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May 26th 2016: When Breakdown is Your Breakthrough!

Listen in, as my guest Ashley Johns shares about her breakdown turned breakthrough moment, that truly changed her life! Living for someone else's dream and dollar, she found herself stuck in the "fake it til you make it" rat race. Learn how to really look deep into yourself, and set yourself free from life on the hamster wheel and rid yourself of the lies you tell yourself! You'll be equipped with the tools to start NOW, and let go of the anxiety of living an unfulfilled life. Join us this episode and learn how you can band together with a great community of women, discover what armor you ne

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Featured Guest



Ashley Johns

Ashley Johns is a Fierce Life Coach, Writer, Entrepreneur and Founder of Fierce Forward. Her Armor will arm you with intention, her Journal Projects will empower you to move forward through journaling and creating your Fierce, and you can find her within her Community of women empowering them to live their fiercest Life, to be their fiercest self, and to do it NOW.

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