



B E C O M I N G

# **BOLD & BRAVE**

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# Welcome

*I just want to take a moment to celebrate you for having the courage to explore yourself & your patters and making the choice to start on this journey of self-exploration & self-empowerment*

## ***By the end of this process you will have***

- Understanding of where your lack of confidence and self-trust stems from (without shame or judgment).
- Understanding of your inner voice, values, and truth.
- Recognition of where your patters of self-doubt, people-pleasing, & perfectionism come from and starting to break free from these patters too.
- The confidence to start planning your next steps with clarity and conviction.
- Begin to show up more fully, fearlessly, and authentically online and in real life.



# The Process

This framework for Becoming Bold & Brave is a process I created from the inner work I've been doing over the past year. I've tested this process with my clients and use it myself to *help regain **confidence and true understanding of how we make choices** and **what influences whether we show up or hide away.***

I've created this framework to help you start to ***understand yourself and choices better.*** This is what led me to not only my ***clarity*** but ***natural confidence*** too.

This process will take you through a series of small, light touch tasks which will help you start to open up about your needs and wants, what influences your decision making and if you choose to step in to the full process you'll receive the tools needed to ***overcome** these **emotional and mental barriers to showing up confidently and consistently.***

I incorporate ***tools that I use daily*** to not only keep me in my truth, ***showing up, moving forward, growing and taking action,*** but also naturally enabling me to be ***confident in who I am and what I do.*** **It challenges us to truly feel into the actions we're taking with authenticity and knowing.**

**I'm so sexcited for you 🌟**  
**So breath, relax and let's get to EXLORING YOU!**

# What do you need?

This activity is about jotting down **what it is you feel you need to create safety and more happiness in your life**. It can be anything from more quality time with your kids, to quality time with your friends. Maybe it's being able to go on a retreat or business conference a few times a year or having 1 day a week to take solely for yourself. These can all be needs not just wants.

For me going back into business, I wanted to ESCAPE. I needed an escape from my abusive marriage, to have my own income, for my kids to be happy and safe.

**My needs over the years have changed but I still have needs, I'm now able to meet these needs myself, for myself and through this process you will get closer to this too.**

