



A MONTHLY NEWSLETTER BY RACHNA KHANNA

YOU'VE BEEN TAKING ACTION. HAVE YOU BEEN NOTICING IT

THE ULTIMATE QUEST

You Deserve to Know You

The Daily Life Hero Podcast · Rachna Khanna · Midlife Leadership Expert

transformwithrachna.com

You've Been Taking Action. Have You Been Noticing It?

She sat on her lounge room floor.

She didn't have a coach. She didn't have a script. She didn't feel ready.

She just had a quiet, fierce decision:

| *I am going to stand up for myself — even if it comes out messy. Even if I get it wrong. Even if nobody sees it but me.*

And she did it.

Not perfectly. Messily. Inconveniently. But she did it.

📌 **If you are the woman who does the hard things quietly — who gets through the weeks nobody sees — this is for you.**

Self-Trust Is Already Building

"Self-trust runs like a virus antivirus system in the background. You won't even know it's building. Until you need it. And then it comes forward — hey, remember me, I'm here."

— Molly Press

My guest on this episode of The Daily Life Hero was **Molly Press** — a coach with one of the most grounded, human approaches to self-trust I have ever encountered.

I want you to sit with that for a moment.

Because if you are a high-achieving woman in midlife — holding the home together, carrying the mental load, showing up at work, managing your own perimenopause symptoms, navigating a teenager who barely speaks to you — you are already taking more action than you realise.

You are already doing hard things. Every day.

But are you noticing?

📌 *Self-trust begins not in the moment you get it right. It begins in the moment you notice you showed up.*

The Missing Step Nobody Talks About

Here is what I see in the women I work with — and in myself, once upon a time.

→ **We take the action**

We set the boundary. We have the hard conversation. We get through the rough week.

→ **We immediately move on**

No pause. No acknowledgement. No celebration. Just: *what's next*.

→ **The self-trust never lands**

Because we never stop to say *I did that* — our nervous system never gets the signal that we can be trusted to do it again.

❏ **Because every time you skip the noticing, your nervous system files it as: she acts, then moves on — which means she doesn't really trust herself to follow through. The folder grows. The doubt grows with it.**

It builds in the background, yes. But it needs one thing from you to come forward. **You need to notice it.**

What Celebration Actually Looks Like

I am not talking about a party. I am not talking about a trophy.

Molly described it beautifully. Here is what her clients do:

Buy a coffee

One of her clients buys a coffee and goes to the beach.

Dance around the house

Another puts on music and dances around the house.

Walk to the mirror

Another walks to the mirror and says: *you did it today*. Then has a little giggle.

That is it. That is the whole practice.

You showed up for yourself — even in the small things — and you noticed. That is how self-abandonment decreases in the background, at the same rate as self-trust increases. Quietly. Consistently. One tiny acknowledgement at a time.

One Practice for This Week

At the end of every day this week, write one sentence:

Today I showed up for myself by

That is it.

Not a journal. Not a list. **One sentence.**

Do it on your worst day. **Especially on your worst day.**

Why it matters

Because on your worst day — when you got through it, even badly — is exactly when the antivirus system is doing its deepest work.

📄 *The woman who notices herself — even when the day was hard, even when she got it half-right — is the woman who leads her own life. That is who you are becoming. Right now.*

A note from Rachna.

I'm **Rachna Khanna**, Midlife Leadership Expert, Emotional Integration Practitioner, and host of The Daily Life Hero podcast.

I help high-achieving women in midlife lead their body, mind, and relationships, so they feel like themselves again: calm, clear, and connected.

Western Australia based 25+ years in learning and development
• **Global Empower Her Innovator Award recipient.**



Your Next Step · The Full Episode with Molly Press

This month's full episode of **The Daily Life Hero** features **Molly Press** — a coach who has walked the messy road of self-advocacy, boundaries, and self-trust herself, and now teaches other women how to do the same.

In the episode we cover:



Why boundaries feel so hard

And why it is not because you are weak.



The difference between a boundary and control



How knowing your values makes boundaries easier to hold



Why self-compassion has to come first

Before any other step.



The role the body plays in building self-trust

It is an honest, warm, practical conversation. No theory. No fluff.

[Listen to the Full Episode Here](#)

A Personal Invitation

If this newsletter resonated and you want to get clear on what your next right step looks like personally, I would love to speak with you.

Book a free discovery call at transformwithrachna.com.

 **No pitch. No pressure.**

On the call, I will review your specific situation across all four pillars of my work:

Body	Mind
Relationships	Voice

I will tell you honestly whether my programme is the right fit for where you are right now. And I will give you **three things you can act on immediately**, whether you enrol or not.

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With Warmth,

Rachna

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The Ultimate Quest · You Deserve to Know You

The Daily Life Hero Podcast

Honest, warm, practical conversations for high-achieving women in midlife.

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