

UNAPOLO-GETICALLY ME

self-confidence journal & prompt guide

FOR THE STRONG WOMAN
WHO STILL DOUBTS HERSELF

THE UNLIMITED WOMAN

BEFORE YOU BEGIN

Hello, *you.*

If you downloaded this guide, I already know something about you. **On the outside you look strong.** You handle everything, you are there for everyone and people tell you how capable you are. But on the inside there is a voice that keeps whispering: who do you think you are?

Maybe you stayed quiet in a meeting while you knew the answer. Maybe you did not apply for that job, did not post that photo or did not ask for what you are worth. Not because you could not, but because you did not believe you could.

> *That is completely normal. Self-confidence is a skill, and nobody ever taught you how to build it.*

So this is not a book you read once before you suddenly feel fearless. **This is a guide you practise with, one small brave moment at a time.** You will find exercises, a ladder to climb step by step and a 7-day practice to get you started.

You do not have to believe in yourself overnight. You only have to start.

With love

A LITTLE ABOUT ME

I *doubted myself* too

For most of my life I was the good girl. The one who adapted, who kept quiet and who always put everyone else first.

I felt like the black sheep in my family and I never felt good enough, not for them and not in my relationships. So I tried harder. I made myself smaller. I waited for someone to tell me I was enough.

> *Nobody did. Not in the way I needed.*

The day I stopped waiting for their approval, something changed. I did not suddenly feel confident. **I just started acting as if I was worth it, one small step at a time.** And slowly, my belief caught up.

I created The Unlimited Woman for every woman who is ready to stop shrinking. This guide is the one I wish someone had given me.

Think of confidence as a *muscle*

The first time you use it, it feels weak and a little wobbly. Every time you use it again, it gets stronger. **So treat everything in this guide as practice, never as a test you can fail.**

1

Start small

Your first brave moment should be easy. Give your honest opinion about a film. Wear the red lipstick. Leave the biggest leap of your life for later.

2

Act before you feel ready

Confidence does not come first. It comes after. You do the thing, and then you start to believe you can.

3

Keep your promises to yourself

Every promise you keep to yourself builds trust in you. More about this on the next pages.

4

Collect your proof

Your mind remembers every failure and forgets every win. In this guide you write your wins down, so you can never forget them again.

5

Practise often

Every day gives you little moments to show up for yourself. Use them, and grab a pen for the exercises.

Confidence is built by *keeping your promises*

Imagine you make a plan with a friend to go for a run at seven in the morning. You are there on time, shoes tied. She does not show up. The next day you make a new plan. Again, she does not show up.

How long before you stop believing her? Before you stop making plans with her at all? **You lose your trust in her, one broken promise at a time.**

It works exactly the same with yourself. Every time you promise yourself something and do not do it, you learn that you cannot count on you. The going to bed earlier, the walk, the "tomorrow I will speak up". And slowly, you start to doubt yourself more and more.

> *Self-confidence is self-trust. And you build trust the only way it has ever been built: by showing up when you said you would.*

Small promises, *kept*

The good news: you can rebuild that trust. **Not with big promises, but with small ones you actually keep.** One glass of water when you wake up. Five minutes for yourself. One honest sentence. Every promise you keep tells you: I can count on me.

Which promises to myself do I break most often?

Why do I keep my promises to others, but not to myself?

My small promise for *this week*

Make it so small that you cannot fail. Tick a box every day you keep it.

> *This week I promise myself to* _____

Mon	☐	Tue	☐	Wed	☐	Thu	☐		
Fri	☐	Sat	☐	Sun	☐				

How does it feel to be someone I can count on?

You don't need their approval.
You have your own.

THE UNLIMITED WOMAN

INSIDE THIS GUIDE

Your path to *unshakable confidence*

Work through the chapters in order. They build on each other, from understanding why you want this to walking into the room like you belong there. **Take your time. There is no rush.**

✦	Confidence is built by keeping your promises	5 MIN
01	Why do I want this?	15 MIN
02	Imagine your confident life	15 MIN
03	Why do I doubt myself?	10 MIN
04	Where does it come from?	15 MIN
05	Meet your inner critic	10 MIN
06	Before you walk in	5 MIN
✦	Affirmations for the woman who believes in herself	DAILY
07	The Confidence Ladder	5 MIN
08	30 ways to show up with confidence	THE LIST
09	Stop comparing, and when it gets hard	20 MIN
10	After you showed up	AFTERCARE
11	Your 7-day Confidence Practice	START TODAY
✦	My promise to myself	SIGN IT

01

SIT DOWN WITH YOURSELF

Why do I *want this?*

Before anything else, sit down with yourself for a moment. Grab a pen, make a cup of tea and be honest. **Every time you held yourself back, it cost you something.** Let's look at what.

