

# Ignite YOUR BRAND

12 Week Group Coaching - Week 6

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impact  
ACADEMY

Soul  
SEED



Catch Up Week:

Bonus content: You ARE Enough +  
The RAD Badass List!

Woohoo... it's Week 6 and you are about halfway through the soul-centered brand strategy process. Right around this time, some people start to feel some overwhelm. Some people feel that they haven't accomplished "enough."

However remember that you are assimilating a lot of new information and chances are, that you have already experienced some big transformational shifts that are having an immediate impact in the short-term, and, will have a positive impact for the long-term.

This is when it's so important to have some resources in your back pocket to turn to when you need to be reminded that you ARE enough, and, you are a RAD badass!

It's time to revisit all that you have accomplished, and celebrate your successes!

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Amber

Use this exercise for times that you are questioning if you are enough:

## Step 1: ACKNOWLEDGE

The next time you are feeling not enough, write out those thoughts. Get them out. We can't root them out and re-write them, if we don't acknowledge what they are and where they are coming from.

## Step 2: RE-WRITE

Make a list of all of the things that have gone well for you in the last 6 weeks. If you are struggling to think of anything that has gone well, think of ways that you have helped others, and when it felt good doing so. You can also open up the time span and open your memory bank further back and make a list of things that have gone well/right over your lifetime, or over the past year, or since starting your business. You will see times that you have felt good helping others, and you will see examples of growth as a person. This list is PROOF that you have done enough, and you are are enough. Through this process, you are literally, Re-Writing your story.

## Step 3: EMBODY THE EASE.

This step is about choosing to let go of the negative self talk, and carry forward only that which propels you and keeps you in the right mind-space and high vibration to support you in existing at your highest level. Move forward more lightly, with greater joy and ease. You are enough.

*Acknowledge, Re-write, Embody the Ease - You ARE enough!*

Use this exercise for times that you wish to feel uplifted, empowered & in your badassery!

## Step 1: REFLECT

Reflect back on all of the times that you FELT LIKE A BADASS! write out those thoughts. What about that experience made you feel so great, and confident? What was rad about the situation? Choose several situations and detail out how you felt in each of those experiences.

## Step 2: ACKNOWLEDGE

Now, in step 2, truly Acknowledge just how AWESOME you were in those experiences (and still are). It's important to list out how you felt in each of those experiences, and in this step you acknowledge WHY you were able to feel that way. In this step, you give yourself credit for all that you have done, learned, and grown into, through your experiences. Acknowledge what about those experiences made you feel badass? What contributed to your confidence in those situations? Was it your decision to explore a new opportunity? Was it how you handled yourself, or an impact you were able to make for others because of your years invested in building your expertise?

## Step 3: DO IT AGAIN!

This step is about choosing to embrace that BADASSERY and know that you can DO IT AGAIN! You can feel that way again, because of how much you've grown, and become stronger as a person. All of that glorious badassery and so much more is possible for you, because you have continued growing as a person. Because, you are RAD.

*Reflect. Acknowledge. Do it again. You are RAD!*