

believe it, then be it

Self-Concept *Affirmations*

Say the highest rung that feels true today. Do the action. Write down the proof.

The Believability Ladder

- I'm open to... → I'm learning to... → I'm becoming someone who... → I am...

Bridge Affirmations + Actions

<i>Too Big to Believe</i>	<i>Bridge Affirmation</i>	<i>Today's Action</i>
I'm perfect as I am.	I'm learning to trust myself.	Make one decision without asking for opinions.
I'm fearless.	I can feel nervous and post anyway.	Post the thing you've been sitting on.
I'm the most confident woman in the room.	I'm allowed to take up space.	Share your opinion once, without softening it.
I am a millionaire.	I'm becoming a woman who handles money well.	Look at your numbers for two calm minutes.
Clients chase me.	I'm allowed to hold my price.	Send your next quote with no discount.
Money flows to me effortlessly.	I'm open to receiving money in ways that feel good.	Say "thank you" and nothing else.
I'm always fully booked.	I'm someone the right clients find.	Tell people how to work with you today.
I'm wealthy.	I'm learning to let money stay.	Move a small amount into savings.
Everyone loves my content.	My work helps the women it's meant for.	Post one thing without rewriting it five times.
I'm a natural on camera.	I'm allowed to be a beginner in public.	Record a 30-second video and post it as is.

Turn the page to write your own.

your turn

Write *Your Own*

Pick one big affirmation. Climb down until it feels true, then climb back up as your proof grows.

My Believability Ladder

The big one: _____

I'm open to _____

I'm learning to _____

I'm becoming someone who _____

I am _____

My Bridge Affirmations + Actions

<i>Too Big to Believe</i>	<i>My Bridge Affirmation</i>	<i>My Action (under 10 min)</i>

Stuck? Ask ChatGPT

Here's an affirmation I want to believe: [affirmation]. On a scale of 1 to 10, I believe it about a [number] right now. Write me four versions on a believability ladder: one starting with "I'm open to," one with "I'm learning to," one with "I'm becoming someone who" and the full "I am" version. Then give me one small action under 10 minutes that would be evidence for the version I can believe today.

My Proof This Week

<i>Mon</i>	
<i>Tue</i>	
<i>Wed</i>	
<i>Thu</i>	
<i>Fri</i>	
<i>Sat</i>	
<i>Sun</i>	