

Reflect & Affirm

WORKSHEET

STEPPING AWAY FROM THE OLD YOU, AND
MAKING ROOM FOR THE "BOLD" YOU!

EMPOWER
mee.

We Can *Be Bold* Together.

A STEP TOWARDS BOLDNESS

Yeesss!! Here's where your boldness begins. On the left side, you'll jot down some of those habits that no longer serve you (I Used to...), and on the right side, you'll write your more desired habits (Now I...). Keep in mind, this powerful tool can be used and reused as an ongoing resource as you grow into your boldest self! I provided some examples below to help get us started.

I Used to...

- Doubt Myself
- Fear Failures

Now I...

- Trust my Process
- Embrace them as opportunities or lessons to leverage

Yessssss!

WHAT A BOLD MOVE!

Congratulations on taking action! Let me tell you, If you made it this far, you are truly BOLD. Now that you have identified some of those habits that no longer serve you, I challenge you to start focusing more on your desired habits and finding ways to incorporate them into living the life you deserve.

I know how challenging it can be working on your own, and you shouldn't have to. If you're currently stuck on how you can move forward toward accomplishing your goals. I'd like to offer my assistance as a trained ideator and a sister. For the next 2 weeks, my calendar will be open for women just like you, who want to soar, be happier, and design life on their own terms. So schedule your 15-minute complimentary "Clarity Call".

Want more Boldness in your life? Click the button below to schedule your call TODAY!

BOOK YOUR CLARITY CALL

With Tamara

[BOOK NOW](#)

