

CREATING A *Seat*  
CONSULTING GROUP

# Stepping Into HERStory

6 Things You Can Do To Develop  
Self-Compassion and Live Fully

*It is time to break through your fears and limiting  
beliefs and start stepping into HERstory!*

*let's do this*



# Hello!



*Welcome to Breaking Through Imposer Syndrome and Stepping into HERSTORY course. I am beyond excited that you're here. This means that you have decided to take the first step that will help you to navigate your fears, self-doubt and other limiting beliefs so you can begin to create the life that you love. I know that deciding to take the first step is not always an easy decision and I am so very proud of you and I will be with you every step of the way.*

*I am Dr. Yudi Ross, an accomplished educational leader with 15+ years of high -impact experience with a stellar record of architecting and accelerating the growth of academic learning programs. I have been instrumental in developing pedagogical programs, including multi-mode, blended, and e-learning platforms for diverse groups and skilled in leveraging superior communication and analytical skills to deliver training*

*I am very excited for this new partnership and I can't wait to see your journey as we go along this course.*

**WITH LOVE,**

*Dr. Yudi Ross*

# *Making the most* ***How to Use This***

YOUR TOP TIPS FOR HOW TO MAKE THE  
MOST OF YOUR DIGITAL WORKBOOK.

*You deserve happiness and success! This workbook will show you exactly how to find joy and inspiration everyday. By using these techniques, I was able to overcome my own struggles of feeling like an imposter, as well as help others who were going through similar issues.*

*This guide will help you understand how you can take back control of your life by finding positivity in the negative situations that occur every day. It's all about learning how to step into HERSTORY!*



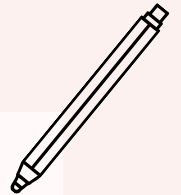
# STEPPING INTO HERSTORY

## WORKBOOK

*Complete this worksheet to help you apply these self-compassion concepts to your own life. Imagine living your best life and learn how to apply it by thinking about and thoughtfully answering the questions that follow. By continuing this practice, you will find greater feelings of self-love and empowerment.*

### CLEAR OUT ALL AREAS OF DOUBT

1. What is one area of doubt in your life? Write 3-4 sentences about why you doubt what you do and how you might move forward from it.



## STEPPING INTO HERSTORY

2. Answer these questions:

*How often do you sacrifice your needs for what others want?*

*Do you frequently apologize for things you do not need to apologize for?*

*Have you ever been called or referred to as a people pleaser? When?*

*Do you stop yourself from speaking up for yourself? When?*

## AVOID OVERTHINKING

1. *What is one regret you would like to fully let go of now?*

2. *What will your life look like when you've finally released this regret?*

3. *Write down 2 negative things you frequently say to yourself. Next to those phrases, write positive ones that you can say instead.*

## EXPLORE THE COMMUNITY

1. *What is one thing you are excited to try in your community? When are you going to participate in this activity?*

2. *What inspires you right now? What makes you feel like you can do anything? What is your biggest source of inspiration?*



## PRACTICE MINDFULNESS

1. *How do you feel about sitting with the present moment, without jumping to action? Is this something that is difficult for you? Write 4-5 sentences describing your feelings about tolerating the moment, no matter how frustrating.*

2. *What is one mindfulness activity you would like to try? How are you going to make this activity part of your daily life?*

3. *Are there entire parts of your days that are unpleasant? Or entire parts of your months? During these unpleasant times, what will you do to remain self-compassionate? How will you remind yourself to keep practicing self-compassion?*

## LET GO OF WHAT HOLDS YOU BACK

1. *List two resentments that you are ready to let go of now. As you write them down, imagine them disappearing from your heart and leaving love in its place.*

2. *What is a boundary you are ready to set? First, write down something you need more or less of in your life. Next, write the boundary that will help you structure your life in a way to get what you need.*

## HOLD ON TO WHAT MOVES YOU FORWARD

1. *List 3 of your values below:*

2. *Now list one action per value that demonstrates each of those values.*

3. *What is one way in which you connect with your spirituality, no matter how developed?*

4. *Write four sentences below that describes two of your favorite things about yourself.*



*It is now the time  
for women to be  
fearless and  
create their own  
seat any table.*

DR. YUDI ROSS

