



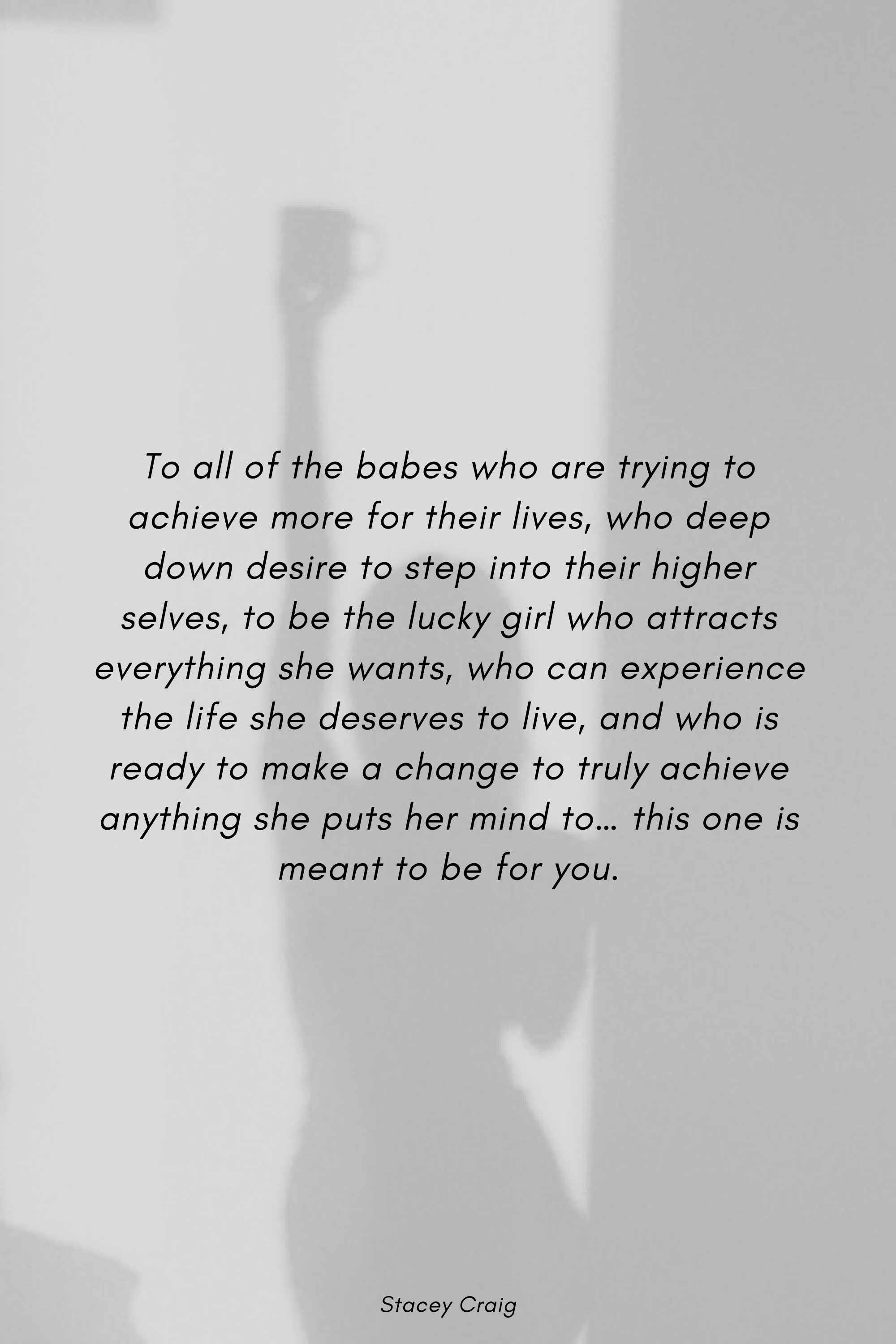
Your must have guide to

YOU

BECOMING YOU, FOR YOU, BY HER

helping you to become who you desire to be

-Stacey Craig



*To all of the babes who are trying to
achieve more for their lives, who deep
down desire to step into their higher
selves, to be the lucky girl who attracts
everything she wants, who can experience
the life she deserves to live, and who is
ready to make a change to truly achieve
anything she puts her mind to... this one is
meant to be for you.*

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Introduction

Welcome to my ebook on "Becoming you, for you, by her – helping you to step into who you desire to be." This guide will help you to overcome self-doubt, and move toward a life of self-love. It will build undeniable confidence and will start you on your journey toward embracing your true worth.

