

From Rock Bottom to Rich Energy - Book Club Kit

Welcome Letter

Dear Book Club Reader,

First, thank you. Thank you for picking up a book that was born out of my deepest pain and my boldest rebirth. I'm Sabrina Colón, and I wrote **From Rock Bottom to Rich Energy** as a love letter to every woman who's ever been broke, broken, or overlooked—and still found a way to rise.

This book is for you. For your sister, your daughter, your best friend, or the woman at your job who doesn't know how powerful she is yet. It's my real-life story of rebuilding from scratch—financially, emotionally, and spiritually.

I'm honored you've chosen to explore it as a group. I hope it sparks honest conversations, laughter, maybe even a few tears—and ultimately, the reminder that you're never too far gone to glow back up.

With gratitude and rich energy,

Sabrina Colón

Discussion Questions

1. What does 'rock bottom' look like in your life—and how did you start rising from it?
2. How did money trauma show up in Sabrina's story? Have you experienced anything similar?
3. Which chapter or moment hit you the hardest emotionally—and why?
4. What relationships in the book reminded you of your own patterns or friendships?
5. How do you define 'rich energy' now that you've read the book?
6. Sabrina talks about breaking cycles—what's a cycle you've broken or want to?
7. How did the author's spiritual journey impact your own reflection?
8. What role did self-worth play in the book's turning points?
9. How did Sabrina's career path challenge traditional definitions of success?
10. Which part of her financial glow-up would you want to replicate in your own life?
11. What chapter would you gift to another woman—and what would you write in the margins?
12. What will you take from this book into the next chapter of your own story?

Journal Prompts

- What version of yourself are you finally ready to release?
- When did you last feel truly powerful—and what led to that moment?
- Write a letter to the woman you were 5 years ago.
- Describe your relationship with money in 3 words—and why those words?
- How can you call more 'rich energy' into your life this year?

Behind-the-Scenes Author Notes

Writing this book was terrifying and liberating. I didn't write it to be impressive—I wrote it to be real. I cried through chapters, laughed at old wounds that no longer

control me, and wrestled with whether I was revealing too much.

But the truth is: women are craving truth. And I knew my story wasn't just mine—it was ours.

Every chapter reflects a part of me I had to reclaim, from financial literacy to relationship recovery. And if you've ever doubted your timeline or your worth, I hope this book shows you that transformation doesn't follow a calendar. It follows truth.

Thank you for being on this journey with me.

About the Author

Sabrina Colón is a dynamic author, speaker, and real estate broker who turned personal rock bottom into a platform for radical empowerment. With almost two decades of leadership in public transportation and a fearless voice in women's transformation, she shares her story to ignite others.

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Book: From Rock Bottom to Rich Energy (Available on Amazon + IngramSpark)