

## ■ Hormones & Her – Digital Licensing Terms

\*Calm, clarity, and creativity — protected with purpose.\*

### ■ *Personal Use Only License*

All *Hormones & Her* digital files, printables, e-books, journals, and reflection cards are created with care and are for **personal use only**, unless a separate commercial license has been granted in writing. You may:

- Download and print the files for your own personal use.
- Reprint for yourself as often as you'd like.
- Display or store them privately for inspiration or journaling.

You may **not**:

- Share, resell, redistribute, or give away any digital file (paid or free) in any format.
- Alter, copy, or claim the designs, words, or artwork as your own.
- Use the materials in client sessions, coaching programs, workshops, or commercial products without written approval or a purchased **Commercial Use License**.

### ■ *Commercial Use Licensing Option*

If you're a coach, wellness guide, or organization who would love to share *Hormones & Her* materials with your audience — thank you!

A **Commercial Use License** is available for select items and includes permission to use or distribute branded materials within your business.

To inquire, please email [licensing@hormonesandher.org](mailto:licensing@hormonesandher.org) or visit [www.hormonesandher.org/licensing](http://www.hormonesandher.org/licensing) to apply.

### ■ *Respect & Credit*

All content, text, graphics, and designs are the intellectual property of **Hormones & Her © Paula Johnson**.

If you reference or share *Hormones & Her* publicly (such as in a video, course, or blog), please include a credit line such as:

“Created by Hormones & Her — Navigating the Change with Confidence After 45.”  
[www.hormonesandher.org](http://www.hormonesandher.org)

### ■ *Community Commitment*

These terms are not just about protection — they're about preserving the integrity, tone, and calm essence that *Hormones & Her* was founded upon.

Thank you for honoring the creative heart behind every printable, page, and ritual you receive. By purchasing or downloading a *Hormones & Her* digital product, you agree to these terms.

With calm clarity,

*Paula Johnson / Hormones & Her*  
© *Hormones & Her — Navigating the Change with Confidence After 45*