

# AUDACITY QUICK START GUIDE

## ACTION

A 3-Day Guide to Move Before  
You Feel Ready



# HEY! I'M ZENITRA.

An executive coach, business consultant, and leadership strategist who helps people do the thing they keep talking themselves out of.

I work with high-capacity women, often leaders, builders, and professionals—who are smart, capable, and experienced, yet find themselves stuck at the same edge: overthinking the next move, waiting for certainty, or holding themselves to impossible standards before they act.

My work lives at the intersection of **mindset, identity, and action**.

Not hype. Not hustle. Just movement that feels supported, grounded, and real.

I chose this work after leaving a financially secure corporate career and learning firsthand how doubt, perfectionism, and fear of being seen can quietly delay the life you actually want to live. What I discovered is that confidence doesn't come before action...it's built by action. And audacity isn't loud or reckless; it's intentional movement in the direction of what you already know is true for you.

This Quick Start Guide is a preview of how I work: helping you notice where you're hesitating, shift how you speak to yourself in those moments, and take one honest step forward BEFORE you feel ready.

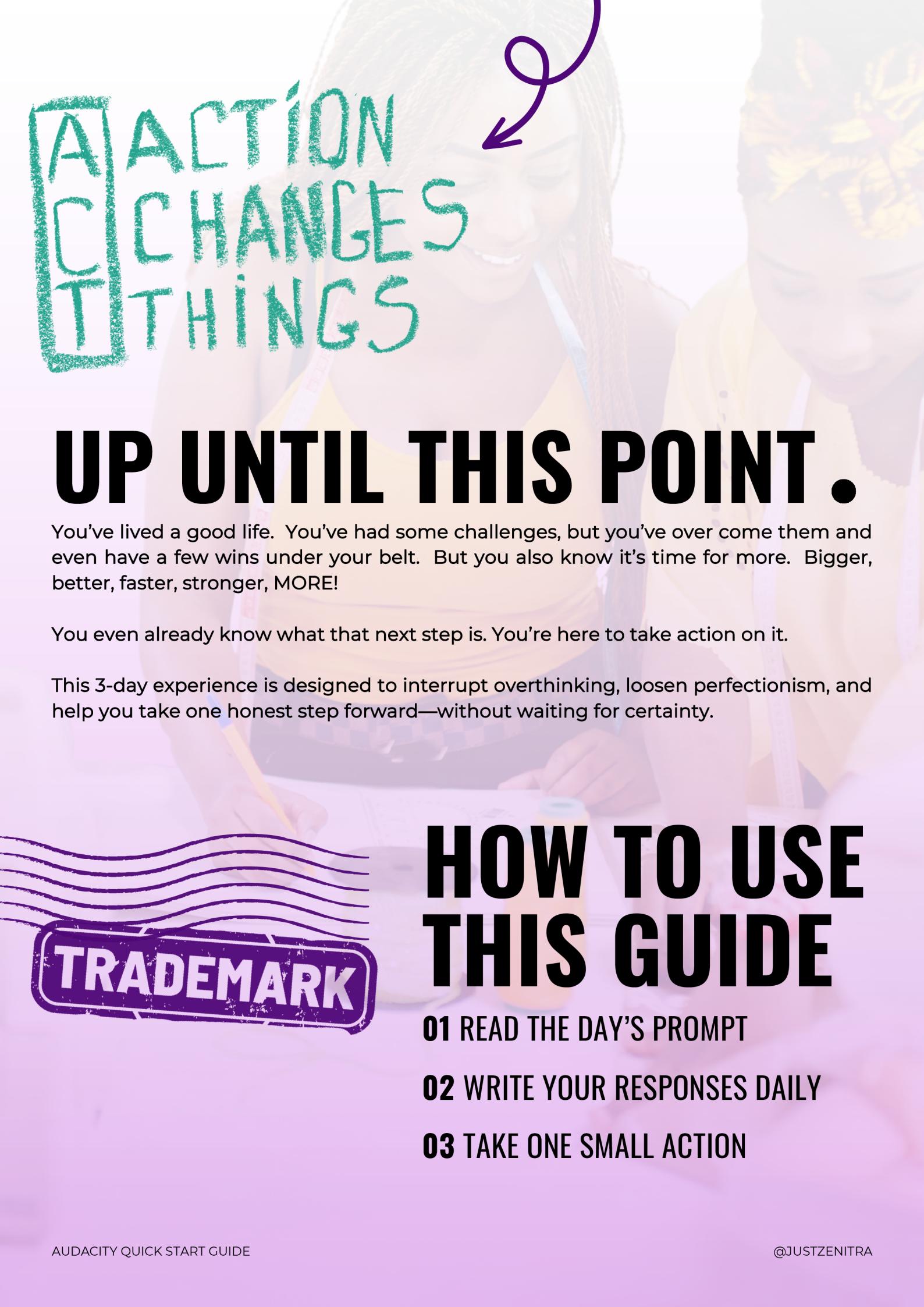
You don't need more potential.

You just need permission to move.

And that's what we'll practice here.

**LET'S DO IT!**





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# UP UNTIL THIS POINT.

You've lived a good life. You've had some challenges, but you've over come them and even have a few wins under your belt. But you also know it's time for more. Bigger, better, faster, stronger, MORE!

