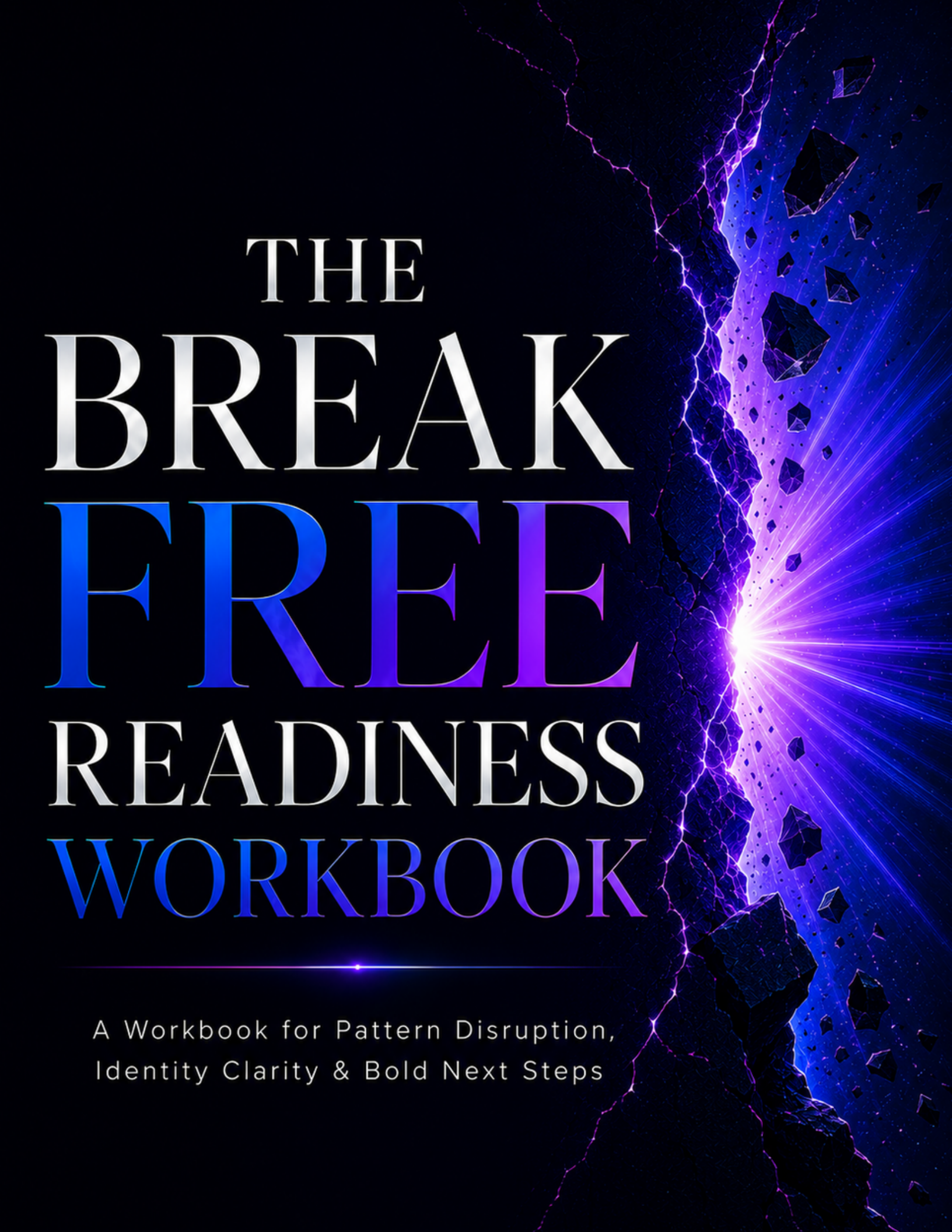




THE BREAK FREE READINESS WORKBOOK

A Workbook for Pattern Disruption,
Identity Clarity & Bold Next Steps

Welcome

I'm Sonja Sells,
The Fierce Era Strategist



Welcome Fierce Woman,

You are holding the first step into your Fierce Era — a space where clarity, self-leadership, and intentional direction begin to take shape.