As a certified life coach and mentor, having overcome my own challenges, achieving growth through my journey, and implemented the steps I note in this guide, my passion now is to purely help you. I will be guiding you from my own life experiences and development to help you to embark on your very own path of self discovery and empowerment, because it truly is possible for anyone.

This ebook is designed by me, just for you. Here, you'll find a collection of empowering tools and strategies designed to help you navigate the journey from self-doubt to self-love. Whether you're facing doubts about your ability to achieve goals, struggling with insecurities, or yearning to embrace your real worth, this guide is here to support you every step of the way. Together, let's embark on a transformative journey towards greater confidence, empowerment, and self-love. My goal is for you to complete this ebook feeling confident, empowered and armed with the tools you need to step into your true higher self mindset. So, grab a cosy blanket, a cup of your favourite tea, and let's dive in!

Chapter 1

Understanding Self-Doubt

Hey, girl, we've all been there—doubting ourselves, questioning our worth, wondering if we're "enough." But here's the thing: self-doubt doesn't define us.

In this chapter, we're going to unpack the roots of self-doubt and shine a light on the sneaky ways it creeps into our lives. Once we understand where it's coming from, we can start kicking it to the curb and reclaiming our confidence like the boss babes we are!

What is self-doubt, and how does it manifest in our lives? Self-doubt often stems from fear of failure, comparison to others, or past experiences of rejection or criticism. It's that nagging voice in the back of your mind telling you that you're not good enough, smart enough, or worthy enough. It's the fear of failure, the comparison to others, and the worry that you'll never measure up. Sound familiar? You're not alone. We've all been there. It can manifest as negative thoughts and beliefs about ourselves, our abilities, and our worthiness.

So, where does self-doubt come from? Well, it can stem from a variety of places—maybe it's a childhood experience, a past failure, or the constant pressure to live up to unrealistic standards. But here's the good news: once you understand where self-doubt is coming from, you can start to dismantle it piece by piece.

Identifying the Root Causes

The first step in overcoming self-doubt is to identify where it's coming from. Take some time to reflect on the thoughts and beliefs that trigger your self-doubt. Are there certain situations or people that tend to bring it out? By shining a light on the root causes of your self-doubt, you can begin to challenge and reframe those negative thoughts.

Challenging Negative Self-Talk

Self-doubt thrives on negative self-talk—the constant stream of "I'm not good enough" or "I'll never succeed." But here's the secret: you have the power to change the narrative. Start by challenging those negative thoughts with evidence to the contrary. Look for examples of past successes or positive feedback from others that counteract your self-doubt, for example, imagine you're struggling with self-doubt about your abilities at work. You've been feeling like you're not good enough and that you're constantly falling short of expectations. But if you take a moment to reflect on past successes and positive feedback, you'll likely uncover evidence that proves otherwise like some of the following situations, these may help you to start thinking about similar situations that you can relate too, and remember, don't be too hard on yourself at this stage, we're all just trying to make it through in life and live to our fullest potential

Successfully Completing a Challenging Project

Remember that time when you were assigned a complex project at work and not only did you complete it ahead of schedule, but you also received praise from your boss for your creativity and attention to detail? That's a clear example of your skills and capabilities shining through, despite any doubts you may have had.

Achieving Personal Goals

Consider moments outside of work where you've set personal goals and achieved them successfully. Whether it's running a marathon, learning a new skill, or overcoming a fear, these achievements demonstrate your resilience, determination, and ability to overcome obstacles—a testament to your strength and potential. By reflecting on these past successes and positive feedback from others, you can challenge your self-doubt and remind yourself of your worth, capabilities, and potential for growth. Keep a journal or create a "success log" or a "success diary" where you can document these moments and revisit them whenever self-doubt threatens to overshadow your confidence. You've accomplished so much already, and there's no limit to what you can achieve in the future!

Surrounding Yourself with Support

You don't have to tackle self-doubt alone. Surround yourself with people who lift you up and believe in your potential. Reach out to friends, family, or a trusted mentor or coach for encouragement and support when self-doubt rears its ugly head.

I totally know that the ideal situation is to have an abundance of support surrounding you, but in real life, that's far from most people's reality. If this sounds like your current reality, then utilise online communities, Instagram groups filled with positivity and empowerment, connect with people like you online. Having an online coach and mentor can really change how supported you feel in many areas of your life. Seek for an online mentor or coach if you really are finding it difficult to surround yourself with people who build and pick you up.

