

A woman with a large, voluminous white wig and a pink dress is the central figure. She is smiling and looking towards the camera. The background is a solid blue color. The text is overlaid on the image in white and black boxes.

FAKE, FAUX,

FOOL, AND...

{14} 4 LETTER WORDS TO

FORGET SO YOU CAN

REIGN YOUR WAY

1

FAKE → REAL

Often, when we feel like we have no idea wtf we're doing, we've made up a completely fake story in our head about what's going on. What do you know to be absolutely 100% true & real about the situation ?



2

FAUX → LEGIT

Do you feel like a complete imposter and like you're the last person that should be starting a business or getting the promotion or new job? List out all the skills you have that make you legit for it?



3

FOOL → IMPRESS

If you're feeling like you don't belong, chances are you feel like you're just fooling everyone and waiting for them to find out. What actions or accomplishments have you achieved before that would impress clients, customers or your new boss?



4

FUCK → BREATHE

Overwhelmed, ready to throw in the towel and just say fuck it?
Don't.

Practice a breathing exercise (like breathing inside the box) and
write out all the reasons you know you can get through this.



5

LIAR



TRUTH

Feeling a bit shady? Like you're lying about something? Write out your truth. Be very explicit. Live by that. Know you're living your truth.



6

SMALL → ENOUGH

Sometimes, new opportunities and new ventures can make you feel really small. Like the tiniest fish in a giant sea. The thing to remember is, you've made it to this point. You're enough for where you are and will continue to be enough when you grow. How can you remind yourself of this?



7

FEAR



BOLD

New situations and opportunities can be really scary. I get it! But sometimes, you've just got to lean into the fear and go bold. Instead of being nervous to go live, do it for a week. Instead of just listening in a meeting, step up and talk. What can you do this week to go bold?



8

NEED → WANT

How many times have you made the excuse that you couldn't start something or be succesful in a role because you needed x, y, or z? The thing is, that's total BS. There may be things you want that would make it easier, but right, now you have everything you need! Write out how you can use what you have to do what you want to do.

A large, empty rectangular box with a thick purple border, intended for writing. The box is currently blank, providing space for the user to write out their response to the prompt above.

9

SOON



NOW

**You will not be ready in a week. The stars won't align tomorrow.
Your time to step up is now. List out everything you've been waiting
to start and how you could start tackling it today.**



10

EASY → WORK

Are you confused because everyone around you is making it look easy? Wanna know a secret? That's just what they want you to think! Climbing the ladder, building a business, it takes work, to make it work. So, what's making you frustrated that it's not easy? Are you willing to let it go or make it work?



11

RISE



ROAR

Where are you holding back? What piece of yourself are you keeping small because the role, business, or opportunity is new to you? What would it look like if you chose to come out with a roar instead of rising slowly? Because seriously, no one has time for that.



12

TEST



DO

If you're feeling less than confident, chances are you're telling yourself that you're just testing things out. This gives you a bit of a pass if things don't work out, right? What would happen if you stopped testing the waters and just started do-ing things as if it was the real deal? Because it is.



13

DUMB → SMART

This is one of the most common ones that every brilliant boss experiences. When you start something new, you often feel like you have no idea what you're doing, and the negative self-talk starts. But to get to this point, you've got brains! Challenge all negativity and write out the amazing knowledge you have to help you succeed.



14

LOST → FINE

No, you may not be at your end point. You may not even see the end, or maker for success in sight. But you're right where you need to be, and you're going to be fine. You're going to be even better than fine. Write out why this is the best spot for you right now and how it will help you get to where you truly want to be.

