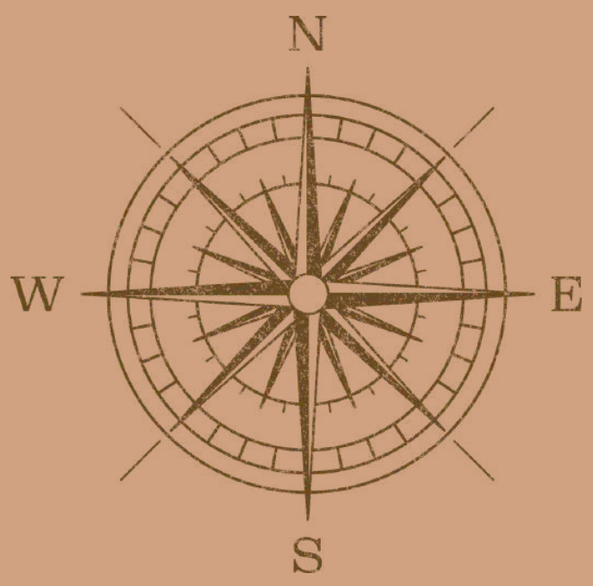
# YOUR NEW COMPASS

A six-month journey for women when the old life no longer fits and you're not sure what's next.

**NOTHING TO PROVE.**
**EVERYTHING TO EXPERIENCE.**

**January to June 2027**

# OVERVIEW




For many of us, life has been about moving forward.

Set the goal. Work hard. Take care of everyone. Build the career. Raise the kids. Be a good partner, daughter, friend, boss, employee, mother. Keep the house running. Remember the appointments. Show up. Get things done.

And we're good at it. *Really* good at it. Until one day, we're not sure we want to keep doing it quite this way.

Maybe you've accomplished many of the things you once thought would make you happy. Maybe the kids are grown, the career has changed, you've retired, a relationship has ended, or you've spent years caring for someone else. Or maybe nothing dramatic has happened at all. You just feel tired of being responsible for so much.

And underneath all of that is a question that can be surprisingly hard to answer:

## What do *I* actually want now?

Not what *should* I want. Not what would make sense. Not what's best for everyone else. What do *I* want?

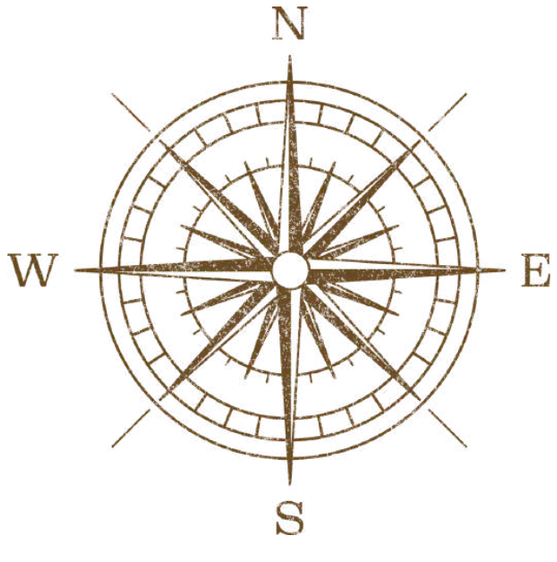
That's what **Your New Compass** is about.

This isn't another program about becoming more productive, finding your purpose, setting bigger goals, or reinventing yourself. You may have done enough of that.

It's six months to ***slow down*** and ***pay attention***. To have ***conversations that matter***. To ***get curious*** about what feels good and what doesn't anymore. To ***make room*** for things that don't have to lead anywhere. To ***laugh***. To ***play***. To ***rest***. To ***try something different***.

And maybe, after years of following the map, to start trusting your own compass.

