



# *Rise & Shine*

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**STOP SECOND-GUESSING YOURSELF  
A 30-DAY CONFIDENCE PRACTICE**



*by Nadine Hinds*



*Hello, wonderful You!*

## **This is your time to rise & shine!**

And I'll start by acknowledging the incredible journey you're on. You're here because, **deep down, you know there's more waiting for you**—more confidence, more celebration of who you are, and more self-belief and I'll cheer you on every step of the way.

### **PURPOSE & INSPIRATION**

This journey is for you if you're ready to **rewrite those old stories** that say you're not enough & replace them with the truth:

*You are powerful, you are worthy, and every little win you achieve is worth celebrating.*

### **HOW IT WORKS**

This journal-tracker is designed to help you **cultivate confidence** by making self-validation a daily habit.

Each morning and evening, you'll set intentions, celebrate achievements, and nurture gratitude. In details, this is what it looks like:

### **MORNING PROMPT AND EVENING GRATITUDE**

**Every morning** starts with a prompt. You can make your answer short, don't overthink it. There's no right or wrong answer and you're aiming for progress, not perfection.

**Every evening**, take some time to reflect, celebrate and be grateful for you having your back and choosing to be on this journey.

- You don't need to work through the pages chronologically
- Keywords are just fine
- Something is better than nothing
- Find your own way of doing this that is fun

Some days this might take two minutes.

Some days you might skip the writing and only pause with the body prompt. That still counts

## 10 DAY-REFLECTION STEPS

After 10 days, after 20 days, and after 30 days, there will be a short reflection on your journey so far.

This is part of **re-writing your story** to realise and acknowledge that *you* are in charge and that you're choosing something different.

## BEFORE YOU BEGIN, LOCK IT IN

There's **one simple thing** that makes this journey more powerful: **putting pen to paper**.

Research shows that writing things down almost doubles the likelihood that we follow through.

This is not to force yourself, but because clarity creates momentum. So let's start with a small, handwritten commitment. One that feels honest, doable, and kind.

## MY STATEMENT

Before you start writing, feel your feet on the ground, put your hand on your heart and take a few gentle breaths. Your body is an important part of this journey. Ask: "What feels possible for me right now?"

I, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Examples could be:

*I, Nadine, commit to treating myself with more kindness as I move through these next 30 days.*

*I, Nadine, choose to give this journey a try. I will show up when I can, and trust that something is always better than nothing.*

*I, Nadine, commit to checking in with myself over the next 30 days, not only in my head, but also in my body. I will listen gently, go at my own pace, and trust that small steps are enough.*

## Understanding Imposter Syndrome

Before we dive in, let's talk about something that many high-achieving, hard-working women carry silently: *imposter syndrome*.

You might know the feeling—it's that lingering doubt that whispers you're not enough, or the fear that one day, someone will see through your successes and achievements as if they're somehow not real.

And while it feels personal, I want you to know **you're not alone**. Imposter syndrome thrives in silence and secrecy, feeding off self-doubt.

But here's the truth: **these doubts are stories, patterns of thought that you can change**. Through this journal, you'll work on identifying and gently rewriting those thoughts, letting go of the limiting beliefs that have held you back.

Day by day, **you'll build confidence and self-belief through small, powerful steps** that affirm you are exactly where you're meant to be, doing exactly what you're meant to do, and you are amazing and doing a great job.

This journal isn't about fixing you because **you are not broken**. It's about helping you see the brilliance that's already there, **ready to rise and shine** with just a little encouragement.

By the end of these 30 days, you'll have trained yourself to **notice your strengths**, acknowledge your effort, and trust yourself a little more than you did before.

You've already taken the first step and I'm so proud of you!

Keep showing up for yourself

Loads of love,

Nadine xxx

## A Gentle Note About Including Your Body

This 30-day journey isn't only about your thoughts or what you write on these pages. **It also includes something just as important: your body.**

Your body holds your experiences, your emotions, and your sense of safety. It often knows how you're doing **long before your mind** can put it into words.

For many women, confidence struggles didn't start in the mind alone. They often began when the body learned to brace, to hold tension, to stay alert, or to push through instead of resting.

