

Comeback, Queen: 7 Keys to Reclaiming Your Purpose After Falling Off Your Throne

Do you ever find yourself doubting your purpose & your work — especially after life dishes out some big, disruptive medicine?

Secretly having thoughts like:

- How could I possibly still be qualified to help others with this when I've been so deeply humbled by it?
- How do I share my offerings when I don't feel as confident, polished or glossy as I used to?
- How do I continue selling this if I feel like I'm only doing it for the money and I'm not that excited about it anymore?
- What happens if what I **really** want to do with my life seems way too big, far off and maybe even impossible.

If you've had any of these ideas running through your mind, I've got you. There is some profound MAGIC that comes out of letting yourself follow these dangerous threads.

That's where the 7 keys to becoming a Comeback Queen come in. This is the exact process I've used to meet these doubts and return to my throne of power, time and time again (and you can too).

Here they are:

Key 1: Let Yourself Hit Rock Bottom

The truth is, if you don't let yourself get to that “lowest of the low” points, if you don't let yourself go all the way down and let the medicine consume you fully... ***You won't get to harvest the gems.***

Because if you're not willing to go all the way down and ask yourself, “What's the point of this life?” – it's actually really hard to get an honest answer.

You'll instead come up with surface answers (for example: more money, a house, to be famous) versus ***the real gut response to life, the genuine honest-to-God truth of what gets you out of bed in the morning.***

For me, what gets me out of bed is beauty, art and creativity (mine and others) - that's the true thing that keeps me going.

Only from this rawly honest place of hitting my bottom was I able to access the things that matter to me the most, which leads into your core purpose and message.

Key 2: Burn in the Fire of Your Own Medicine

There is zero shame in struggling with the thing you teach & help others with. I like to call this "burning in the fire of your own medicine," because we inevitably need to take a big dose of what we are here to offer - in order to be able to give it to others.

Your medicine isn't just for your clients... it's for you.

And your medicine is *always* working on you. It wants you to become a master of whatever you're meant to serve.

The paradox here is that the thing that you're meant to teach is simultaneously going to be the bane of your existence.

It's your deepest pain, but it's also going to be the source of your greatest joy.

It's going to be the source of your ultimate failure... ***and it's also going to be the source of your ultimate success.***

Even when you're completely knocked down and think it couldn't get worse, that's actually a vital initiation for you to evolve and grow.

Because the truth is, you have so much more to offer on the other side of the breakdown.

In other words, burning in the fire of your own medicine is how you form your most potent magic!

Key 3: Allow Yourself to Grieve Fully

This key is all about **fully** letting yourself feel whatever you need to feel about the fact that you're no longer the person you thought you needed to be or that you dreamed of.

It also means letting dreams you once had go, because you know they are no longer in alignment for you.

Depending on your relationship to grief, it can be tempting to want to push this part of the process away, but it's actually the *most* important part.

Why? Because grief is actually the medicine of transformation.

As you grieve, you are releasing the energy, the bondage, the beliefs, the stories about yourself, and the pieces of our identity that no longer have a place in your life.

You're literally crying yourself away, and **creating yourself into a blank slate**.

And this is why grief is also the key to your creativity, because in this blank slate your pure expression can finally be revealed.

Key 4: Be Okay with Being in the Unknown

After stripping so much away, you may feel like nobody for a while. And that's actually a good thing!

Because from this "no one/nothing" state, you now can *truly* create whatever is true for you. You can be recreated.

At this point, you might also feel afraid to be seen – to share this vulnerable, unpolished self. Wondering, "Who will want to see me like this, not shiny and successful?"

But it's actually the opposite - **you are the most inspiring and the most impactful when you are an open channel**.

This is what people will respond and resonate to. You could literally say gibberish in this open space and people will be excited to listen because they can **feel** something in you.

They FEEL that spark of aliveness in you and it activates them.

It is a transmission in itself.

So, you might be tempted to hide away, but the truth is... being **in** the space of the unknown is the best time to show yourself to share your creativity.

Key 5: Remember That Nobody Actually Cares About Your Process

For the most part, we lose track of people! We forget what's going on for them, and we don't really know what's going on *unless* there's something about it that's relevant to us.

Sure, people might be watching you to see what they can get out of it, but nobody *actually* cares and they aren't tracking you.

Moving forward, hold the belief that if anyone is watching you, it's **because they need your medicine**.

The people that are watching **need** to see you, and the people who are not watching just don't care.

And if we provide the people who are watching with something that they need, like a service, energy, or a product, they're going to want it.

They don't care what stage of life you're in, they just want it from you when you feel open, alive, and a source of inspiration.

Key 6: Act Like Your Comeback Can Happen in a Moment

Rising from the ashes isn't a long process. You don't have to just sit around for years — it can literally happen overnight!

As you read this (especially if you are still in the depths of your grief), you might be thinking — but how exactly?

Trust me when I say as soon as you're ready to let go of whatever grief wants to take from you, you are inevitably going to come back.

I can't tell you how many times I went into massive debt, slowed down, gave myself space, stopped worrying about trying to rebuild and just trusted I would get there.

Everytime I walked myself through this process and I followed my intuition step-by-step, **I got through to the other side. I've never seen this not be the case.**

And yes of course, we all move at our *own* pace. It takes whatever amount of time it's going to take, but your invitation here is to act like it *can* happen in a moment.

From this space, we can then enjoy the process, share our medicine along the way, and be more creative and self-expressed.

Key 7: Get Help from All Angles

You don't have to navigate the mess alone! At every stage of my rebirth, I had a lot of help because support was crucial for my comeback to feel easier (and happen faster).

I leaned on friends shamelessly, being messier than I could imagine - and learned that true intimacy is letting others contribute to you.

I also invested in a lot of support and care in the form of things like massages, acupuncture, tapping sessions, as well as guides, coaches, and mentors who held the vision of my breakthrough, even when I couldn't see it.

Having people in your corner who deeply see your potential makes all the difference.

And if you are someone who doesn't have as high of a level of comfort in investing, I would find the place where you are able to stretch yourself to the edges of what's okay for you, but not go past that. There's no need to tax your nervous system.

And at the same time, it is so worth investing in levels of support because you're going to move through the process so much faster. Not to mention, it's going to feel so much more fun when you feel people holding you through the process.

And there you have it! By moving through these 7 keys, you've already done the powerful work of rising from the ashes and reclaiming your throne.

And if there is a part of you that is wondering, but what's next? How do you actually channel that energy into a life and business that's fully aligned with your purpose?

This is where my program [Comeback, Queen](#) comes in, my self-study program for uncovering your unique purpose and core message.

In this program, I share the exact process I used (and continue to use) to uncover deeper and deeper layers of my purpose, and translate that into offerings that make a meaningful impact and generate sustainable income.

No fluff. No generic advice. Just the powerful, practical tools and teachings that have allowed me to create a life and business in full alignment with my soul.

[You can find out more about Comeback, Queen and sign up here.](#)

Because the world needs your magic right now more than it needs you to phone-it-in and make money just to survive.

And I can help you get clear on your truth about what you're really here for.

Love,
Tara