And remember, from shining a light on the sneaky ways self-doubt creeps into our lives and equipping ourselves with the tools and strategies mentioned above to overcome it, we can step into our power with confidence and grace.

So, are you ready to finally change the narrative of that overpowering self-doubt that creeps in, to kick it to the curb finally and embrace the fierce, unstoppable you that already lies somewhere within you but who just needs time to shine through? I thought so. Let's do this, babe!

Chapter 2

Cultivating Self-Love

Picture this: you, wrapped in a warm hug, whispering sweet words of affirmation to yourself. That's what self-love feels like, sis. In this chapter, we're going to sprinkle a little self-love magic into your life. From practising gratitude to celebrating your wins (big and small), get ready to fall head over heels in love with the amazing person staring back at you in the mirror. Get ready to shower yourself with kindness, compassion, and heaps of self-love goodness - embrace it, because if you don't love yourself, you can't expect others to do so either, it always starts with you, you are your power! So you're probably wondering, how? Well below are my favourite strategies that will start to build you up, you can never go wrong with small steps in the right direction.

Practising Self-Compassion

Self-love starts with being kind to yourself girl. Treat yourself with the same love and compassion you would offer to a cherished friend. Embrace your flaws and imperfections as part of what makes you beautifully unique, highlight one thing that you like about yourself, don't be harsh on yourself, dig deep and find something you love about yourself, this can even be how you treat others, or your beautiful mindse

Nurturing a Positive Self-Image

Take a moment to look in the mirror and appreciate the incredible person staring back at you. Focus on your strengths, talents, and inner beauty. Celebrate your wins (big and small) and acknowledge the amazing things you bring to the world.

Setting Healthy Boundaries

Self-love means honouring your needs and setting boundaries that support your well-being. Learn to say no to things that drain your energy or compromise your values. And remember, consciously make an effort to surround yourself with people who respect and uplift you, and try to avoid those who don't.

Chapter 3

Overcoming Self-Doubts

Guess what? You 're stronger than you think. In this chapter, we 're going to kick self-doubt to the curb and reclaim your power. From flipping negative thoughts like a boss to embracing failure as a beautiful opportunity for growth, you 'll learn how to turn self-doubt into your biggest cheerleader. Get ready to silence that inner critic and step into your greatness like the unstoppable force you were born to be!

Reframing Negative Thoughts

Picture this...you 're faced with a daunting challenge, and that familiar voice of self-doubt starts whispering in your ear, "You 'll never succeed. You 're not good enough." But here 's the thing—those negative thoughts are nothing but lies. In this guide, we 'll learn how to challenge and reframe those negative thoughts, replacing them with empowering truths that propel us forward on our journey to greatness.

Here are some tools and strategies to combat negative self-talk and replace it with positive affirmations:

- **Mindfulness Meditation:** Practise mindfulness meditation to cultivate awareness of your thoughts without judgement. When negative thoughts arise, acknowledge them and gently redirect your focus to the present moment. This helps break the cycle of rumination and allows you to respond to negative self-talk with clarity and compassion.

- **Daily Affirmations:** Create a list of positive affirmations that resonate with you and repeat them daily. These affirmations should focus on your worth, capabilities, and potential. For example, "I am worthy of love and success, " "I have the strength to overcome any challenge, "Repeat these affirmations aloud or write them down in a journal to reinforce positive self-talk.
- **Cognitive Restructuring:** Challenge negative thoughts by examining the evidence for and against them. Ask yourself if there ' s any truth to the negative thought and counter it with evidence that supports a more positive perspective. For example, if you ' re thinking, "I' m not good enough, " challenge that thought by recalling past achievements or positive feedback from others that contradict it.
- **Gratitude Practice:** Cultivate a daily gratitude practice to shift your focus from what you lack to what you have. Each day, write down three things you ' re grateful for, no matter how small. This helps train your brain to notice the positive aspects of your life and counteracts the tendency to dwell on negativity.
- **Visualisation:** Visualise yourself succeeding and achieving your goals. Close your eyes and imagine yourself overcoming obstacles with confidence and grace. Picture yourself living your best life and embodying the qualities you admire. Visualisation helps reinforce positive self-talk and strengthens your belief in your abilities.