Over time, this can create a subtle disconnect. You may feel "in your head," numb, rushed, or unsure how to sense what you actually need.

That's why confidence isn't built through mindset alone. It grows when **your whole system feels supported.**

If tuning into your body feels unfamiliar, difficult, or even a bit empty at first, please don't worry. Many of us learned to disconnect in order to cope, to push through, or to keep going.

Reconnecting is something we gently relearn. There is nothing wrong with you if you don't feel much in the beginning.

Throughout this journal, you are invited to pause from time to time. To notice your breath. To sense your feet on the floor. To **check in with how today feels, not how it should feel.**

This isn't about forcing sensations, insights, or emotions. **It's about soft noticing.** A pause. A breath. A quiet check-in. Even "I don't notice anything" is already a form of awareness.

Go slowly. Be kind with yourself. Confidence grows best in safety, not pressure.

Your body may speak in whispers at first. That's enough. You're doing this exactly right.

## Notice Your Growth

Success is not just about reaching a destination; **it's about noticing and celebrating the growth along the way.**

To help you see just how far you've come by the end of this 30-day journey, let's start by **reflecting on where you are today.** *On a scale of 1 to 10, how confident do you feel right now?* 1 means zero confidence and 10 means I'm the queen of fu%\*ing confidence!

This isn't about judging yourself; it's simply a **starting point.** At the end of these 30 days, you'll have another chance to reflect and answer the same question.

As you work through the prompts, celebrate your wins, and rewrite your story, you might notice **subtle shifts**—perhaps

- a stronger belief in your abilities,
- a greater sense of self-worth,
- or simply a deeper trust in yourself.

These **small but meaningful changes are the building blocks** of lasting confidence, and this simple scale will help you see the transformation unfold.

**ON A SCALE FROM 1-10, HOW CONFIDENT DO YOU FEEL AT THE MOMENT?**

1	2	3	4	5	6	7	8	9	10

*Good morning, lovely!*

**WHAT'S ONE STRENGTH YOU HAVE THAT YOU WANT TO LEAN INTO TODAY?**

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**NOTICE WHERE YOUR BODY FEELS STRONG OR SUPPORTED TODAY.**

**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**EVERY SMALL STEP YOU TAKE TODAY IS A STRIDE TOWARD THE LIFE YOU'RE MEANT TO LIVE.**

*Hello, lovely!*

**WHAT'S ONE THING YOU'RE PROUD OF ACCOMPLISHING  
RECENTLY?**

**HOW DOES PRIDE SHOW  
UP IN YOUR BODY  
RIGHT NOW?**

**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

**YOU ARE ENOUGH AS YOU ARE, AND TODAY, YOU SHOWED UP  
BEAUTIFULLY.**

*Rise and shine, lovely!*

**WHAT ARE THREE THINGS YOU ADMIRE ABOUT YOURSELF  
RIGHT NOW?**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

**NOTICE ONE PART OF  
YOUR BODY YOU  
APPRECIATE TODAY.**

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**CELEBRATE EACH WIN, BIG OR SMALL—THEY ARE THE THREADS THAT  
WEAVE YOUR STORY OF GROWTH.**

*Good morning, lovely!*

**HOW CAN YOU SHOW YOURSELF KINDNESS TODAY,  
EVEN IN SMALL WAYS?**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**YOU HAVE DONE ENOUGH FOR TODAY. REST AND RECHARGE;  
TOMORROW IS ANOTHER DAY TO SHINE.**

*Covely!*

**WHAT'S ONE FEAR YOU'RE READY TO RELEASE TODAY?**

**WHERE DOES FEAR SIT IN  
YOUR BODY? BREATHE  
GENTLY THERE.**

**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

**EVERY CHALLENGE YOU FACED TODAY MADE YOU STRONGER.  
HONOUR THE COURAGE IT TOOK.**

*Lovely, start today with this:*

**WHAT'S SOMETHING ABOUT YOURSELF YOU'VE GROWN TO LOVE OVER TIME?**

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**EVENING REFLECTION**

**CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

**NOTICE HOW YOUR BODY HAS SUPPORTED YOU OVER TIME & THANK IT.**

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**BE GENTLE WITH YOURSELF; PROGRESS IS PROGRESS, NO MATTER THE PACE.**



