

Week 4 Takeaway Sheet

Authenticity - Week 4: 8-24-26

1. Stop Waiting Until You're "Enough"

- You don't have to reach some imaginary finish line before you're worthy of enjoying your life.
- You can want to grow while still appreciating the woman you are today.
- Confidence begins when you stop waiting for permission, perfection, or approval and start showing up now.

2. Your Story Has Value

- Every chapter of your life has given you experiences, lessons, and wisdom that helped shape who you are.
- Your difficult seasons don't have to become shame—they can become strength, compassion, and understanding.
- Something you've lived through may someday become exactly the encouragement another woman needs.

3. Confidence Is Built One Brave Moment at a Time

- You don't have to feel confident before taking action—sometimes confidence comes afterward.
- Small acts of courage build evidence that you can trust yourself.
- Being brave doesn't mean eliminating fear; it means deciding fear doesn't get to make every decision.

4. Your Authenticity Gives Others Permission to Be Themselves

- When you stop pretending, you create space for others to be real too.
- Authentic confidence doesn't require other people to be like you—it celebrates their uniqueness.
- Every time you confidently show up as yourself, you remind another woman that she can do the same.