



# THE CONFIDENCE *Blueprint*

A Step-by-Step Guide for Women  
Who want to Own & Operate in  
Their Power

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# Congratulations

You've taken the first step toward stepping into your confidence and owning your power. Confidence isn't something you're born with—it's something you build. This workbook is your step-by-step guide to help you stop playing small, own your voice, and take up space in every area of your life.

This isn't just another guide to read—it's a workbook designed for action. By the end, you'll have practical strategies, personalized insights, and a game plan to show up as your most confident self. Grab a pen and let's get started!

*Coach Cherie*

## Step 1: Recognize Where You Are

Before you can grow, you need to understand where you're starting. Take a moment to reflect on these questions:

**Reflect on these questions:**

**1. When do I feel most confident? What am I doing in those moments?**

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**2. When do I struggle with confidence? Are there patterns or specific situations?**

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## Step 2: Shift Your Mindset



Confidence starts in the mind before it shows up in the world. Let's reframe self-doubt and step into an empowered mindset.

### Exercise: Rewriting Your Story

**Write down one limiting belief that holds you back** (e.g., "I'm not good enough to ask for a raise.")

**Rewrite it into an empowering belief** (e.g., "I have the skills and experience to ask for what I deserve.")

Repeat this belief daily for one week and journal any changes in your mindset.

## Step 3: Strengthen Your Voice



**YOUR VOICE MATTERS. HERE'S HOW TO START USING IT WITH CONFIDENCE.**

*Try This*

**Practice Power Statements:** Fill in the blanks:

"I am proud of myself because \_\_\_\_\_."

"I deserve \_\_\_\_\_."

"I refuse to shrink myself because \_\_\_\_\_."

**Speak It Out Loud:** Read these statements in the mirror every morning.  
**Challenge Yourself:** Start speaking up in small ways—order confidently at a restaurant, share your opinion in a meeting, or introduce yourself boldly to someone new.



# Step 4: Set & Enforce Boundaries

Confident women protect their energy. Boundaries are not about pushing people away—they are about teaching others how to treat you.

## Boundary-Setting Worksheet:

1. Write down an area of your life where you feel drained (work, relationships, family, etc.).

2. What boundary could you put in place to protect your peace?

3. What's one small step you can take to enforce this boundary today?

Example: If you always answer work emails late at night, set a boundary that you'll stop checking emails after 7 PM.



## Step 6: Keep the Momentum Going

Confidence isn't a one-time achievement—it's a practice. The more you challenge yourself, the stronger your confidence grows.

### Your Confidence Growth Plan:

What's one thing you will do every day to reinforce your confidence? (e.g., affirmations, journaling, dressing in a way that makes you feel powerful)

What's one area where you will stop playing small?

Who in your life can support and hold you accountable?

**Write down your top 3 confidence goals for the next 30 days.**

# 1

# 2

# 3

# How to Lean Into Your Power as a Woman



Stepping into your confidence is a daily practice. Here's how to embody your power in a way that fits your life as a woman:

## *Own Your Yes & Your No*

- Stop saying yes out of guilt and no out of fear. Honor your choices.

## *Take Up Space—Physically & Emotionally*

- Walk into a room like you belong there. Speak up without hesitation.

## *Set Standards, Not Just Boundaries*

- Teach others how to respect and value you.

## *Dress in a Way That Empowers You*

- Wear clothes that make you feel like the best version of yourself.

## *Avoid Energy Drainers*

- Protect your energy. You don't owe anyone over-explanation.

## *Make Decisions with Confidence*

- Trust yourself, even when others doubt you.

## *Make a Bold Ask*

- Whether it's for a raise, help, or an opportunity—go for it.

## *Speak with Authority*

- Replace "I think" with "I know." Your voice matters.

## *Celebrate Your Successes—Without Apology*

- Speak on your wins the way you would hype up your best friend.

## *Build a Community of Empowered Women*

- Surround yourself with women who uplift and inspire you.

Confidence isn't about being fearless—it's about acting in spite of fear. You've done the work in this blueprint, and now it's time to put it into action.



## Take the Next Step – Book Your Free Discovery Call!

You’ve done the work, and now it’s time to take action! If you’re ready to go deeper, gain personalized support, and create a strategy for your next level of confidence, I invite you to schedule a free discovery call.

### What You’ll Get in the Call:

- ✓ Clarity on what’s holding you back
- ✓ Personalized steps to move forward
- ✓ Support from someone who’s been there
- ✓ A no-pressure conversation to see if working together is right for you

### Ready to take the leap?

Schedule your call now and let’s start building the confident, powerful life you deserve.

### Join a Free Class!

Want to experience this transformation in a group setting? Attend a free class and connect with like-minded women on this journey.

Visit **cherieharris.com** to check the schedule and reserve your spot!  
Let’s make this your moment to shine!



Coach Cherie Harris

I hope this blueprint has inspired and empowered you to step into your confidence. Remember, confidence grows through action, self-trust, and surrounding yourself with the right energy.

Explore More! If you found this workbook helpful, check out my other resources and eBooks designed to help you step into your best self.

Visit [cherieharris.com](http://cherieharris.com) for more tools and next-level coaching

Your journey to confidence starts now—keep going, keep growing, and most importantly, keep showing up as YOU!

*Let's Stay Connected*



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