*Cooly, today's a new day!*

**HOW WILL YOU BRING JOY INTO YOUR DAY?**

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**WHERE DO YOU FEEL JOY,  
LIGHTNESS, OR EASE IN  
YOUR BODY?**

**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**EMBRACE TODAY'S ACHIEVEMENTS, NO MATTER HOW SMALL;  
THEY SHAPE WHO YOU ARE BECOMING.**

*Lovely,*

**WHAT'S ONE QUALITY YOU POSSESS  
THAT MAKES YOU UNIQUE AND IRREPLACEABLE?**

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**NOTICE A SENSATION  
THAT FEELS  
UNIQUELY YOU.**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**REST EASY KNOWING YOU DID YOUR BEST TODAY,  
AND THAT IS ALWAYS ENOUGH.**

*Good morning, lovely!*

**THINK OF A RECENT CHALLENGE.  
WHAT DID IT TEACH YOU ABOUT YOURSELF?**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**HOW DID YOUR BODY  
CARRY YOU  
THROUGH TODAY?**

**SELF-KINDNESS IS STRENGTH—THANK YOURSELF  
FOR WHAT YOU ACCOMPLISHED TODAY.**

# Reflect & Celebrate

**WHAT CHALLENGES DID I FACE SO FAR, AND HOW DID I GROW THROUGH THEM?**

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**WHAT DID I DO THESE FIRST 10 DAYS TO SHOW UP FOR MYSELF?**

*Lovely, start today with this:*

**WHAT'S ONE THING YOU'RE EXCITED  
TO LEARN OR EXPERIENCE TODAY?**

**NOTICE HOW  
CURIOSITY  
FEELS IN YOUR BODY.**

**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

**REMEMBER, CONFIDENCE IS BUILT THROUGH THE SMALL,  
CONSISTENT STEPS YOU TAKE.**

*Hello, lovely!*

**WHAT DO YOU FEEL GRATEFUL FOR  
IN YOUR LIFE RIGHT NOW?**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**WHERE IN YOUR BODY DO  
YOU FEEL GRATITUDE  
RIGHT NOW?**

**REFLECT ON THE MOMENTS OF JOY AND GRATITUDE TODAY;  
THESE ARE YOUR TREASURES.**

*Good morning, lovely!*

**WHO OR WHAT INSPIRES YOU, AND HOW CAN YOU EMBODY THAT TODAY?**

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**HOW DOES INSPIRATION  
SHOW UP PHYSICALLY  
FOR YOU?**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**CELEBRATE THE COURAGE IT TOOK TO FACE TODAY'S CHALLENGES  
WITH GRACE.**

*Lovely,*

**WHAT'S ONE ACTION YOU CAN TAKE TODAY  
THAT WILL MAKE YOU FEEL ACCOMPLISHED?**

**HOW DOES  
ACCOMPLISHMENT FEEL  
IN YOUR BODY?**

**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

**TAKE PRIDE IN THE WAY YOU'VE SHOWN UP FOR YOURSELF TODAY,  
MY LOVELY.**

*It's another beautiful day, lovely!*

**WHAT'S ONE WAY YOU CAN HONOUR YOURSELF TODAY?**

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**EVENING REFLECTION**

**CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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WHERE IN YOUR BODY  
CAN YOU FEEL TODAY'S  
WIN? DESCRIBE IT.

