

A pink banner with a white center and pink borders, featuring radiating pink lines above and below it. The text is written in a black, cursive-style font.

*Your Badass Confidence  
is Showing*

***DIY WORKBOOK  
SHOW YOUR  
BADASS CONFIDENCE***

# *Your Badass Confidence is Showing diy Workbook Ya'll ready for this?*

Hello, incredible woman!

It's Dianna here, certified life and confidence coach to women just like you.

Confidence is something every woman I have met struggles with. Most of the time it's feeling like we just don't have enough. Sometimes we call it confidence when it's anger or frustration. Sometimes we just wish it would show up when we need it.

I've been there. Sweating over having to say something or do something that is scary as hell, when you'd rather just be sick that day. Not sure there are that many sick days in a year to make up for the times that I secretly wanted to bail!

What's your story?

Do you wonder why you wait and wait and wait for your confidence to kick in, and it doesn't?

Are you tired of feeling like you just can't do what you really want to, even get a little pissy about it sometimes?

Do you quietly worry about why you just can't seem to get a handle on this confidence shit?

*Confidence isn't meant for just  
the bold and the brave.  
It's meant for you.*

Say yes to any of those? Then I'm pumped you're here!

You, the woman who wants to understand how it works for her so she can be nervously excited (like everyone else on the planet) about the next big thing she wants, instead of ignoring her own desires.

You, the woman who can take a deep breath and go for it, instead of holding that breath while that "person" walks by.

You, the woman who learns by taking chances that she's had badass confidence all along.

This workbook is your start.

Understand what badass confidence really is (spoiler alert, it's not what you think!).

Figure out how your badass confidence both hides and shows up for you.

Learn how your inner mean girl is a badass confidence downer, and the difference between badass confidence and human exchanges that only make us feel shittier.



*This workbook is full of  
coaching prompts and challenges.  
6 days worth.*

A couple of tips...

You have 6 days worth of prompt to get you understanding yourself around badass confidence, and challenges to getting you thinking and behaving the way a badass confident woman does.

Please do them all. Don't pass over something because it's boring or you don't think you need it. This is a full package deal that is designed to give results so you can move on with living your badass confident life, so no scrimping! You can answer the questions here in the document.

Schedule this work in over the 6 days. Why? Because there are 2 things I know for sure about women. First, we will ignore our own betterment for someone else's. So when they call, tell them you've got a date. Second, when we try to do our work and spread it out over too long a time, we lose our motivation and our passion. (Aka it gets too f'ing hard!) And both of those things will leave your badass confidence exactly where it is now. So pen it in your calendar!

Here's to letting your badass confidence show, imagine what you can do, especially if you wear hot pink socks!

Like I said...Ya'll ready for this???

*Dianna xo*



# Your Badass Confidence is Showing diy Workbook

## WTF is confidence?

What is confidence to you? While we may think it's something we have or don't have, it's not.

Confidence is a thought, not a thing. That's important to know since our thoughts come from our beliefs (often from our past experiences and how we perceive ourselves) and can lead us to make decisions about our confident behaviour.

It's not unusual to go through an emotional shit kicking and feel like our confidence is shot. That's usually because at times like that can we feel weaker and begin to question our own self-worth. We look outside ourselves for validation instead of looking inside of our own deep core.

Confidence comes from a combination of being certain of your values (standards of behaviour that leave you feeling fulfilled and happy), and certain of the beliefs that support those values. When you understand what values rock your boat, you have something to base your beliefs on that reflect those values. It's knowing yourself to be yourself.

Let's start Day 1 by getting to know more about your values and beliefs.



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***What are you believing about yourself when your confidence is less than you'd like?***

***What are you believing about yourself when your confidence feels awesome?***

***Values are things that, when you have them in your life, leave you and your true essence feeling fulfilled. Name your top 5. ([P.S. Click here for my Values Exercise to learn more about your's!](#))***



*Do one badass confident action that  
is driven by a top 5 value of your's!*

**You can't make a wrong choice here, just pick one thing that is connected and driven by one of your top 5 values that will make you feel more confident. Write it down here and add how it may have changed your beliefs about your badass confidence. And share, always share your hard-earned accomplishments!**



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## *When does our badass confidence show up for us?*

Understanding our past experiences with challenges to our confidence is a good place to get deeper clarity on our responses and how we can increase the chance of greater badass confidence going forward.

