



CROWNED & CONFIDENT
COACHING

The
**CONFIDENCE
CROWN**
*System*TM
PLAYBOOK

SHE DIDN'T BREAK...

*She Just Forgot
Who She Was*



How to Find Yourself Again
When Life Has Taken
Everything Out of You



COACH GLENDA NELSON, MBA

CONFIDENCE COACH | MENTOR | AUTHOR | SPEAKER



INTERRUPT. REBUILD. RISE. YOU ARE YOUR NEXT LEVEL.

INTRODUCTION

You keep telling yourself:

“I’ll start taking care of myself later.”

Later, when things calm down.

Later, when you’re less tired.

Later, when you feel more like yourself again.

But let’s be honest...

Later keeps turning into the same cycle.

You wake up already behind.

You overthink everything.

You second-guess even the smallest decisions.

You hold it all together on the outside...
while quietly falling apart on the inside.

And at some point, you have to tell yourself the truth:

Putting yourself last isn’t working.

Thinking about it isn’t changing anything.

You don’t need more time.

You need a different approach.

This book is not here to comfort your excuses.

It’s here to confront the cycle—and give you a way out.

I created **The Confidence Crown System™** for women who are done “processing” and ready to start rebuilding.

No fluff.

No endless talking.

Just structure and execution.

But I’m going to tell you something upfront:

If you’re still committed to “later”...

this won’t land for you yet.

This is for the woman who is tired of surviving...

and ready to come back to life.

CHAPTER 1: The Lie of “Later”

“Later” feels safe.

It doesn’t demand anything from you.

It lets you delay discomfort.

It gives you permission to stay exactly where you are.

But “later” is not a plan.

It’s avoidance dressed up as patience.

Every time you say:

“I’ll get to it later,”

What you’re really saying is:

“I don’t believe I’m worth prioritizing right now.”

And that belief?

That’s where everything starts to break down.

Because while you’re waiting...

- your confidence is shrinking
- your voice is getting quieter
- your identity is fading

You’re not stuck because you don’t know what to do.

You’re stuck because you’ve trained yourself to delay your own life.

CHAPTER 2: The Hidden Cost of Holding It All Together

From the outside, you look fine.

You show up.

You handle responsibilities.

You keep things moving.

But internally?

You feel off.

Disconnected.

Exhausted.

Emotionally stretched thin.

And the hardest part?

No one really sees it.

Because you've become so good at functioning...

that no one notices you're not actually okay.

This is the silent burnout:

- Overthinking every move
- Second guessing your worth
- Carrying emotional weight with no release

You didn't lose yourself overnight.

You lost yourself slowly...

every time you chose survival over alignment.

CHAPTER 3: The Confidence Collapse

Confidence doesn't disappear.

It erodes.

Little by little.

Every time you:

- Ignore your own needs
- Don't follow through on what you said you would do
- Shrink yourself to keep things peaceful
- Doubt your own instincts

Your confidence starts to collapse.

And eventually...

you don't recognize yourself anymore.

You go from:

“I know who I am.”

To:

“I don't even feel like me.”

That's not weakness.

That's what happens when a woman has been strong for too long... without support, structure, or space to reset.

CHAPTER 4: The Confidence Crown System™

You don't need more motivation.

You need a system that interrupts the cycle.

The **Confidence Crown System™** is built on three core shifts:

1. Interrupt the Overthinking

You are not confused. You are overloaded.

Overthinking is not a thinking problem.

It's an avoidance pattern.

We stop the spiral by taking action before your mind talks you out of it.

2. Rebuild Self-Trust through Execution

Confidence doesn't come from affirmations.

It comes from evidence.

You rebuild confidence by:

- Doing what you said you would do
- Showing up even when it's uncomfortable
- Proving to yourself you can follow through

Small wins. Consistent action. Real results.

3. Create Structure, Not Pressure

You don't need to "push harder."

You need a framework that supports you.

Structure removes the guesswork.

It tells you:

- What to do
- When to do it
- How to stay consistent

That's how you stop starting over.

CHAPTER 5: The Woman You're Becoming

You said:

“I’m trying to be a boss woman again.

I’m trying to leave a legacy.”

Let’s be real for a second.

You don’t become her by waiting to feel ready.

You become her by deciding—while you’re still healing.

Because here’s the truth no one says enough:

You can be heartbroken... and still rebuilding.

You can feel low... and still take action.

You can be unsure... and still move forward.

You are not disqualified because you’re struggling.

But you do have to make a decision:

Will you stay in the cycle...

or will you break it?