- **Self-Compassion:** Treat yourself with kindness and compassion, especially when negative self-talk arises. Instead of criticising yourself for having negative thoughts, acknowledge them with understanding and offer yourself words of encouragement. Practice self-compassionate phrases such as, "It's okay to feel this way," "I'm doing the best I can," or "I deserve love and acceptance."

By incorporating these tools and strategies into your daily life, you can combat negative self-talk and replace it with positive affirmations that uplift and empower you on your journey to greatness. Remember, self-talk matters, and by consciously choosing to speak to yourself with kindness and encouragement, you can transform your inner dialogue and cultivate a mindset of confidence and self-belief.

Embracing Failure as Growth

Failure...it's a word that strikes fear into the hearts of many. But what if I told you that failure isn't the end of the road, but rather a detour on the path to success?

Failure isn't just a roadblock on the path to success—it's a catalyst for growth, a teacher of invaluable lessons, and a testament to our resilience. In the face of failure, we have a choice: we can succumb to self-doubt and give up, or we can embrace failure as a powerful opportunity for growth and self-discovery.

Failure forces us to reevaluate our approach, learn from our mistakes, and emerge stronger, wiser, and more resilient than before. It's not the end of the road, but rather a stepping stone towards our ultimate success. So let's embrace failure with open arms, knowing that it's not a reflection of our worth, but rather a necessary part of the journey to greatness.

Develop a Growth Mindset

Embrace challenges as opportunities for growth and learning. Instead of viewing setbacks as failures, see them as valuable lessons that help you become stronger and more resilient.

Seek Support

As mentioned in the previous chapters, reach out to friends, family, or a trusted mentor or life coach, for support during difficult times. Don't be afraid to ask for help when you need it or for advice, and surround yourself with people who uplift and encourage you.

Adaptability

Be flexible and open to change, knowing that life is full of unexpected twists and turns. Develop the ability to adapt to new situations and challenges with grace and resilience.

Maintain a Healthy Lifestyle

Take care of your physical and mental well-being by prioritising sleep, exercise, healthy nutrition, and stress management. A strong body and mind are essential for resilience.

Practise Positive Self-Talk

Challenge negative thoughts and replace them with affirmations of strength, courage, and resilience. Speak to yourself with kindness and encouragement, knowing that you have the inner strength to overcome any obstacle.

By incorporating these tips and strategies into your daily life, you can cultivate resilience, build inner strength, and face whatever life throws your way with courage and grace. Remember, resilience is not about avoiding adversity but about bouncing back stronger than ever when faced with challenges, you 've got this girl... and even if you don 't right now... you will soon, I promise!

Chapter 4

Self-Care Practices

Time to become the queen of self-care! Self-care isn't just bubble baths and face masks (although those are pretty amazing too!). It's about nourishing your body, mind, and soul so you can show up as your best self every single day. In this chapter, we're going to fill your self-care toolkit with all the goodies you need to thrive. From practising mindfulness to dancing like nobody's watching, get ready to treat yourself like the queen you are – this is a journey of nourishment, rejuvenation, and soulful indulgence!

Prioritising Your Well-Being

Self-care isn't selfish...it's essential. Make yourself a priority by carving out time for activities that nourish your mind, body, and soul. Whether it's a bubble bath, a nature walk, or a cosy night in with your favourite book, Netflix show or romantic comedy, do what makes your heart sing.

Creating a Self-Care Routine

Design a self-care routine that fits your unique needs and preferences. Schedule regular self-care activities into your daily or weekly routine to ensure you're consistently prioritising your well-being.

Even if you add this to your weekly schedule as a non-negotiable, make sure you are doing something each week that makes YOU happy, remember, this is all about you babe

Practising Mindfulness

Be present in the moment and cultivate a sense of mindfulness in your daily life. Pay attention to your thoughts, feelings, and sensations without judgement. Mindfulness can help reduce stress, increase self-awareness, and enhance your overall sense of well-being.

Chapter 6

Affirmations for Empowerment

Repeat after me: "I am strong. I am worthy. I am enough." In this chapter, we're going to harness the power of affirmations to boost your confidence and transform your mindset. Get ready to craft your own personalised affirmations that lift you up and remind you of your infinite potential.

