

Alpha Females

Clearance

2

Clarity

Module One

Anel Bester

Confidence Check-list

Hey Gorgeous

I'm going to invite you to slow down to speed up.

The aim is not to go through this course like a hurricane but instead to honour your journey, allowing yourself to create expansion in your life by delving as deep as you need to every step of the way.

Also know that each time you work it, you will go even deeper, create even more clarity and capacity for receiving wonderful new people, experiences, wealth and love.

Module One is all about increasing confidence through an unconventional approach.

Step One - BEAST MODE ON!

Mischief

Managed

- Complete the max FFF test
- Drink minimum 1.5 liters of water



Step Two - Name and Claim

Mischief

Managed

- Name and Claim your FEARS
- Complete Journaling Prompts
- Drink minimum 1.5 liters of water



Step Three - My Secret Shame

Mischief

- Get dirty and complete the MUD exercise described in the video
- Complete Journaling Prompts
- Drink minimum 1.5 liters of water

Managed



Step Four – Opening to Possibilities

Mischief

- Connect to your top five admirable traits
- Complete Journaling Prompts
- Drink minimum 1.5 liters of water

Managed



Step Five - Evidence of Awesome

Mischief

Managed

- Complete Journaling
- Ask a minimum of 5 people
WHAT about you they
greatly admire
- Complete: Today I
acknowledge myself for (and
name THREE things)
- Drink minimum 1.5 liters of
water
- Start cooking bone broth



Step Six - Breathe

Mischief

Managed

- Rest
- Complete: Today I acknowledge myself for (and name THREE things)
- Drink minimum 1.5 liters of water



Step Seven - Cleanse and Recover

Mischief

Managed

- Complete Journaling Prompts
- Eat clean to reset
- Complete: Today I acknowledge myself for (and name THREE things)
- Drink minimum 1.5 liters of water