The Break Free Readiness Workbook is designed to help you:

- Identify the pattern that has been keeping you stuck
- Name what that pattern has been costing you
- Reconnect with the woman you are becoming
- Recognize the decision your next level may be requiring
- Take one honest, intentional step forward

This is not just a workbook.
It's a moment of orientation.

A space to slow down, tell the truth, and reconnect with yourself before moving forward. As you move through each prompt, allow clarity to replace noise and intention to replace pressure.

There is no rush here. Only the next honest step. This is where clarity begins.

SECTION 1: IDENTIFY THE PATTERN

Name what keeps repeating so you can see what needs to change.

What fears, doubts, pressures, or repeated patterns have been keeping you stuck in the same place?

ACTION PROMPT: List your top three holding patterns — the beliefs, pressures, or behaviors that have kept you from moving forward freely.

Bonus Prompt: Which pattern has the strongest pull on you right now? Why?

SECTION 2: NAME THE COST

See what staying in the pattern has required from you.

Patterns do not just repeat. They require something from you. Before you can move forward with clarity, you have to name what this pattern has been costing you.

ACTION PROMPT: Reflect on the pattern you identified on the previous page. What has it been costing you?

Write: Which one has the strongest grip on you right now? Why?

- What has this pattern cost your peace?
- What has it cost your confidence?
- What has it delayed, drained, or complicated?
- What are you ready to stop carrying?

SECTION 3: YOUR NEXT HONEST MOVE

Choose one action that reflects the woman you are becoming.

Clarity becomes real when it shows up in your choices. Choose one move that signals you are no longer available for the pattern you have outgrown.

ACTION PROMPT: Choose ONE honest action you can take within the next 24–48 hours.

Make it:

- Specific
- Time-bound
- Slightly uncomfortable
- Aligned with who you are becoming

Reflection: What will this move help you reclaim, clarify, or confront?

SECTION 4: THE CLARITY READINESS PRIMER

Prepare your mind for the decision in front of you.

Use this quick checklist to steady your mind, name your truth, and prepare for your next honest move.

1

Recognize What You Know

Name one truth you already know, even if you have not acted on it yet.

2

Challenge the Old Pattern

Identify one belief, pressure, or habit trying to pull you back. Rewrite it with truth.

3

Clarify Your Next Level

Spend 3–5 minutes imagining the woman who stops negotiating with the old pattern.

4

Speak the Honest Truth

Say one honest sentence about what you are ready to confront, choose, or release.

Prepare your mind for the decision in front of you.

Use this page to write what you noticed as you moved through the checklist.

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- This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

A DECLARATION FOR CLARITY

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A declaration for the woman stepping into clarity and self-leadership.

I am releasing what no longer supports who I am becoming.
I am reclaiming my strength with intention and self-trust.
I am stepping forward as the woman I was created to be.
I choose clarity over confusion.
I choose courage with discernment.
I choose myself fully, consciously, and without apology.
My voice is grounded.
My gifts are purposeful.
My story is intentional.
Today, I lead myself with clarity.
Today, I move with confidence and direction.
Today, I take aligned action toward what matters most.
I am fierce in my discernment.
I am willing to name the decision in front of me.
And I am moving forward intentionally.

YOUR FIERCE CLARITY NOTES

A space for clarity, breakthroughs, decisions, and bold ideas.

[illegible]

Congratulations, Fierce Woman

You've completed the first
step toward clarity and
intentional action.



YOUR NEXT STEP INTO DEEPER CLARITY

You've identified the pattern.
You've named what it has been costing you.
You've taken your first honest step forward.

This workbook was the beginning — not the destination.

If you're ready to:

- See what is really keeping you stuck
- Name the decision you have been avoiding
- Understand what needs to shift next
- Move forward with clarity instead of confusion

Then you may be standing at The Deciding Line.

The Deciding Line helps you name what is no longer working, identify the decision in front of you, and clarify your next aligned move.

Your next step is waiting when you're ready.

👉 SonjaSells.com

Stay Connected

Continue the conversation around clarity, self-leadership, aligned decisions, and the next honest step.



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