Create a few affirmations that you can easily repeat to yourself throughout the day, either in your mind or out loud. Keep these written down somewhere where you won't forget about them, maybe on your bathroom mirror, or next to your bed to recite in the morning or before you go to bed in the evening. You can also write them down in your phone notes for when you're on the go. The power of affirmations is underestimated, but it's important to know these affirmations won't change your life overnight or after your first recitation of them, but they will impact over time, like with anything, change takes time but with consistency, it certainly pays off. So write some affirmations and repeat them everyday for the next 21 days to see results. Here are some ideas on how you can begin to get clear on your affirmations;

Craft Personalised Affirmations

Take a moment to reflect on your goals, dreams, and desires. What affirmations resonate with you on a deep level? Craft personalised affirmations that reflect your unique journey and empower you to step into your greatness.

Practising Daily Affirmations

Consistency is key when it comes to affirmations. Incorporate your affirmations into your daily routine—say them out loud in the morning, write them down in a journal, or repeat them silently throughout the day. The more you practise, the more powerful they become!

Harnessing the Power of Positive Thinking

Affirmations are more than just words—they're a mindset shift towards positivity and self-belief. Use your affirmations to challenge negative self-talk, reframe limiting beliefs, and cultivate a mindset of abundance and possibility.

Affirmations are a powerful tool for rewiring your mindset, boosting your confidence, and cultivating self-love. Get ready to sprinkle some affirmation magic into your life and watch your confidence grow more than you can imagine! Trust me, babe, you've got this!

Chapter 7

Confidence- Building Exercises

Hey, confidence queen! It's time to step out of your comfort zone and into your greatness, girl! In this chapter, we're going to flex those confidence muscles with fun and empowering exercises. From striking a power pose to visualising your dream life with crystal clarity, get ready to unleash your inner higher self and create the life you truly deserve to live. Here are some ideas on how you can start building that inner confidence;

Striking a Power Pose

Stand tall, shoulders back, hands on your hips or raised above your head and chin up—this is your power pose, babe! Strike a pose that makes you feel strong, confident, and unstoppable. Hold it for a few moments and soak in the empowering energy radiating from within. This may feel silly to start, but some of the most successful people in the world believe in the effectiveness of striking a power pose for leading them to their current successes and say they strike a power pose for two minutes before facing a challenging situation. Research also shows that adopting power poses can increase feelings of confidence and reduce stress hormones... And after all, what is there to lose by trying?

Visualising Success

Close your eyes and imagine yourself achieving your wildest dreams. Picture every detail—the sights, sounds, and sensations of success. Visualise yourself stepping into your power with confidence and grace, knowing that you are worthy and deserving of all the blessings life has to offer.

Mirror Affirmations

Stand in front of a mirror, look yourself in the eyes, and recite positive affirmations about yourself out loud. Repeat phrases like, "I am confident," "I am capable," and "I believe in myself" to reinforce positive self-talk and boost your confidence.

Here are some short examples of affirmations that may relate to you as a starting point. Feel free to use these or adapt these to suit your goals and how you envision your life to be.

"I am worthy of love, success, and happiness."

"I embrace my uniqueness and celebrate my individuality."

"I trust in my ability to overcome challenges and grow stronger."

"I attract endless positive opportunities into my life."

"Money comes to me in abundance."

"I am strong, I am confident, I am worthy."

"I am enough just as I am, and I deserve all the good things life has to offer."

"I am confident in my decisions and trust my intuition to guide me."

"I am the architect of my life, and I choose to build a future filled with joy and abundance."

"I am empowered to create positive change in my life and the lives of others."

"I am resilient, and I bounce back from setbacks with grace and determination."

"I am worthy of success and embrace opportunities to shine."

"I am a force of nature, capable of achieving my dreams and making a difference in the world."

"I am loved."

"I am surrounded by positive people and I am a positive influence on those around me."

