

The Ultimate Quest

Self-Full, Not Selfish

Why loving yourself is the most inconvenient truth of all

[THE DAILY LIFE HERO NEWSLETTER](#)





You Can Be in a Room with 300 People Who Love You and Still Feel Completely Alone

Not because they are the wrong people. Not because something is wrong with you.

Because **you are not home to yourself.**

And no amount of company fills that gap.

❏ Here is the truth this week – and it is the one most people are not ready to hear.

Meet Ashlie Stevenson, coach, connector, and someone who knows what it costs to keep giving from empty.

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Meet Ashlie Stevenson

A coach, connector, and someone who spent **18 years living with undiagnosed endometriosis.**

Bedridden. Brain-fogged. Her three-year-old son had to become her memory because her mind could not hold it.

And Even Then: She Kept Giving

This week on The Daily Life Hero, Rachna sat back down with Ashlie for a conversation that has not stopped resonating.

18 Years Undiagnosed

Bedridden. Brain-fogged. Her body was failing her silently.

Her Son Became Her Memory

Her three-year-old had to hold what her mind could not.

She Kept Giving Anyway

Showing up for everyone else. Putting herself last. Because she'd been taught that choosing yourself is selfish.

One woman spent

18 YEARS

living with *undiagnosed endometriosis.*



BEDRIDDEN.
Her body was in constant pain.
Her life came to a standstill.



BRAIN-FOGGED.
She couldn't think clearly.
Her mind just couldn't hold it.



HER THREE-YEAR-OLD SON
had to become her memory
because her mind could
not hold it.

— And yet... —

**She was never broken.
She was worthy of love
the entire time.**

You are lovable. Just as you are.



Ashlie Stevenson
INTERNATIONAL SPEAKER
& MINDSET COACH

“

*The inconvenient truth
that people don't want
to accept the most?
That they are lovable.”*

– Ashlie Stevenson



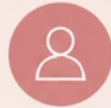
Let that land for a moment.

Not broken. Lovable.



Not Broken

You haven't done
too much wrong.



Not Earning It

You do not need to
prove your worth.



**Enough,
Right Now**

As you are, in the
middle of all of it.





Self-Full, Not Selfish

Ashlie uses a word worth keeping. Not selfish. **Self-full.**

What Self-Full Means

Filling your own cup first – not because you do not care about others, but because **you cannot give what you do not have.**

When You Give from Empty

You are not giving your best. You are giving your scraps. And the people you love deserve more than your scraps.

So Do You

You deserve more than the leftover version of yourself. You deserve your own full presence, care, and love.

The Slow Erosion

Here is what to sit with this week.

Every time you push yourself to the bottom of the list

Every time you say yes when you mean no – every time you perform calm when you are falling apart – you are teaching everyone around you that your needs do not matter. Including yourself.

That is not love

That is a slow erosion. And you feel it. The quiet depletion that builds when you keep choosing everyone else before yourself.

You already know this

Deep down, you know the difference between showing up fully and simply performing. You have always known.

This Week: One Small Thing

You do not need to fix everything today. You just need to name it.



Ask yourself this honestly:

Am I being me right now – or am I performing?

You will know the difference. You always do. You do not need to fix it today. Just name it.

Because you cannot change what you have not seen.

And remember – **self-full is not selfish.** Say that until you believe it.

You are not broken. You do not need to earn your place. You are lovable – exactly as you are, right now, in the middle of all of it.



You Are Lovable

Not once you fix things. Not once you earn it. Right now, as you are.



Come Home to Yourself

No one else can fill the gap that opens when you are not present to your own life.



Self-Full is Not Selfish

Choosing yourself first is how you become capable of truly giving to others.



The Full Conversation is Live

This week's full episode with Ashlie Stevenson is now live on **The Daily Life Hero** – *The Inconvenient Truth*.

They went live to celebrate **10,000 views** – and by the time they finished it had already hit **12,000**. This conversation clearly touched a nerve.

Go watch. Go listen. Feel what 12,000 people already felt.



Watch here → [The Inconvenient Truth — The Daily Life Hero](#)



About Rachna Khanna

I'm **Rachna Khanna** – Midlife Leadership Expert, Emotional Integration Practitioner, and host of The Daily Life Hero – The InConvenient Truth podcast. I help high-achieving women in midlife lead their body, mind, and relationships – so they feel like themselves again.

 **Perth-Based**

Global reach,
grounded
practice

 **25+ Years**

Learning &
Development
expertise

 **Award**

Global Empower
Her Innovator
Award recipient

 **2026 Finalist**

Life Coach of the Year & Rising Star Coach of the Year (ICG)

*Real work, not theory. Until next time, you deserve to know you.
Rachna*

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Let's have a conversation that matters.

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