# YOUR NEW COMPASS IS YOU



# WHO IS THIS FOR

**Your New Compass** is for the woman who has spent a good part of her life being capable.

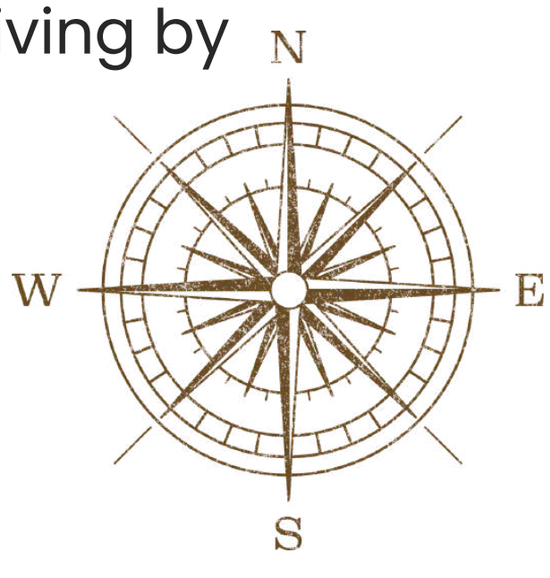
She's the one people call when something needs to get done. She's used to figuring things out, taking care of people, solving problems and pushing through. She may be the person everyone else depends on.

And she's tired. Not necessarily unhappy. Not necessarily falling apart. Just tired of carrying so much.

This is for women who:

- Are tired of doing so much for everyone else
- Have spent years being the responsible one, the capable one, or the one everyone counts on
- Are ready to stop measuring their worth by what they accomplish
- Are craving more ease, laughter, creativity, curiosity and fun
- Want to hear their own voice again
- Are navigating a transition or simply know something needs to change
- Feel a little untethered without the old goals, roles or routines
- Are wondering, "*What do I actually want now?*"
- Want permission to slow down without feeling guilty
- Are ready to explore instead of constantly figure things out
- Want deeper friendships, honest conversations and a community of women who get it
- Are willing to question some of the stories they've been living by

You don't have to be lost. You may simply be ready to stop living according to a map that was created a long time ago.



# THEMES

### LET GO

We'll look at the expectations, roles and "shoulds" that have shaped your life. Some of them may still be right for you. Some probably aren't. We'll start noticing the difference.

### COME BACK TO YOURSELF

It's surprisingly easy to lose track of yourself when you're busy taking care of everyone else. We'll spend time remembering what you like, what you're curious about, what makes you laugh, what you've been missing and what parts of yourself may have gotten pushed to the side.

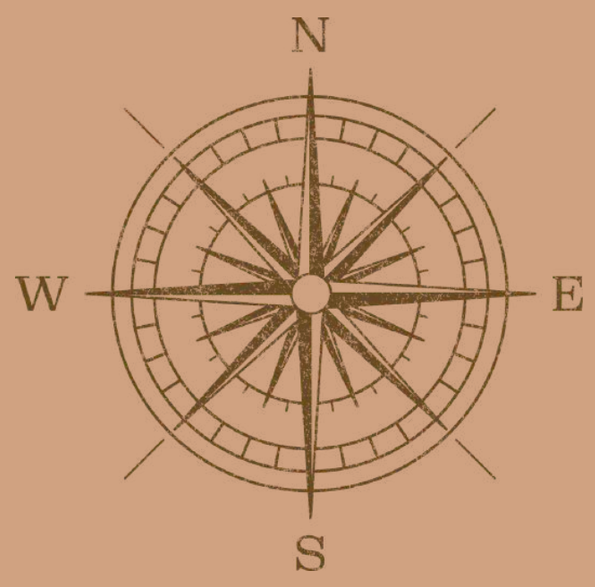
### MAKE ROOM

What happens when you stop filling every available space with something productive? We'll experiment with doing less and making room for things that don't need to lead anywhere. A hobby doesn't have to become a business. A walk doesn't have to count as exercise. Coffee with a friend doesn't need an agenda.

