



**FEATURED ON
THE COURSE
METHOD.COM**

When was the last time you ignored your gut feeling and what happened? Comment below.

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Hey!

In case we haven't met yet - I'm Melissa Bauknight, the founder of The Ripple Connection!

I'm an alignment coach that serves ambitious women ready to bravely pursue a career rooted in their purpose.

You see, when you start to ask the deeper questions and truly tune into what you want with a support system that backs you every step of the way - your life dramatically shifts in ways you didn't even know were possible!

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“

Melissa Bauknight
Founder of The Ripple Connection

If you'd like to find out more about our Soul Expansion Scholarship send me a DM, this is a safe space to connect.



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Dr. Allison Bickett

Allison's research interests include the relationship between mental health and chronic illness, behavioral health integration, and mental health screening in the community.

FEATURED ON
**DISRUPTIVE
CEO NATION**



ALLISON K. SUMMERS



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PODCAST



Question

Are you a chocolate lover?

Comment down below...

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Do you ever feel like you're on autopilot?

Link in bio.

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Want to know if you're more in your feminine or masculine?

Link in bio.



**FEATURED IN
AUTHORITY
MAGAZINE**

I recently got featured in Authority Magazine discussing how to go from Idea To Launch!

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Meet

Sara Davenport

shares her experience of what it's like in my group & private coaching programs.



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What if you could

TIPS

Connect your ambition and lifestyle?

Break free from unwanted expectations?

Make a positive impact while creating a lucrative income?

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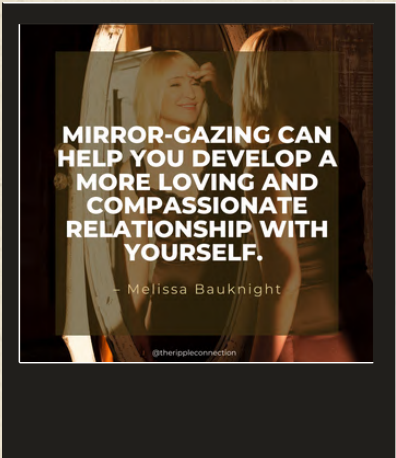
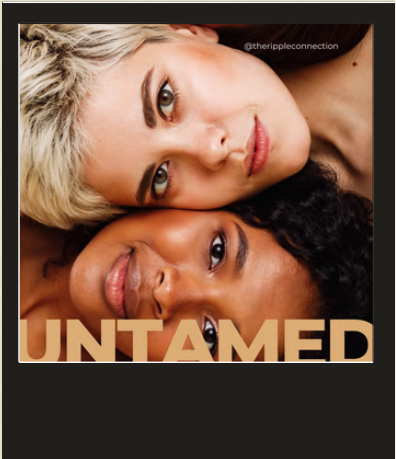
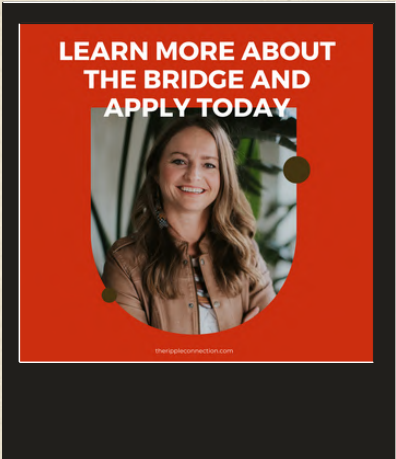
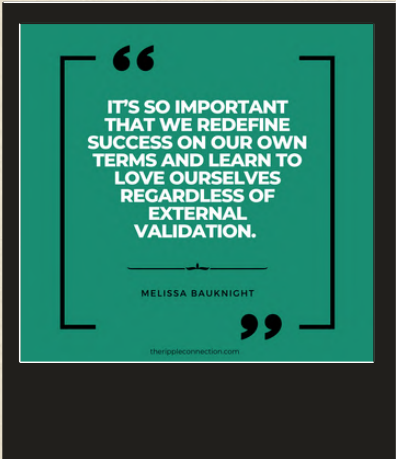
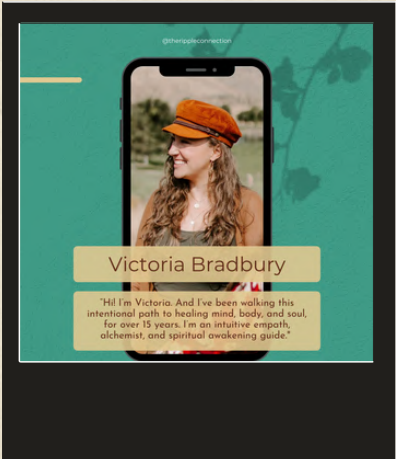
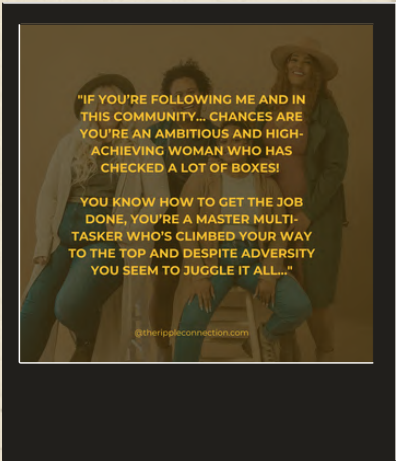
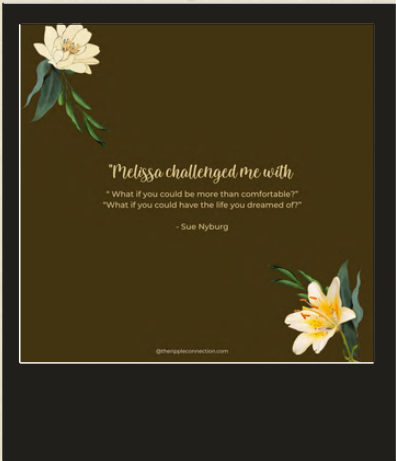
MAKING DECISIONS