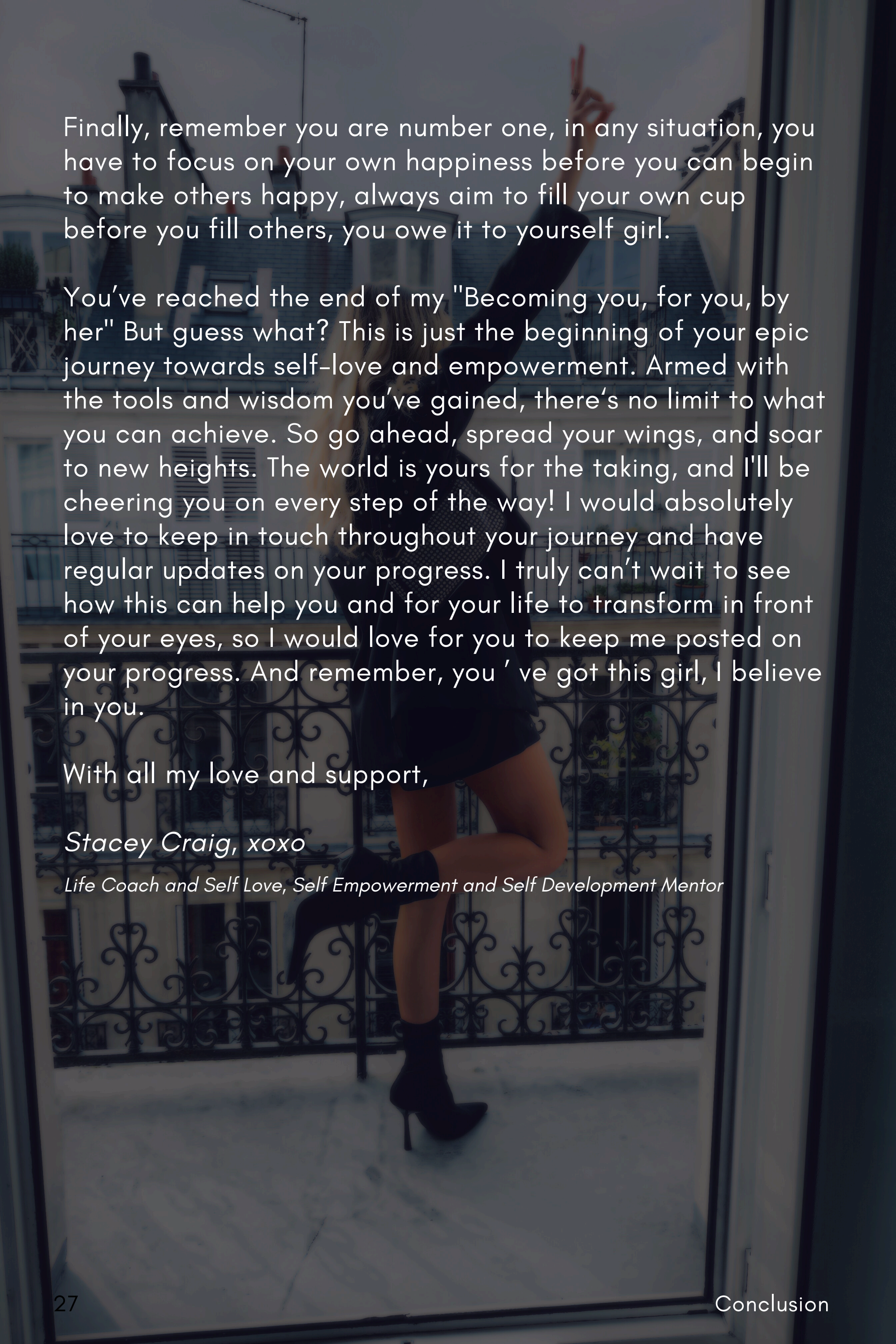
"I love myself, I am healthy, my body supports me, I am beautiful inside and out."

Celebrate Your Wins

Keep a journal or create a "brag file" where you document your achievements, big and small. Celebrate your successes, no matter how minor, and acknowledge the progress you've made towards your goals. Reflecting on your accomplishments boosts confidence and reinforces your belief in your abilities.

Incorporating these confidence-building exercises into your routine can help you develop a strong sense of self assurance and face challenges with courage and grace. Remember, confidence is not about being fearless but about having the courage to take action in spite of your fears, and we all have fears but what is most powerful is how we begin to take control of the fears, even if with one tiny step into a new future path, every little step adds up to a journey of a huge path you would have completed, so believe in your small steps.

Conclusion



Finally, remember you are number one, in any situation, you have to focus on your own happiness before you can begin to make others happy, always aim to fill your own cup before you fill others, you owe it to yourself girl.

You've reached the end of my "Becoming you, for you, by her" But guess what? This is just the beginning of your epic journey towards self-love and empowerment. Armed with the tools and wisdom you've gained, there's no limit to what you can achieve. So go ahead, spread your wings, and soar to new heights. The world is yours for the taking, and I'll be cheering you on every step of the way! I would absolutely love to keep in touch throughout your journey and have regular updates on your progress. I truly can't wait to see how this can help you and for your life to transform in front of your eyes, so I would love for you to keep me posted on your progress. And remember, you've got this girl, I believe in you.

With all my love and support,

Stacey Craig, xoxo

Life Coach and Self Love, Self Empowerment and Self Development Mentor