What does doubting myself *cost me* right now?

OPPORTUNITIES I LET PASS

MONEY I DID NOT ASK FOR

MY VOICE IN CONVERSATIONS

MY RELATIONSHIPS

MY JOY AND MY LIGHTNESS

MY OWN DREAMS AND PLANS

If nothing changes, how will my life look a year from now?

My reasons to *finally believe in myself*

Why do I want to become more confident? Write down everything that comes up.

Where do I want to feel confident first, and why?

What am I done with? Finish the sentence as many times as you like.

> *I am done with ...*

My *deepest reason*

The one reason that makes your heart beat faster. This is the one you come back to when it gets hard.

02

DREAM A LITTLE

Imagine your *confident life*

Close your eyes and take three slow breaths. Now imagine it is one year from now. You fully believe in yourself. You walk into a room and you know you belong there.

You say what you think, without rehearsing it ten times in your head. You ask for what you are worth. You wear what you love. You no longer wait for someone else to tell you that you are good enough. **You already know.**

How do you walk? How do you talk? Who is around you, and who is no longer there? What do you finally dare to do? Stay with that picture for a moment and feel it in your body.

This woman is not a stranger. She is you, without the doubt.

02

WRITE IT DOWN

What *changes* for me?

A normal day in my life, when I fully believe in myself, looks like this:

WHAT CHANGES IN MY RELATIONSHIPS

WHAT CHANGES AT WORK

WHAT CHANGES WITH MONEY

WHAT CHANGES IN HOW I SEE MYSELF

What will I finally dare to do?

How does that feel? Describe it as if it is already true.

Three words for the woman I am becoming:

03

STEP INTO YOUR TRUTH

Why do I *doubt myself?*

Before you build your confidence, it helps to understand why you doubt yourself. **Be honest with yourself here.** Nobody else has to read this.

What holds me back?

Tick everything that feels familiar.

- ☐ I am afraid of what other people will think.
- ☐ I compare myself to others and always come up short.
- ☐ I am afraid to fail or to look stupid.
- ☐ I feel like a fraud, as if they will find out I am not that good.
- ☐ I wait until I am perfect before I show myself.
- ☐ I was told I was too much, too loud or too sensitive.
- ☐ I learned that being modest is better than being proud.
- ☐ I simply do not know where to start.

Where do I feel it the *most?*

WHERE	WHAT I DO THERE	WHAT I FEAR WILL HAPPEN

The last time I held myself back while I wanted to shine:

04 LOOK DEEPER

Where does it *come from?*

Your self-doubt did not appear out of nowhere. Somewhere you learned that it was not safe to shine, or that you were not enough as you were. **When you know where it comes from, it loses some of its power.**

First, *breathe*

These questions can bring up old feelings. Before you start, breathe in through your nose for four counts, hold for four and breathe out through your mouth for six. Do this three times. Take a break whenever you need one.

What did I learn about myself growing up?

What happened when I showed who I really was back then?

Who made me feel small, and what did they say?

Whose voice do I hear when I doubt myself?

What would I like to tell that younger version of me now?

05

MAKE IT LIGHTER

Meet your *inner critic*

Everyone has a voice inside that says they are not good enough. **The trick is not to silence her, but to stop believing everything she says.**

1. Give her a name

Give your inner critic a silly name. It makes her smaller and it reminds you that she is not you. She is just a voice.

> *My inner critic is called:* _____

2. Write down what she says

What does she tell me most often?

3. Talk back

Now answer her the way you would answer your best friend if she said this about herself.

She is a voice, not the truth. You get to decide who you listen to.

06

EXERCISES

Before you *walk in*

These three small exercises help you get ready. Do them before any moment that makes you nervous.

1. The power pose

Stand up straight, feet hip-width apart, shoulders back and chin up. Hold it for one minute and breathe slowly. **Your body tells your mind that you are safe and strong.**

2. Remember your proof

Before you walk in, think of one moment you were proud of yourself. Feel it again. You have done hard things before. You can do this one too.

A moment I was proud of myself:

3. Write your permission slip

Fill this in and read it out loud before a moment you find difficult. It may feel silly at first. Do it anyway.

I, _____, am allowed to take up space.
My voice, my ideas and my dreams matter.
I give myself permission to shine.