When was the last time you tuned into your emotional/physiological reactions??

If you're even unsure whether you should take the leap, let the bullet or plunge into something new, your mind and body will give you the answer.

MAKING DECISIONS

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IMPACT

One of the core beliefs I have for the company is accessibility and giving everyone a fair chance at equal opportunities. That's why I'm delighted to announce we've created the **IMPACT SCHOLARSHIP**.

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MINDFULNESS

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"THE POWER OF AMBITION!"

PODCAST

WE ARE BETTER TOGETHER!



BOOK A CALL TODAY!

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Testimonial

I said yes to joining this group because I know the power of groups that Melissa facilitates. I've done one other group program with her and it was such a gift. I always love working with Melissa one on one. Adding in the group aspect adds an additional layer of magic because of the women who join her groups. I was in a good space before this group, but knew I could use some extra accountability with my goals and love having a community to do this type of work with as well!

- Sara Davenport



Want to bridge your desires and reality?

[Link in bio.](#)

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Unblock to unleash

DISCOVERING THE BELIEFS THAT HAUNT YOU!

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STRUGGLE TO FEEL

Struggling to feel your feelings?

Your body has incredible wisdom, which means you already know what you need to do to move into your feminine. Your knowledge is within you, you just need the tools to see it.

YOUR FEELINGS

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We need community now!



One of the most common vulnerabilities I hear from women is that they don't feel like they have a solid local community!

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BRIDG

It's time to boldly create the path between who you are and who you desire to be. After all, this is your world. YOU get to decide what makes YOU feel alive!

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BOOK A CALL

Curious to know more?

Click Link in Bio and Book a Call

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I'M HERE TO REMIND YOU THAT YOU ARE WORTHY UNCONDITIONALLY!

- Melissa Bauknight

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5 Tips to get you started to Untamed your Life

MELISSA BAURNIGHT
www.therippleconnection.com



1. Know what you believe

The first step to untaming societal beliefs is to know what you believe. Be clear about your values and what you stand for. Once you know what you believe, it will be easier to identify which beliefs are not serving you and holding you back.
Page 2 of 6



2. Be intentional about your life

One of the best ways to untamed societal beliefs is to live your life with intention. That means being purposeful and deliberate about how you want to live your life. What kind of person do you want to be? What kind of life do you want to live? When you are clear about your intentions, it becomes easier to let go of beliefs that don't align with those intentions.
Page 3 of 6



3. Be courageous

The first step to untaming societal beliefs is to know what you believe. Be clear about your values and what you stand for. Once you know what you believe, it will be easier to identify which beliefs are not serving you and holding you back.
Page 4 of 6



4. Practice self-compassion

Untaming societal beliefs can be hard work. You might make mistakes along the way or have setbacks. That's OK! Be gentle with yourself and remember that you are on your own journey. Everyone moves at their own pace and there is no need to compare yourself to others. Just keep moving forward in your own unique way.
Page 5 of 6



5. Surround yourself with like-minded people

To untame societal beliefs, it is also important to surround yourself with supportive, like-minded people who encourage you to be your true self. These are the people who will help you untangle and untame your negative beliefs, and who will support you on your journey to living a more intentional life. With their guidance and encouragement, anything is possible!
Page 6 of 6



Thank You For Reading This Tips

Don't forget to like, share, and leave a comment to this post!



ENJOY A WEEKEND AWAY

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Try exploring your feelings!

By listening to your inner voice and acknowledging your emotions, you can begin to understand yourself on a deeper level and gain clarity on what matters most in life.
www.therippleconnection.com



TIP FOR THE DAY

Your feminine needs space for creativity to blossom on its own time. She doesn't like to push or be pressured. She trusts deeply in herself and allows herself to receive abundant support. She desires flow and not rigidity. Rather than suppressing her emotions, she uses them as access to her highest self. She listens to her body for wisdom. And she's not afraid to feel deeply.

Melissa Baurnight
The Ripple Connection



BOLD AND VIBRANT

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BE THE BEST

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JOIN TODAY AND FEEL THE POWER OF GENUINE SISTERHOOD

Learn how to make decisions from a place of clarity and confidence

Finally feel that you're not alone in your success or in your struggles

Get the genuine boost and support you deserve!

