

Show Up More Vulnerably and Authentically

1) Where are you hiding out, playing small, or not showing up fully?

2) How would this situation, interaction, or experience be different if you were to show up fully?

3) What are three action steps you can take to start being more honest in everything you do?

Cultivate Deep Rooted Confidence

This is a process that is best done in the moment, however, I encourage you to work through the steps below with a past situation to get a sense of how the process works and feels. You can also use it before you do something that requires confidence, like a first date, meeting with a potential new boss or client, or talking to someone about something important (like your big dreams).

If using a past situation for practice, I want you to imagine the situation and take yourself back there. Really try to bring up the emotions and feelings and experience, as best you can. Then, begin:

1) What is the situation?

2) Get Honest

What are you feeling right now? Nervous? Embarrassed? Uncomfortable? Totally out of your element? Be as honest and transparent as you can:

3) Acknowledge Your Body's Response

What sensations are you experiencing in your body right now? Are your knees wobbly? Legs shaky? Is there tightness in your chest or back? Butterflies in your stomach? Acknowledge those physical sensations and breathe into them. DO NOT try to get rid of them. Just let them be and breathe. Remember, when you allow yourself to really experience what you're feeling, these less-than-confidence-inspiring sensations and feelings will dissipate *in a matter of SECONDS*.

4) Share Your Truth

Feel the fear, uncomfortable feelings and whatever other sensations are in your body, breathe into them and then share your honest experience in this moment. Write out your truth... *"I'm feeling vulnerable and exposed"* or maybe, *"I'm so freaking nervous right now, but I'm really excited to be here!"* Whatever it is, it's perfect because it's your truth. Just breathe into it and own it. Write your truth out below (*you'll want to speak it to whoever's involved in the moment*):

Know Your Worth

Start by answering the following questions as honestly as possible.

This isn't going to be easy, especially if you haven't taken the time to appreciate all the amazingness about yourself, so take your time. Really sit with yourself and practice some self love and acceptance (there's an Awesome Life Guide for this too and you may start there if needed) and really look at yourself with as much open honesty and compassion as possible. If you're really struggling on these, have someone you love and trust work through them with you, giving some insight into what you may not see.

What makes you beautiful, unique, and special? What do you love about yourself?

What are your hidden talents? Where do you excel above others?

What are your skills? What do you know how to do better than anyone else?

Know Your Worth

What are your weird and adorable quirks?

What are your accomplishments? What have you mastered, achieved, or done?

What are the top characteristics people love about you? What do you hear the most?

What do people notice or appreciate about you? Where do you get the most compliments?

Know Your Worth

What are all your big and small wins, and successes? Where did you rock it recently?!

What are the times you felt really, truly amazing in your life? Where you know exactly how special, important, capable, and talented you are? Write them below in all their glory.

What are the top characteristics people love about you? What do you hear the most?

What makes you the best friend, lover, or family member someone could have?

Shift Your Stories, Shift Your Life

What emotion am I feeling right now?: _____

What sparked this feeling (be specific – who was involved, what was said, where were you, etc)?:

What is the story I'm telling myself about this situation right now?:

What emotion am I feeling right now?: _____

What sparked this feeling (be specific – who was involved, what was said, where were you, etc)?:

What is the story I'm telling myself about this situation right now?:

Shift Your Stories, Shift Your Life

Now that you've collected some stories that you tell yourself, it's time for the fun (okay... and at times, hard) work to begin. We're going to break your story down to the core of what you're feeling, uncover where it comes from, release it and create a SHIFT that you'll start telling yourself instead.

Important: Shifting a story you tell yourself won't always happen instantly or overnight. Some deep rooted stories will take time and energy to shift. Whenever you begin to tell yourself the old story, take a deep breath and re-engage in the present moment. Once you've gotten out of your head and the negative mind cycle the original story creates, tell yourself the new story. Each time that you actively interrupt the pattern of telling yourself the old story, you begin to literally re-wire your brain. Over time, this new story will replace the old and you'll feel the shift in every area of your life!

Let's get started... Choose ONE STORY at a time and work through the following pages.

What is the story you're telling yourself?

What EXACTLY do you feel when you tell yourself this story?

What is the oldest memory you can link these feelings and this story to? This might take some time and digging, and it won't necessarily be easy, but you **MUST DO THIS**. Was there a time when your parents made you feel this way? Maybe it was an experience or event from your school days? Did something happen in a past romantic relationship that made you feel this way? Write out your experience below in as much detail as you can. This might be hard, yes, but give yourself the gift of fully reliving this experience so that you can release it in the following steps.

(continued)

Shift Your Stories, Shift Your Life

Your turn.

What is the original story you told yourself:

Using what you wrote on the previous page, shift your story:

Awesome job!

As you work to completely shift this story, work to add more truths to your new version. If, for example, you're working on your financial story... bring in new wins as they happen. This may be, "I'm paying off my debt. I just saved \$30 on shoes last week. I'm learning to be thrifty. I'm closer to my goal today than I was yesterday and that's awesome." Be positive and truthful and continue to SHIFT, SHIFT, SHIFT!

What now?

Write out your new story on a post it or note card and keep it with you. Whenever you find yourself telling yourself the old story, pull it out and read it aloud to yourself. Do this as often as you need to until this story becomes second nature. Even when it has, your old story will crop up, so remember: take a deep breath and re-engage in the present moment. Once you've gotten out of your head and the negative mind cycle the original story creates, tell yourself the new story. This is LITERALLY re-wiring your brain!

Work back through this guide as often as you need for each and every story. Don't overwhelm yourself though, start off with 2 - 3 stories that really bring you down and hold you back. Once those new stories become second nature, you've felt a forgiveness shift or you no longer tell yourself the old one, move onto a new story and get to work. This is a lifetime practice, we will ALWAYS find a new story to tell ourselves.