SPEAK IT INTO BEING

Affirmations for the woman who *believes in herself*

Read them out loud every morning, or pick the one that touches you most and make it the background on your phone. Your mind believes what it hears you say, again and again.

I am enough, exactly as I am.

I belong in every room I walk into.

My voice matters and I use it.

I am allowed to be proud of myself.

I trust myself to figure it out.

I give myself permission to shine.

I am worthy of everything I want.

I speak to myself with love.

I take up space with grace.

Every day I believe in myself a little more.

07

STEP BY STEP

The Confidence *Ladder*

Climb this ladder one step at a time. **Stay on a step until it starts to feel a little easier,** then move up to the next one. There is no rush.

4 **Claim your worth**
Share what you made, ask for a raise or name your price. The biggest step, so take your time.

3 **Use your voice**
Speak up in a group or a meeting. Ask for something you want, without apologising.

2 **Show yourself**
Wear what makes you feel amazing. Give your honest opinion in a small conversation.

1 **Be kind to yourself**
Say one kind thing to yourself in the mirror. Accept a compliment with only "thank you".

Which step am I on right now?

Three brave moments I can practise on this step this week:

08

THE LIST

30 ways to *show up with confidence*

A list alone does not change much. That is why every group in this chapter comes with a short explanation and real situations from everyday life. **You learn what to say, when to say it and how to make it feel natural.**

The groups go from yourself to the biggest step: your money. Start with the first group and only move on when it starts to feel normal. Say the sentences out loud a few times at home, so the words are ready when you need them.

A note from *me*

I know how hard this is. For years I waited for someone else to tell me I was good enough. These sentences helped me to stop waiting and to start showing up as myself.

They are not arrogant and they are not loud. They are simply honest about your worth.

And if it feels too much?

Then that is exactly the feeling you are learning to move through. Confidence does not feel comfortable at first. It feels new. Say it anyway, and notice that the world keeps turning.

GROUP 1 OF 5

Confidence in *yourself*

How you talk to yourself shapes how you show up. **These are the easiest moments to practise, because nobody else is watching.**

What can still make it hard: years of habit. Your inner critic is used to having the last word. Start giving that word to yourself instead.

01 You look in the mirror and the first thought is something you do not like.
"I am allowed to love what I see."

02 Something goes wrong and you hear yourself say "I am so stupid".
"I made a mistake, and I am learning."

03 Someone gives you a compliment and you want to wave it away.
"Thank you."

04 You want to try something new and the doubt kicks in.
"I can learn this."

05 You say sorry for something that is not your fault.
"Thank you for waiting." instead of "Sorry I'm late."

06 At the end of the day you only remember what went wrong.
"Today I am proud of ..."

Which of these will I practise first this week?

GROUP 2 OF 5

Confidence at *work*

At work, self-doubt often keeps you quiet. You know more than you think, and **your ideas deserve to be heard.**

How to make it easier: prepare one sentence before the meeting. You do not have to say everything. One clear contribution is enough to be seen.

07 In a meeting you have an idea, but you wait for someone else to speak first.
"I have an idea I would like to share."

08 You do not agree with the plan, but you are used to nodding along.
"I see it differently, and here is why."

09 A project comes up that you would love to lead.
"I would like to take the lead on this."

10 Someone talks over you, again.
"Let me finish my point."

11 Your work turned out great and you want to downplay it.
"I am proud of how this turned out."

12 You have been doing more than your job for a long time.
"I would like to discuss my salary."

Where at work do I want to be seen more?

GROUP 3 OF 5

Confidence in *love*

In love, low confidence can make you settle for less than you deserve. You accept breadcrumbs because you are afraid to ask for the whole meal. **You are allowed to want more.**

What to remember: the right person will not be scared off by your standards. Only the wrong one will.

13 You are dating someone and you are not sure what you need.
"This is what I need in a relationship."

14 He keeps you waiting, again.
"That doesn't work for me."

15 He says he is "not ready" or "doesn't know what he wants".
"I deserve someone who is sure about me."

16 You feel like you need a partner to be complete.
"I am whole on my own, and I choose to share my life."

17 You notice you are the only one making an effort.
"I don't chase. I attract."

18 You are tempted to lower your standards to keep him.
"I know my worth, and I don't give discounts."

What do I deserve in love, and what will I no longer accept?

GROUP 4 OF 5

Confidence with *family and friends*

The people who know you longest often still see the old you. **Showing up as the new you takes courage,** because they are used to the version that fit in.

How to make it easier: you do not need them to agree. You only need to stay true to yourself while they get used to it.