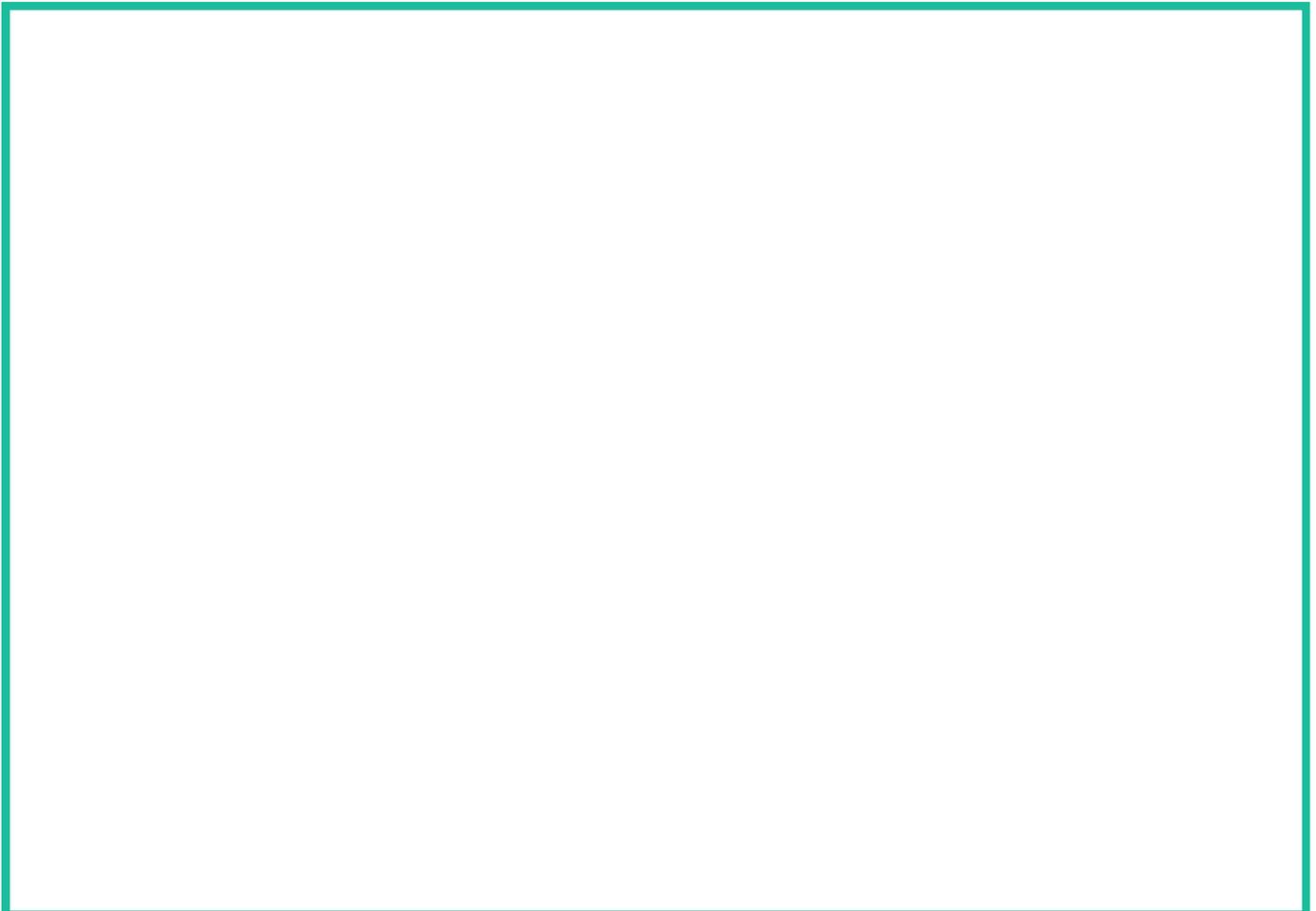


# What do you want?

This activity is about jotting down *what it is you feel you want, the big dream, the small dreams and everything in between*. It can be anything from travelling, a new house, maybe to own your own house or pay off your mortgage. Maybe you want to have a reliable income that allows you to only work a few days a week. *Remember to include the BIG DREAM*, you know, the one that seems so far out of reach but 6 year old you would have had no problem believing was possible (If it's still relevant that is).

I'll give you an example, coming into the coaching industry I wanted to be able to work less hours, spend more time with my kids while helping others. *I want my children to have a tutor and be homeschooled* because schools really aren't set-up to adequately support children like mine. *I want to be able to travel around the world with them while they're learning academically*. I want an overflow financially so that I can help more people.

*Our wants and dreams are valid, it just may take a bit of time to achieve them, but that's ok too.*



# What do you need or want to change?

Our negative self thoughts and criticism rarely start with us, so through this next exercise we'll explore in depth what those negative thoughts are and where they really came from. We'll look at what they are, whether they come from what someone else has said to us and if they are truly how we feel about ourselves.

We'll then take a look at the ones that we believe about ourselves and if we want or need to change the things we don't like about ourselves. And finally at the end of this exercise we'll explore ways of resolving or improving those things.

Here are some examples of mine:

Negative Talk	Your Thought	Someone else's	Can it be changed?	Do you want to change it?
I don't like my teeth	✓	✗	✓	✓
You're too fat	✓	✓	✓	✓
I hate the wrinkles on my face	✓	✗	✓	✓
I'm too chatty/I talk too much	✗	✓	✗	✗

<b>Negative Talk</b>	<b>Your Thought</b>	<b>Someone else's</b>	<b>Can it be changed?</b>	<b>Do you want to change it?</b>

<b>Big Actions Step</b>	<b>Mini Step 1</b>	<b>Mini Step 2</b>	<b>Mini Step 3</b>	<b>Congrats! You did it</b>



Understanding my **core values allowed me to understand not only myself, but my needs and my aspirations.** I started to understand **why I was pulled to certain jobs, projects, businesses and relationships** and **why I felt so passionately around specific topics and conversations.**

Acknowledging my core values also allowed me to **understand why and how I made decisions**, not only positive ones but ones that in the background were not helping me but stopping me moving towards my goals and dreams.

Once we are aware of how we make choices, **we can make more positive choices which feel right for us.** Allowing us to move forward with confidence and a level of certainty.

**Here are some core values to give you a starting point for exploration:**

Loyalty ~ Justice/Injustice ~ Respect ~ Trust ~ Honesty ~ Fairness/Equality ~ Authenticity  
Balance ~ Freedom ~ Sisterhood ~ Community ~ Nurturing/Caring ~ Connection ~ Creativity  
Vulnerability ~ Integrity ~ Empowerment ~ Resilience ~ Compassion/Empathy ~ Courage

# BECOMING BOLD & BRAVE

—  
GET THE FULL  
PROGRAMME



## Your Next Steps

If the reflections inside this workbook resonate with you...  
If you realise you don't just want awareness but real change...  
If you're ready to **build confidence, boundaries, clarity and courageous action**...  
That's where the **12 Week Becoming Bold & Brave Hybrid Programme** begins.

### Inside the full journey, you'll be supported to:

- ✓ Build deep self-trust and emotional awareness
- ✓ Strengthen boundaries and reduce people-pleasing
  - ✓ Make confident, values-led decisions
  - ✓ Heal patterns that keep you stuck or invisible
  - ✓ Step into leadership in your life and business
- ✓ Show up consistently with authenticity and courage

This is a hybrid experience combining coaching, reflection, tools and supportive guidance to help you integrate the inner work with real-life action.

Full programme value: \$2999

✨ Beta Launch Price: \$1397

🔥 Early Bird Pre-sale Offer: \$997

💎 Pay-in-full bonus discount: additional \$200 off

🌟 UMMIB Member Offer: extra \$297 saving  
(Flexible pay-in-3 option available)

Get the **full programme** for as little as **\$500**

That's a **saving of \$2499** off the full price

👉 IF YOU FEEL CALLED, STEP INTO THE FULL BOLD & BRAVE  
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