**YOUR JOURNEY IS UNIQUE; TRUST THE PACE  
AND HONOUR EACH STEP ALONG THE WAY.**

*Lovely,*

**IMAGINE A VERSION OF YOURSELF WITHOUT SELF-DOUBT.  
WHAT WOULD SHE FOCUS ON TODAY?**

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**HOW WOULD YOUR  
BODY MOVE WITHOUT  
SELF-DOUBT? TRY IT!**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**CONFIDENCE GROWS WHEN YOU LEARN TO APPRECIATE  
WHO YOU ARE NOW, NOT JUST WHO YOU'LL BE.**

*Good morning, lovely!*

**WHO CAN YOU UPLIFT TODAY,  
AND HOW DOES THAT REFLECT THE STRENGTH WITHIN YOU?**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**NOTICE HOW IT FEELS IN  
YOUR BODY TO GIVE OR  
RECEIVE KINDNESS.**

**LET GO OF WHAT DIDN'T SERVE YOU TODAY;  
CARRY FORWARD ONLY WHAT LIGHTS YOU UP.**

*Lovely, start today with this:*

**WHAT'S A SMALL GOAL FOR TODAY  
THAT WOULD MAKE YOU PROUD?**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

**WHAT CHANGES IN YOUR  
BODY WHEN YOU MEET  
A SMALL GOAL?**

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**IN ACKNOWLEDGING TODAY'S WINS, YOU BUILD THE FOUNDATION  
FOR TOMORROW'S SUCCESS.**

*Good morning, lovely!*

**WHAT LIMITING THOUGHT WILL YOU RELEASE TODAY  
TO MAKE ROOM FOR POSITIVITY?**

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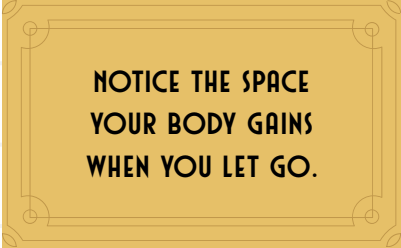
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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**EVERY DAY, YOU PROVE TO YOURSELF THAT YOU ARE  
RESILIENT, CAPABLE, AND WORTHY.**

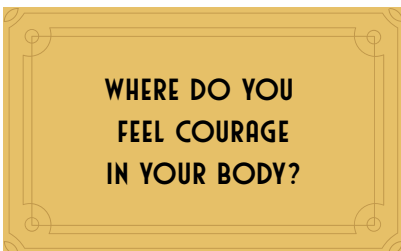
*Lovely,*

**HOW CAN YOU BRING COURAGE  
INTO YOUR ACTIONS TODAY?**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**YOU'RE WRITING A BEAUTIFUL STORY OF SELF-LOVE AND GROWTH,  
ONE DAY AT A TIME.**

## Reflect & Celebrate

**HOW HAVE I SHOWN UP WITH COURAGE OVER THE PAST DAYS,  
EVEN IN SMALL WAYS?**

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An ornate Art Deco style frame in gold. The frame is rectangular with rounded corners and features intricate geometric patterns, including sunburst motifs in the corners and a central triangular design at the top and bottom. Inside the frame, the text "WHAT DID I LEARN TO APPRECIATE ABOUT MYSELF?" is centered in a bold, purple, sans-serif font.

*Hello, lovely!*

**WHAT'S A RECENT EXPERIENCE THAT MADE YOU FEEL GRATEFUL FOR WHO YOU ARE?**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**NOTICE HOW  
APPRECIATION SOFTENS  
YOUR BODY.**

**REFLECT ON THE BEAUTY OF TODAY'S SMALL VICTORIES—  
THEY'RE LEADING YOU TO GREATNESS.**

*What a beautiful morning, lovely!*

**WHAT'S A QUALITY IN YOURSELF YOU OFTEN OVERLOOK  
THAT DESERVES RECOGNITION?**

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**WHAT QUIET STRENGTH  
LIVES  
IN YOUR BODY?**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**TRUST YOURSELF AND THE JOURNEY. THE PATH MAY BE WINDING,  
BUT IT'S UNIQUELY YOURS.**

*Good morning, lovely!*

**WHAT'S ONE THING YOU WANT TO CELEBRATE  
ABOUT YOURSELF TODAY?**

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**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**HOW DOES  
CELEBRATION FEEL  
IN YOUR BODY?**

