



MODULE #1
GET CLARITY AROUND YOUR MESSAGE

LIST YOUR ACCOMPLISHMENTS

List 10 moments in your life when you were an absolute badass! These can be personal moments, business accomplishments, a challenging time you overcame or anything that you are super proud of
(grab an extra sheet if you need)



YOU'RE FABULOUS!!!

Any time you start to feel imposter syndrome creep in, pull out this list and read it out loud as if you were reading about SOMEONE ELSE.

Take a minute to admire the person you are reading about. Be impressed with how much of a badass they are, and even allow yourself to feel a little jealous!

Once you are totally immersed in feelings of “FOMO” and awe for this magnificent human you are reading about remind yourself that the badass on the page is ... YOU

PRACTICE!

Let's start practicing (remember we're here to support you)
So how about you:

- 1) Post a video in the private Facebook group sharing your favorite badass moment.
- 2) Go LIVE on your personal Facebook or Instagram page and share a quick story about your favorite moment! (remember to tag me so I can show you some love)

(doing both would be great!!)



NEED MORE SUPPORT?

**DROP YOUR QUESTIONS IN THE GROUP OR REACH OUT VIA
EMAIL: CARLA@CARLIMEDIA.COM**



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