

THIS ONE LITTLE LIST WILL CHANGE YOUR *Life*

Ever feel that little pest, Imposter Syndrome, creeping up, whispering you're not enough?

Time to silence it for good with the "Badass List." This is not your regular list, oh no! It's your personal power mantra, your showcase of awesomeness, a shout-out to your unique strengths, talents, and triumphs.

Creating a **Badass List** is like writing an ode to your incredible self. It's your red cape, your shield, your spotlight on every single time you've been utterly badass. Whether that was running a marathon, speaking in front of a crowd, helping a friend out of a tough spot, or saying yes to a new and exciting challenge. Yes, you've done that. And, boy, that's impressive!

The magic happens when you read that list aloud, channeling your best story-telling voice as if you're narrating someone else's movie. You'll find yourself amazed by the person depicted in your words, a textbook badass indeed. How can you not be impressed?

Think of your Badass List as more than an exercise—it's your secret weapon, your resilience manifest. When you feel Imposter Syndrome trying to sneak in, reach for your list. Read it out loud, immerse yourself in the awe of your past deeds. And as you reconnect with your innate badassery, remind yourself: this is ME. This is MY story.

This supercharged confidence is exactly what you need to connect to the vision you hold for your future life and business. So, what are you waiting for? Grab your favorite pen and start crafting your Badass List. Remember, you are amazing. And this list? It's just your undeniable proof.