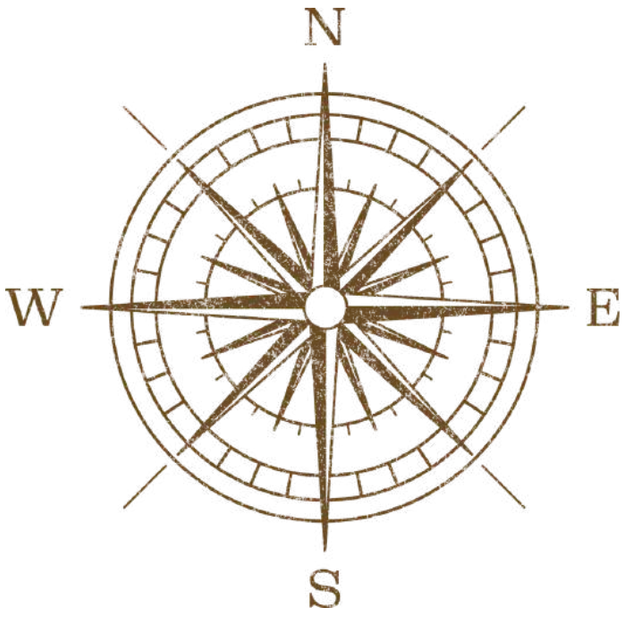
### FIND YOUR COMPASS

Instead of creating another detailed plan, we'll explore how you make decisions when you trust yourself. What feels right? What feels wrong? What are you drawn toward? What are you ready to say no to? What might you try if you weren't worried about whether it made sense?

The goal isn't to leave with a five-year plan.
It's to become more comfortable listening to yourself.



# YOUR NEW COMPASS IS YOU



# WHAT'S INCLUDED

**Your New Compass** runs for six months from January to June 2027 and is intentionally designed to give you both support and space.

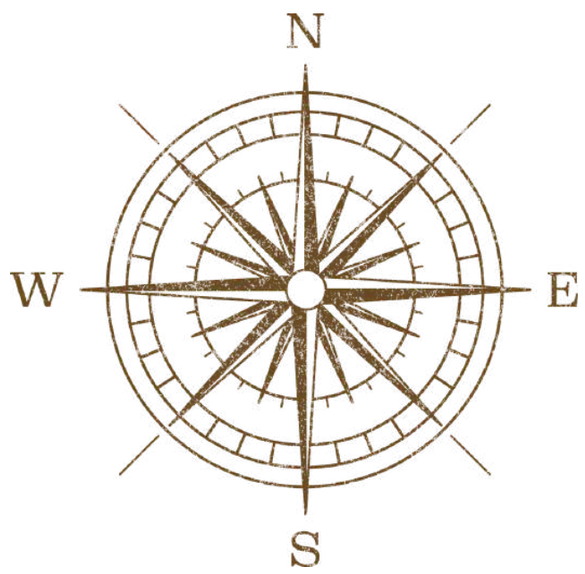
**TWICE-MONTHLY GROUP COACHING**
90-minute live sessions
Real conversations about what's happening in your life, what you're noticing, what you're questioning and what you're ready to explore. There will be coaching, reflection, laughter, probably a few uncomfortable moments, and hopefully some good surprises.

**ONE IN-PERSON RETREAT**
May 14–16, 2027 | San Diego
Three days away from your normal routine with time in nature, meaningful conversation, reflection, play and plenty of room to simply be. Transportation, lodging, and meals are extra.

**TWO PRIVATE 1:1 SESSIONS**
Two 60-minute private coaching sessions to go deeper into your inner guidance.

**PRIVATE COMMUNITY**
A private WhatsApp community for connection, support, encouragement, laughter and the occasional, "I have absolutely no idea what I'm doing."