**CELEBRATE TODAY'S LESSONS AND TRIUMPHS;  
THEY ARE THE BUILDING BLOCKS OF YOUR CONFIDENCE.**

*Good morning, lovely!*

**HOW WILL YOU GIVE YOURSELF GRACE TODAY,  
EVEN IF THINGS DON'T GO AS PLANNED?**

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**EVENING REFLECTION**

**CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**NOTICE HOW YOUR BODY  
RESPONDS TO  
SELF-COMPASSION.**

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**YOU DID WONDERFULLY TODAY, AND THAT DESERVES  
RECOGNITION AND GRATITUDE.**



*Good morning, lovely!*

**WHAT'S ONE WAY YOU CAN NURTURE  
YOUR CONFIDENCE TODAY?**

**WHAT HELPS YOUR BODY  
FEEL SAFE  
AND CONFIDENT?**

**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

**YOU SHOWED UP TODAY, AND THAT'S WORTH CELEBRATING.  
GROWTH HAPPENS IN THESE MOMENTS.**

*Lovely,*

**WHAT'S A SMALL, BOLD STEP YOU CAN TAKE TODAY  
TO MOVE CLOSER TO YOUR DREAMS?**

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**NOTICE WHAT COURAGE  
FEELS LIKE  
BEFORE ACTION.**

**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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**BE PROUD OF THE RESILIENCE YOU SHOWED TODAY—  
IT'S YOUR QUIET SUPERPOWER.**

*What a beautiful new day, lovely!*

**HOW WILL YOU SUPPORT YOURSELF  
IN MAKING TODAY MEANINGFUL?**

**HOW DOES SUPPORT  
FEEL IN YOUR  
BODY TODAY?**

**EVENING REFLECTION  
CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

**HONOUR THE SMALL, STEADY STEPS THAT MAKE YOU FEEL  
ALIVE, STRONG, AND PRESENT.**



*Good morning, lovely!*

**HOW WILL YOU HONOUR YOUR JOURNEY TODAY,  
EVEN THE SMALL STEPS?**

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**EVENING REFLECTION**

**CELEBRATE YOUR WINS / GRATITUDE & SELF-ACKNOWLEDGEMENT**

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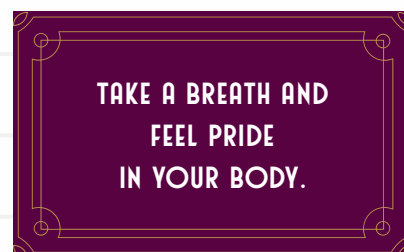
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**REST TONIGHT KNOWING YOU ARE EXACTLY WHERE YOU NEED TO BE,  
AND THAT IS ENOUGH.**

## *Reflect & Celebrate*

**WHAT ARE THREE THINGS YOU'VE DISCOVERED ABOUT YOURSELF THAT SURPRISED OR DELIGHTED YOU?**

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**WHAT ARE YOUR 3 BIGGEST WINS FROM THIS JOURNEY, AND HOW DO THEY REFLECT YOUR GROWTH?**

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## Reflect & Celebrate

WHAT'S ONE AREA WHERE YOU WANT TO CONTINUE GROWING OR NURTURING YOURSELF IN THE COMING MONTHS?

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ON A SCALE FROM 1-10, HOW CONFIDENT DO YOU FEEL AFTER THIS 30-DAYS JOURNEY?

1	2	3	4	5	6	7	8	9	10

WHAT DID I DO OVER THE PAST WEEKS TO SHOW UP FOR MYSELF?

Lovely, this was just the beginning! **I'm so bloody proud of you** and I hope so are you! These are a few things you could implement to take confidence to the next level:

- **Monthly Goal-Setting:** Set one small goal each month that supports your confidence and personal growth. For instance, "Speak up in a meeting," "Celebrate a daily win," or "Try something new that excites me."
- **Celebrate Wins Tracker:** Pick up your notebook and write down one win every week for the next year. This creates a visible space to recognise your continued achievements and growth throughout the year.
- **Continue Your Journey with Me** (that's my favourite, I'm not gonna lie )

## READY TO STOP SECOND-GUESSING YOURSELF FOR GOOD?



My 1:1 feminine embodiment coaching is **your space** to embody confidence, trust yourself, and finally show up fully.

Just you & me

[www.nadine-hinds.com/work-with-me](http://www.nadine-hinds.com/work-with-me)