Badass confidence clarity comes from understanding what results we've gotten from our past experiences. It's important since we often base our beliefs on how we felt about them at the time and if we felt successful or not. An epic fail can leave us never wanting to step into the arena again, but a badass confidence experience will have us looking for the next one where we can shine.

Understanding that our deep core insides are where our confidence hits and misses are best measured, gives us a tool for learning how to get to the confident experiencing we really want to have.

See what happened. Where you were aligned with yourself, and where you weren't. From there your options open up.





# *Your Badass Confidence is Showing diy Workbook*

***When were you challenged in some way and worked your badass confidence to stand your ground? What values were you honouring? Was your confidence a driving factor in your behaviour or a byproduct?***

***When were you challenged in some way and your badass confidence waffled? What values were being compromised? What was the driving factor behind your wavering confidence?***

***What's different about you between the two scenarios, and how can you increase your confidence hits? Be specific.***



*Write a single statement about you and your confidence from your future self 20 years in the future!*

**Start by being super detailed, how will you be behaving, what will confidence look like on you? Finally...what will your statement be saying to yourself and therefore the world? Remember to tell a friend or email it to me. Then post that statement where you will see it often to remind yourself of what kind of a badass confident woman you intend to be!**



# Your Badass Confidence is Showing diy Workbook

## *You, your inner mean girls, and your confidence*

Your inner mean girls can do a number on your badass confidence.

The messages that we hear from them are not usually nice or supportive. They are nasty enough to have to stop and rethink any decisions that require change.

Your inner mean girls don't like change. Not because they are actually trying to be mean, but because they are voicing your inner kid who is frightened and scared. If they can control the risks you take, they can relax some and quiet down.

In the meantime, we hear their messages and our confidence is shot down. We let them hold us back from doing what we want, and from being who we want to be. Your inner mean girl messages are not a path to who you are or how you should behave. You have so many other badass confident ways to base those things on, like your deep core!

We can manage them, however. Notice and begin to listen for their messages. Get to know their voices with ease. Hear the messages, thank you inner mean girls for trying to keep you safe. Then repeat a sentence that is your badass confident expression of belief in yourself. I like "I've got this" or "I have things to do that will make my life even better."



# Your Badass Confidence is Showing diy Workbook

***What do your inner mean girls tell you about why you're not confident?***

***How do you treat yourself when you listen to her messages?***

***How many times and when has your inner mean girl talked shit to you over the last week? Be specific about what she said and what was happening at the time.***





*Think of one message that your inner mean girl gives you & write down how you would respond to it with your badass confidence.*

**Slip me an email or send it to a cherished friend, and keep your mean girl message handy so you can refer to it whenever you need to.**



# Your Badass Confidence is Showing diy Workbook

## *Being a confidence imposter*

Confidence imposters.

That's when we don't feel confident but we try to fake it or cover it up, by taking on other personas that really aren't us.

Like the boastful one or the bragger. Or the one who embellishes the truth a little or a lot because think they will be more readily accepted. Even the full out liar is in this category.

How do you know those personas aren't really you? We all have played those roles at some point in our lifetimes. That behaviour is about putting your need for acceptance from others before yourself. And it's driven by fear.

Your values are your guide when you're unsure about your direction in situations like these. If you don't feel right about the behaviour or it feels misaligned to who you are and what you believe, it's not the right choice to make. For example, if you value honesty, you are not going to be cool with embellishing or lying.