**PLUS A FEW SURPRISES...**



# WHAT YOU'LL GET

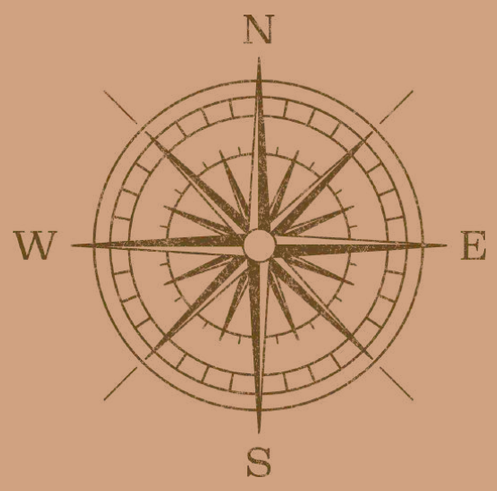
Over six months, you may experience:

- **MORE EASE** - less pressure to constantly accomplish, solve, manage and take care of everything
- **A CLEARER SENSE OF YOURSELF** - what you like, what you want and what matters to you now
- **MORE FREEDOM FROM THE "SHOULDS"** - the ability to question expectations that no longer fit
- **BETTER BOUNDARIES** - caring about other people without disappearing inside their needs
- **MORE JOY** - more room for laughter, creativity, curiosity, pleasure and play
- **GREATER COMFORT IN THE UNKNOWN** - without immediately turning uncertainty into another problem to solve
- **MORE CONFIDENCE IN YOUR OWN VOICE** - trusting yourself instead of always looking outside yourself for the right answer
- **DEEPER CONNECTION** - with yourself and with a community of women who understand this territory
- **MORE WILLINGNESS TO EXPERIMENT** - trying things simply because you're curious, not because you know where they'll lead

And maybe you'll find yourself asking a different question.
Instead of "What should I do next?"

You'll start asking: **"What feels true for me?"**

That's your compass.



# DATES AND TIMES

**LIVE ONLINE**

1st and 3rd Wednesdays at 4:00 PM PT

Some exceptions may apply.

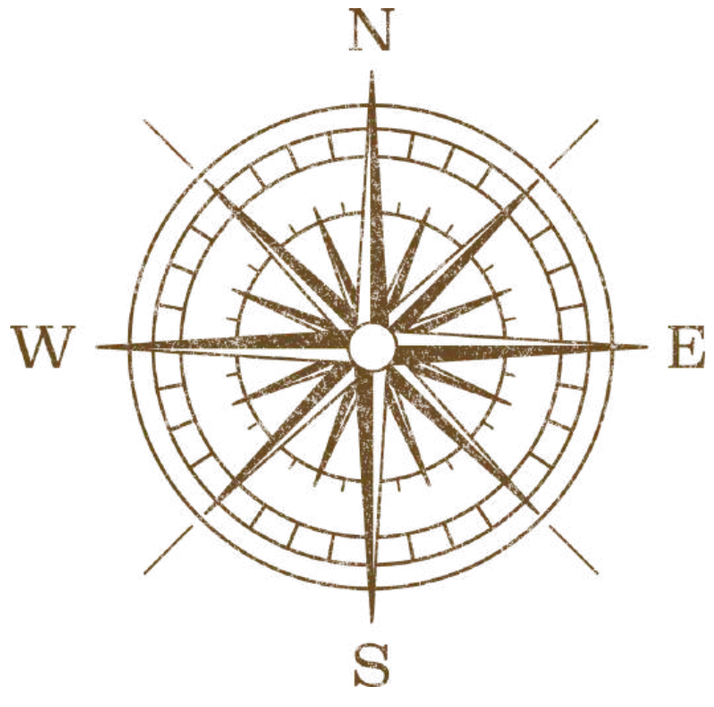
- January 6 & 20
- February 3 & 17
- March 3 & 17
- April 7 & 21
- May 5 & 19
- June 2

**IN-PERSON RETREAT:**

Friday, May 14 – Sunday, May 16, 2027

San Diego, CA

**YOUR NEW COMPASS IS YOU**



# INVESTMENT

**Your New Compass** six-month experience is $4,900, with a payment option of $900 per month for six months. And because this kind of transformation can be even more meaningful when shared, a loved one can join you for an additional $2,500.

Your investment includes:

- Twice-monthly 90-minute group coaching
- Two private 60-minute coaching sessions
- One three-day retreat in San Diego, CA
- Private community
- And more!