CLOSING

You said you feel:

- Deeply saddened
- Heartbroken
- Unsure about your future
- Like your confidence has shriveled

That’s real.

But staying there?

That part is a choice.

Not because it’s easy to leave—
but because at some point, you have to decide:
“I’m not staying here.”

And no, you don’t need to have everything figured out.

But you do need to take the first step out of “later.”

Not tomorrow.

Not when you feel better.

Now.

Because the woman you’re trying to become?

She doesn’t wait for permission.

She builds—even when it’s hard.

She moves—even when it hurts.

She rises—because she decides to.

And that version of you?

She’s not gone.

She’s waiting on you to choose her again.

WORKBOOK SECTION: The Confidence Crown System™

How to Use This Workbook

This is not about perfection.

This is about interruption + action.

Do not overthink these exercises.

Do not wait until you “feel ready.”

Complete them as you are.

CHAPTER 1 EXERCISES: Breaking the “Later” Cycle

Exercise 1: Catch the Lie

Write down 3 things you’ve been telling yourself you’ll do “later.”

- _____
- _____
- _____

Now rewrite each one with the truth:

“I’ve been delaying this because:”

- _____
- _____
- _____

Exercise 2: The Cost of Delay

Answer honestly:

If nothing changes in the next 6 months, how will your life feel?

What will it cost you emotionally, mentally, and personally?

Execution Step (Non-Negotiable)

Pick **ONE** thing from your “later” list.

Write the smallest action you can take **today**:

Complete it within 24 hours. No exceptions.

CHAPTER 2 EXERCISES: Releasing the “Holding It Together” Role

Exercise 1: The Hidden Weight Inventory

What are you currently carrying that no one sees?

(List it all—responsibilities, emotions, pressure)

Exercise 2: Where You’ve Abandoned Yourself

Be honest:

Where have you been choosing others over yourself?

- _____
- _____
- _____

What do you actually need right now?

Execution Step

Choose ONE boundary or shift:

“I will stop _____ and start _____.”

Act on it within 48 hours.

CHAPTER 3 EXERCISES: Rebuilding Confidence

Exercise 1: Confidence Audit

Where has your confidence taken the biggest hit?

(Check or write your own)

- Decision-making
- Speaking up
- Following through
- Self-worth
- Other: _____

Describe how this is showing up in your life:

Exercise 2: Broken Promises to Yourself

List 3 things you said you would do—but didn't:

- _____
- _____
- _____

No shame. Just awareness.

Execution Step: Rebuild Self-Trust

Pick ONE promise you can realistically keep this week:

Set a day + time:

Follow through—this is where confidence starts.

CHAPTER 4 EXERCISES: Applying The Confidence Crown System™

Exercise 1: Interrupt the Overthinking

What decision or action have you been overthinking?

What is the simplest next step?

Execution Rule: 10-Minute Move

Set a timer for 10 minutes.

Take action immediately—no planning, no overthinking.

Write what you did:

Exercise 2: Build Your Structure

Answer this clearly:

What is ONE area of your life that needs structure right now?

- Routine
- Health
- Business/Career
- Emotional discipline
- Other: _____

Execution Step

Create a simple 3-step structure:

1. _____
2. _____
3. _____

Follow this for the next 5 days.

No adjusting. No restarting.

CHAPTER 5 EXERCISES: Becoming Her

Exercise 1: Define Your Next-Level Self

Describe the woman you say you want to become:

How does she think?

How does she move?

What does she no longer tolerate?

Exercise 2: Identity Shift

Complete this:

“I am no longer the woman who _____.”

“I am becoming the woman who _____.”

Execution Step: Act As Her Now

What is ONE thing that version of you would do today?

Do it before the end of the day.

FINAL INTEGRATION: No More “Later”

Your Commitment Statement

Write this out:

“I am done waiting for ‘later.’

Starting now, I commit to showing up for myself by:”

Sign your name:

_____ Date: _____

CLOSING NOTE

(Keep Your Voice Strong Here)

You don't need another restart.

You need consistency.

You don't need to feel confident first.

You build confidence by moving.

And you don't need perfect conditions to begin again.

You just need to decide:

“I'm not staying here.”

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ARE YOU READY FOR REAL CHANGE?




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You've unlocked an opportunity to receive clarity, direction, and support for your next step.

For a limited time, you can book a Crowned & Confident Breakthrough Session with Glenda for \$111 – or request a complimentary call if spots are available. This is not a casual conversation.

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If you're honest with yourself, somewhere along the way you started shrinking.
Not necessarily in your career.
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