# *Your Badass Confidence is Showing diy Workbook*

***When in your life (be specific about the circumstance) have you been a Confidence Imposter?***

***How did it feel when you were disconnected to what's important to you?***

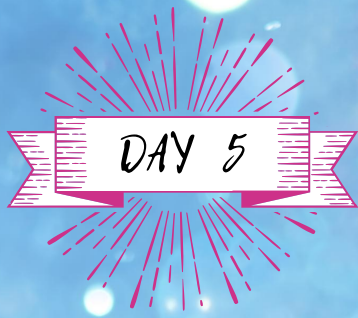
***What is the fear that drives you to be a Confidence Imposter?***



*Take your example of when you were a Confidence Imposter and write down how you would have acted differently had you been aligned with and honored your values, including what those values were.*

**You know the drill, share your answer with a great friend or with me by email!**





# Your Badass Confidence is Showing diy Workbook

## *What being truly confident will be like*

The focus today is on getting clear about what operating from a place of true badass confidence is like...all those amazing possibilities!

On a regular day, we are more likely to ignore what CAN be for what is. And I'm not saying that it's easy to get there for real. It's wanting more and holding yourself and your badass confidence to get it. But I think you're going to like the ride and the results since you are the one who gets to design it.

It's not that we're confident 100% of the time, but if we understand the feelings and the benefits of working on achieving that, our badass confidence can't help but keep on growing!

Take some long deep breaths, chill out, close your eyes and start to consider what your life would be like if you were regularly working your badass confidence, getting what you want, speaking your mind, taking risks, the whole picture.

Grab your needs, your wants, your desires and your pen! It's go time!



# Your Badass Confidence is Showing diy Workbook

***How does it feel to be confident? What does it look like, feel like, sound like, taste like? Details!***

***How would your life be different if you were challenging yourself to get more confident hits? What will have changed for you?***

***What is possible and new for you as you operate from badass confidence?***



*Choose one action from your visualization and do it today. Baby step or big girl panty step, your badass confidence, your call.*

**Let me know or tell a friend, sharing is accountability. You've come this far so let's hold you to it!**



# Your Badass Confidence is Showing diy Workbook

## Don't get caught naked

It's not nice to be caught naked, at least most of the time!

So why would you want to be caught naked without starting a plan for your badass confidence?

Think about working badass confidence in all areas of your life, what do you need to do to make it happen? No leaving anything out because it's too hard (like confidently saying no to your mom!)

It can be about challenges, absolutely but it can also include where you need more support to take your confidence from where it is now to badass territory. What's missing for you? What will support you to think more confidently? What will make you feel stronger in each area?

Spoiler alert...the more you challenge yourself to do what scares the shit out of you and you do it, the bigger the confidence growth!

One more thing, this is a pursuit of badass confidence, not a 5-year plan. Make it simple and easy for you to do so you aren't likely to toss it away after a week because it's too hard. Small steps are good and they will lead to the bigger ones when you're ready.





# Your Badass Confidence is Showing diy Workbook

***Name one small thing you can commit to doing to increase your confidence hits in each of these life areas. Start small and work your way up!***

**Mental & Physical Health**

**Finances & Career**

**Continuous Learning**

**Fun, Pastimes, Hobbies & Enjoyment**

**Self-Nourishment (recharging, supports your body, mind and soul, "feeding" yourself)**

**Human, Love & Support Connections**

**Faith & Spirituality**



*Post your plan on your bathroom mirror, share it  
with people who have earned the right to see it.  
People who love and honour the path to your best self.  
People who will ask you how you're doing with it.*

**You know it...the bestie, the sister or other  
loved ones. Or you can send me your plan,  
girl! I'll be waiting!**

# Your Badass Confidence is Showing diy Workbook

All done?

Well, how did it go?

I know I'm gonna be impressed with how you got through this diy workbook and what you've started to do already with what you've learned.

Remember that badass confidence is about you and only you. It's never about what others think. Your badass confidence is inside, not outside.

And it comes from connecting to yourself and being the woman you want to be. Saying what you know you need and want to say. And doing the things that help you remember that you are alive and deserve to be happy.

Know her, be her.

I am here to help you with targeted coaching that will get you digging deep and sticking to your plan. You can check out my 1-1 coaching programs on my [website](#) and always find me at [thewomenscoach@cravemorelife.com](mailto:thewomenscoach@cravemorelife.com)

So go, lovely lady. Use your pure badass confident energy, your understanding of yourself, and the heart that you know belongs to only you.

And run like hell with it!

Big hugs...

**Dianna xo**