Feel the true meaning of sisterhood



@therippleconnection

We get to celebrate ourselves



A huge part of releasing judgment and learning to love and accept ourselves is acknowledging our frustrations - with love of course.

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THE BRIDGE PROGRAM



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Anyone else relate to the tidy house, tidy mind thing?



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Take the journey

If you're ready to OPEN yourself up to this journey, send me a dm

I'd love to connect!

CALL TODAY!



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ACHIEVE THIS GRATIFYING AND FREEING LIFE.



1. Begin with a brain dump

2. Guided visualization meditation

3. Organize your thoughts



When we know what we want, we know when it's missing, and we know how we want to feel - it allows for new decisions to be made from a very intentional place.

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Here's to more genuine friendships!

YOU ALREADY KNOW WHAT TO DO NEXT



FIND THE BALANCE

Feminine

RECEPTIVE

PASSIVE

CONSTRUCTIVE

INTUITIVE

Masculine

PROJECTIVE

ACTIVE

GIVING

EXPANSIVE

OUTWARD



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"NURTURING YOUR LIFE FOR FULFILMENT"



PODCAST

When did your journey of inner work begin?



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Melissa

BEAUTYCOUNTER

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CLICK THE LINK IN BIO TO JOIN OUR FREE FACEBOOK GROUP TODAY!

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WHAT IF YOU COULD OVERCOME DECISION FATIGUE IN JUST 45 MINUTES?

- Are you overwhelmed and confused about what to do next?
- Have you reached a crossroads and you're unsure which path to take?
- Does your stomach do flip-flops every time you think of that big decision you have to make?
- Do you feel stuck? Like your life isn't enough but you don't know how to move forward?



Hi I'm Christina Maglino

My passion is to support spiritual visionary women who have already created A LOT, to drop the masculine hustle, do the deeper work of healing ancestral trauma so they can have a life of major impact with EASE. I have been working as an Energy Intuitive and Shamanic Guide for the past decade.

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Healing modalities that can support your journey

- ASTROLOGY
- EMDR
- HUMAN DESIGN
- SOMATIC MOVEMENTS
- COACHING
- NEURO-LINGUISTIC PROGRAMING
- MEDITATION
- WOMEN'S CIRCLES

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"INSTEAD OF TRYING TO DO EVERYTHING MYSELF AND STRUGGLING IN SILENCE, I NEEDED TO SET MY EGO ASIDE AND EMBRACE HELP. THIS CAN BE TERRIFYING! ESPECIALLY IF WE'RE TAUGHT THAT INDEPENDENCE MEANS NOT TO RELY ON OTHERS."

Melissa Bauknight

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Ever felt imposter syndrome?

Link in bio.

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SALE SALE SALE



UPTO 15% OFF

on your BeautyCounter goodies starting today!

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BOLD



It's time to boldly create the path between who you are and who you desire to be. After all, this is your world. YOU get to decide what makes YOU feel alive!

SHINE SHINE SHINE



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Life Blog Post

HOW TO STAY HIGH ON LIFE



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REVISIT YOUR GOALS WITH ME



BOOK A CALL TODAY!

Add a subheading

Add a subheading

Add a subheading

Add a subheading



New Blog Post

HOW IMPORTANT IT IS TO HAVE A CIRCLE OF POWER WOMEN AROUND YOU

RECENT RESEARCH PROVIDES STRONG EVIDENCE THAT HAVING A CIRCLE OF LIKE-MINDED WOMEN ACTUALLY HAS A VARIETY OF BENEFITS.





It's impossible

When a woman thinks she can actually THRIVE as a high-achieving working mom without prioritising her own needs.

Let's get talking!

CALL TODAY!

“

YOU HAVE THE POWER TO PROTECT YOUR PEACE.

”

MY LADY!

8 STEP BRIDGE FRAMEWORK

1 Ground In

2 Create Bold Goals with Soul

3 Celebrate and Acknowledge

4 Be a Bold Leader

5 Implement with Intention

6 Ripple Out

7 Reconnect with your True Self

8 Integrate your Feminine Energy



FEATURED IN AUTHORITY MAGAZINE

I recently got featured in Authority Magazine discussing how to learn to manage your thoughts!

A DAY TO REMEMBER

REMINDER

You get to fully honor yourself and your unique process.

OKAY!

“

BUSINESS DOESN'T HAVE TO BE BORING!

”

EMBRACE YOUR MASCULINE IN A HEALTHY WAY

1 You can do an accurate life audit to identify where you're out of alignment

2 You're able to set goals on specific areas of life that are centered in intention

3 Structure an action plan that moves you forward!

4 Have accountability partners and calls to help you stay the course

5 Learn how to trust yourself to take action and make decisions

6 Establish power partners for collaboration, referrals, and/or additional affiliate income



STRATEGY ALONE ISN'T ENOUGH TO BREAK OLD BELIEF PATTERNS AND CONQUER FEARS!

BE THE RIPPLE