19 Someone says "you've changed" as if it is a bad thing.
"I have, and I like who I am becoming."

20 The family has an opinion about your choices.
"I see it differently."

21 You made a big decision and you feel you need to defend it.
"This is my choice, and I am at peace with it."

22 You want to share your dream, but you fear their reaction.
"I don't need you to agree, I just want you to know."

23 You achieved something and nobody seems to notice.
"I am proud of this, and I would love it if you were too."

24 They want you back in your old role.
"I am allowed to grow."

Who still sees the old me, and what do I want them to know?

GROUP 5 OF 5

Confidence with *money*

Confidence and money go hand in hand. **If you do not believe in your worth, you do not ask for it.** This is often the hardest group, so take your time.

What to remember: asking for what you are worth is not greedy. It is honest.

25 Someone asks your price and you want to go lower straight away.
"My price is ___, and that is what it is worth."

26 You are asked to do something for free, again.
"I would like to be paid for this."

27 You doubt whether you are allowed to spend money on yourself.
"I am worth investing in."

28 You feel guilty for wanting more.
"I am allowed to earn more than I do now."

29 You dream of your own income, but you think it is not for you.
"I am building my own income."

30 You think of what you really want for your life.
"I deserve financial freedom."

Where do I undervalue myself when it comes to money?

MAKE IT YOURS

My own *confidence list*

Now it is your turn. **The best sentences are the ones that sound like you.** Write down the situations from your own life where you want to show up stronger, and the words you will use.

THE SITUATION	MY CONFIDENT SENTENCE

> *Say them out loud until they feel like yours. They will be there when you need them.*

09

STOP COMPARING

Her success is not *your failure*

Comparing yourself to others is one of the fastest ways to lose your confidence. **You compare your behind-the-scenes to someone else's highlight reel.** You see her result, but not her doubts, her mistakes and her years of practice.

> *Confidence is not thinking you are better than everyone. It is no longer comparing yourself to others.*

Who do I compare myself to most, and how does it make me feel?

What would change if I only compared myself to who I was yesterday?

One account I will mute or unfollow because it makes me feel small:

The *confidence killers*

Showing up is one thing. Dealing with what comes after is often much harder. Someone laughs, someone criticises you or the doubt comes rushing back. **That is the moment most women shrink again.**

That is why this chapter is maybe the most important one in this guide. We look at the moments that knock you down most, what is really going on and what you can do.

Remember this: **other people's opinions are information, not a verdict.** You decide what you take from them.

> *Discomfort is not danger. It is the feeling of something old breaking and something new beginning.*

CONFIDENCE KILLERS

1 Someone criticises you

What is happening: their words feel like proof of everything your inner critic ever said.

What you can do: ask yourself if there is something useful in it. If yes, take it. If no, leave it.

> *"Thank you for your feedback. I'll think about it."*

---

2 You make a mistake

What is happening: your mind tells you that you are not good enough after all.

What you can do: every confident woman you admire has made more mistakes than you. A mistake means you tried.

> *"I tried something new. That is what brave looks like."*

---

3 Someone does not take you seriously

What is happening: they are used to the old, smaller version of you.

What you can do: stay calm and say it again. People adjust to who you show them you are.

> *"I meant what I said."*

---

4 The doubt comes back the next day

What is happening: your old habits are trying to pull you back to what feels familiar.

What you can do: read your evidence file. Doubt is a feeling, not a fact.

> *"I have done this before. I can do it again."*

---

5 You feel like a fraud

What is happening: this is called imposter syndrome, and it often shows up right when you are growing.

What you can do: remind yourself that feeling like a fraud is a sign you are stepping out of your comfort zone. Frauds do not worry about being frauds.

> *"I am allowed to be new at this and still be good at it."*

---

6 Someone laughs at your dream

What is happening: your dream reminds them of the dreams they gave up on.

What you can do: share your dreams only with people who want the best for you, and only once they stand strong.

> *"It's okay if you don't see it. I do."*

---

7 Social media makes you feel small

What is happening: you are comparing your real life to someone else's best moments.

What you can do: close the app, put your phone away and do one thing that makes you feel good about yourself.

> *"Her highlight reel is not my measuring stick."*

---

8 You shrink back after all

What is happening: it happens to everyone. Growth is not a straight line.

What you can do: be kind to yourself and try again next time. Every attempt counts.

> *"Next time, I will show up a little braver."*

THE HARDEST PART

And then the *doubt* comes back

You showed up. You spoke up, you shared it, you asked for more. And still, an hour later, that voice creeps in. Was that too much? What will they think? Who do you think you are?