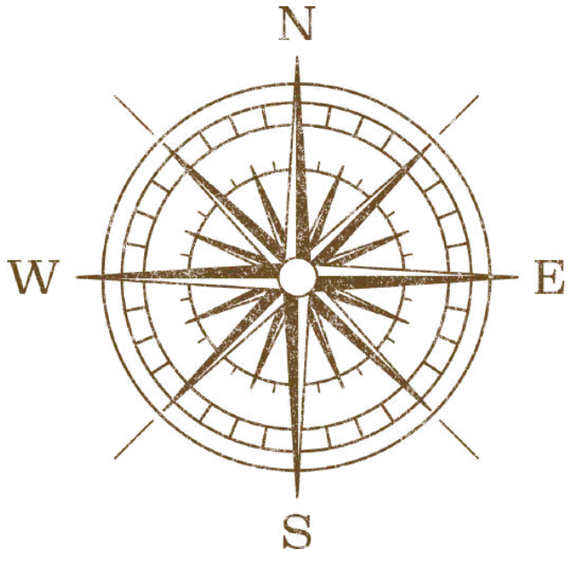
Retreat transportation, lodging and meals are separate and estimated at approximately $2,000.

**PRIVATE COACHING ADD-ON**
Three additional private 1:1 coaching sessions - $2,500

*A 3.5% processing fee applies to credit card payments.

Please reach out to me at jessica@lifeshucker.com to apply.

# YOUR NEW COMPASS IS YOU



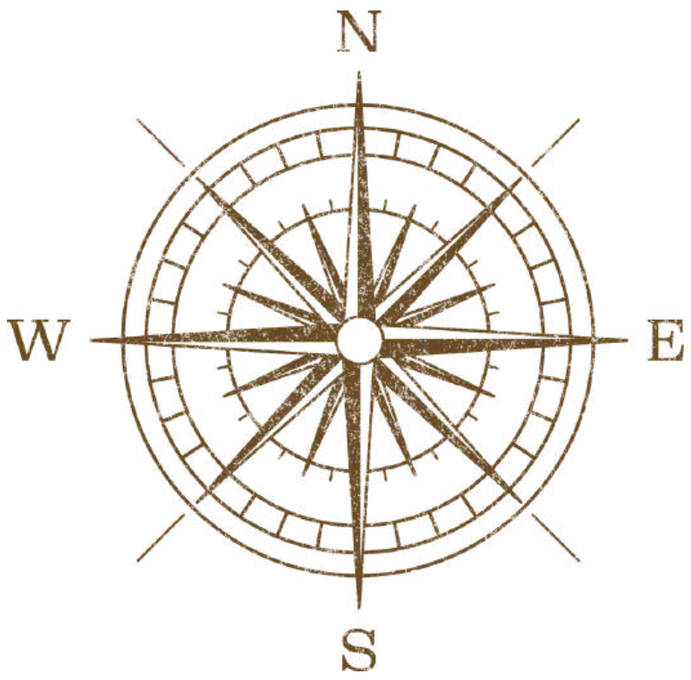
Maybe you don't need another goal.
Maybe you don't need another purpose.
Maybe you don't need to figure out what you're going to accomplish next.

Maybe you just need some room.
Room to **breathe.**
Room to **laugh.**
Room to **wonder.**
Room to **do absolutely nothing** for a minute.
And room to **hear your voice** that's been underneath all the noise.

You have spent enough time following the map.
Maybe it's time to find your own compass.

Please reach out to me at jessica@lifeshucker.com to apply.

**NOTHING TO PROVE.**
**EVERYTHING TO EXPERIENCE.**




# JESSICA ZEMPLE

## YOUR GUIDE

Jessica is on a mission to empower others to live their best life and tap into their inner wisdom.
She focuses on expanding one's consciousness through transformational experiences, including personalized coaching.

Jessica believes everyone is a pearl created through the grit of life.  We have shells around our pearls that we close in times of fear to protect us.  Eventually, the once protective shell starts to hold us back from reaching our greatest potential. It is then time to shuck the shell open, with love, to let your pearl shine even more, leading to greater freedom and joy.