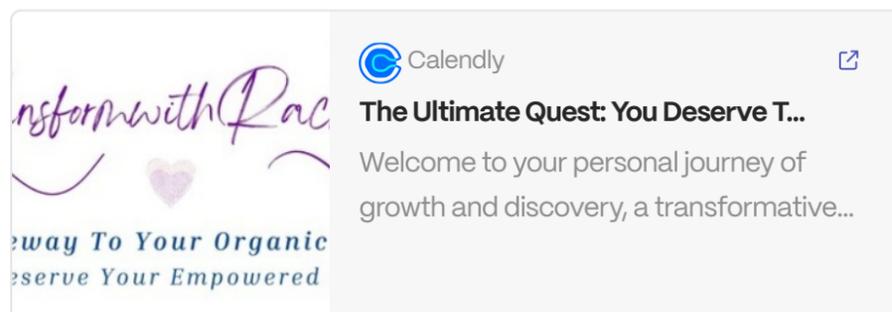
"You Deserve to Know You" ❤️

This simple statement encapsulates the core invitation of Rachna's work. Beyond all the frameworks, methods, and practices lies this fundamental truth: you have inherent worth and wisdom that deserves to be recognized—first and foremost by yourself.

Whatever path you choose, remember that the journey toward self-knowledge isn't about becoming someone new. It's about remembering who you've always been beneath the noise, conditioning, and adaptation. It's about coming home to yourself.

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With love,

Rachna Khanna

Quantum Mindset Coach | Meta Dynamic Keynote Speaker
Emotional Integration Practitioner | Podcast Host
The Daily Life Hero | Transform with Rachna