That voice is not the truth. **It is the old version of you, trying to keep you safe by keeping you small.** She means well, but she does not get to decide anymore.

You do not have to argue with her. Just thank her, take a breath and keep going.

"Thank you for trying to protect me. I've got this now."

MY PROOF

My *evidence file*

Your mind forgets your wins. **So write them down here, and read them on the days you doubt yourself.** Keep adding to this page.

Things I am proud of:

Hard things I have survived:

Compliments I received, and from now on I believe them:

What my best friend would say about me:

She walked in like she belonged there. **Because she did.**

THE UNLIMITED WOMAN

10

AFTERCARE

After you *showed up*

This is the part nobody talks about. Right after a brave moment, a wave of doubt often follows. **That wave does not mean you did something wrong. It means you did something new.**

1 **Ride the wave**

Put one hand on your chest and breathe slowly for one minute. Tell yourself: *"This feeling is uncomfortable, and it will pass."* It always does.

2 **Don't take it back**

You might feel the urge to soften what you said or to apologise. Wait at least one day. Most of the time, the urge disappears.

3 **Celebrate**

Every brave moment is a win, even if your voice was shaking. Do something kind for yourself. You just believed in you.

What did I do that took courage?

How did I feel before, during and after?

What does this tell me about myself?

11

START TODAY

Your 7-day *Confidence Practice*

One small challenge a day. Tick the box when you are done and write down how it felt.

Day 1	Say one kind thing to yourself in the mirror.	☐
Day 2	Accept a compliment with only "thank you".	☐
Day 3	Wear something that makes you feel amazing.	☐
Day 4	Give your honest opinion in a conversation.	☐
Day 5	Write down ten things you are proud of.	☐
Day 6	Do one thing you have been putting off out of fear.	☐
Day 7	Ask for something you want, without apologising.	☐

How I feel after one week of practising:

MY PROMISE TO MYSELF

From today, *I believe in me*

Read your deepest reason from chapter 01 one more time. Then fill in your promise and sign it. **This is an agreement with yourself, and you keep it just as you would keep a promise to someone else.**

I, _____, promise myself that from today:

I stop waiting for approval to _____.

I start with this small brave step: _____.

When I doubt myself, I remind myself that _____.

I keep the small promises I make to myself.

I celebrate every brave moment, even when my voice shakes.

I am enough. I always was.

_____ _____

SIGNATURE DATE

You've got this.

ONE LAST THING

You are *allowed* to believe in yourself

You will not get this perfect, and you do not have to. Some days you will walk in with your head high and some days you will catch yourself shrinking again. **Both are part of the process.**

Every brave moment is a promise to yourself. A promise that your voice, your dreams and your worth matter. That you matter.

So start small, be gentle with yourself and keep practising.

> *The woman you are becoming is already proud of you.*

With love,
The Unlimited Woman

Disclaimer: This guide is for educational and inspirational purposes only, and the choices you make are always your own. It is not a substitute for professional advice, therapy or medical care. If you are going through a difficult time, you do not have to carry it alone. Please reach out to someone you trust or to a professional who can support you. And if you ever feel unsafe or in danger, call 112 (Europe) or 911 (US). You deserve to be safe.

Thank you, *queen*

Thank you so much for downloading this guide. It truly means the world to me that you took this step for yourself.

I really hope it helps you believe in yourself a little more every day. I'd love to hear how it went for you. What helped you most? What would you love to see more of?

Send me a message and let me know. Your words help me make this guide even better, because I want to give you nothing less than the best.

With love,
The Unlimited Woman

DM ME ON INSTAGRAM

DM ME ON TIKTOK

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YOUR NEXT STEP, QUEEN

You know your worth. Now *let the money in*



Money Loves Me Back

Now that you believe in yourself, it's time to receive. Rewrite your old money story, ask for what you are worth and start receiving with open hands. Your 40-page manifestation journal & prompt guide shows you how.

LET THE MONEY IN

YOU MIGHT ALSO LOVE

Girl, your design, your rules

Confidence grows when you know who you really are. Discover how you are designed to decide, to rest and to shine, with your personal Human Design report and your own portal.

DISCOVER YOUR DESIGN

Build your own empire

When you believe in yourself, you no longer want to depend on anyone. Learn how to build your own income online, without ever showing your face.

SHOW ME HOW



THE UNLIMITED WOMAN

Too much for some, just right for herself.

Follow along on Instagram and TikTok
for your daily dose of rebel energy.