You even already know what that next step is. You're here to take action on it.

This 3-day experience is designed to interrupt overthinking, loosen perfectionism, and help you take one honest step forward—without waiting for certainty.



**TRADEMARK**

## HOW TO USE THIS GUIDE

- 01 READ THE DAY'S PROMPT**
- 02 WRITE YOUR RESPONSES DAILY**
- 03 TAKE ONE SMALL ACTION**

## DAY 1

### AWARENESS & IDENTITY

# NAME THE EDGE

#### **MOST PEOPLE AREN'T STUCK EVERYWHERE. THEY'RE STUCK IN ONE SPECIFIC PLACE.**

One decision. One conversation. One idea they keep circling but never quite step into.

This is what we're calling the edge. The edge isn't dramatic. It doesn't always look scary from the outside. Sometimes it's as simple as:

"I'll do it after I finish \_\_\_\_\_ (insert any random task)."  
"I just need a little more information."  
"As soon as I get some money, I'm going to...."

But if you're honest, you know exactly where you pause. Where your energy dips. Where you hesitate, even though part of you wants to move.

Audacity doesn't start with action. It starts with awareness.

Today isn't about pushing yourself, hyping yourself up, or forcing a breakthrough. It's about noticing. Naming. Letting the truth come up without trying to fix it.

No judgment. No pressure. No self-coaching speeches required.

Just honesty.

#### **AWARENESS & IDENTITY**

Take a breath and answer slowly:

Where do I keep delaying action—even though I know better?  
What decision keeps resurfacing in my thoughts or conversations?  
What am I waiting to feel before I give myself permission to move?

There are no right answers here. The power is in recognizing the pattern.

#### **COMPLETE THIS SENTENCE**

The edge I keep standing at is...

That's it. You don't need to explain it. You don't need to solve it today. You just need to name it.

Because once you can see the edge clearly, it stops controlling you and starts becoming a choice.

Tomorrow, we'll talk about what it actually takes to step forward without waiting for certainty.

For now, awareness is enough.

## DAY 2

# LANGUAGE SHAPES IDENTITY NAME IT FORWARD

### THE WAY YOU TALK TO YOURSELF MATTERS MORE THAN MOST PEOPLE REALIZE.

Not in a “say it once and your life magically changes” way, but in a quiet, everyday way. The kind that shapes how safe your nervous system feels taking action.

Here’s the truth:

- What you resist, persists.
- What you welcome begins to shift.

When you say, “I’m not afraid,” fear is still running the conversation. When you say, “I welcome exposure,” you’re naming your capacity, not the thing you’re avoiding.

I’m not asking you to pretend to be fearless or confident at all times. I’m asking you to choose language that doesn’t keep you stuck in opposition to yourself. Use language that moves you in the direction you desire to go.

Focusing on what you don’t want to happen actually keeps you tied to that very thing. Allow your brain to hear what you’re willing to make space for.

Today is about moving from defense to openness.

### EXERCISE: REWRITE IN THE AFFIRMATIVE

Take these common thoughts and shift them, gently, into language that allows movement:

- “I’m not ready” → “I am learning as I move.”
- “I don’t want to fail” → “I welcome mistakes.”

Notice how the energy changes.

Nothing is forced. Nothing is denied. You’re simply opening the door instead of guarding it.

### WRITE 3 AFFIRMATIONS THAT BEGIN WITH:

I welcome...

### KEEP THEM SIMPLE. REAL. BELIEVABLE. SOME EXAMPLES ARE:

“I welcome clarity as I take action.”  
“I welcome being seen.”  
“I welcome doing this imperfectly.”

You don’t need to repeat these all day or turn them into wallpaper. Just write them. Let them exist. This is about retraining your inner language to support motion instead of hesitation.

Tomorrow, we’ll bring this awareness into action—small, doable, and honest. For now, let your words work with you, not against you.

## ACTION + EMBODIMENT

# THE HONEST STEP

Many people are waiting for clarity on the exact and **right** step before they move to action. They want the path to be defined with guarantees in order to build their confidence, but confidence doesn't come before action. It's built by action.

Most people are waiting to feel ready, certain, or brave enough. But confidence isn't a feeling you wait on. It's something your body learns **after** you move.

Audacity isn't about making the biggest move possible. It's about making the truest one. The one that matches where you actually **are**, currently, at this very moment—not the one where you think you **should** be.

Today is not about pushing past your capacity. It's about choosing an action that feels honest. Slightly uncomfortable, maybe—but definitely doable, real and available to you today.

## CHOOSE ONE ACTION

Read the list and notice which one pulls at you. Or which one makes you want to look away.

- Send the email
- Ask for help
- Share the idea
- Make the offer
- Post imperfectly

You don't need to do all of them. You don't need to overthink which is "best." Just choose one.

## WRITE IT DOWN AND MAKE IT REAL.

Before the end of today, I will....

Keep it specific. Keep it simple. And when you do it, pause. Notice your body. Notice what changed. Even a small shift counts.

This is how audacity is built.

Not through hype. Not through pressure. But through honest movement, repeated.

You didn't need more confidence to start. You just needed a step.

And you took one. Congratulations.

YOUR AUDACITY

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# WORKSHEET

**The edge I named...**

**The belief I'm releasing...**

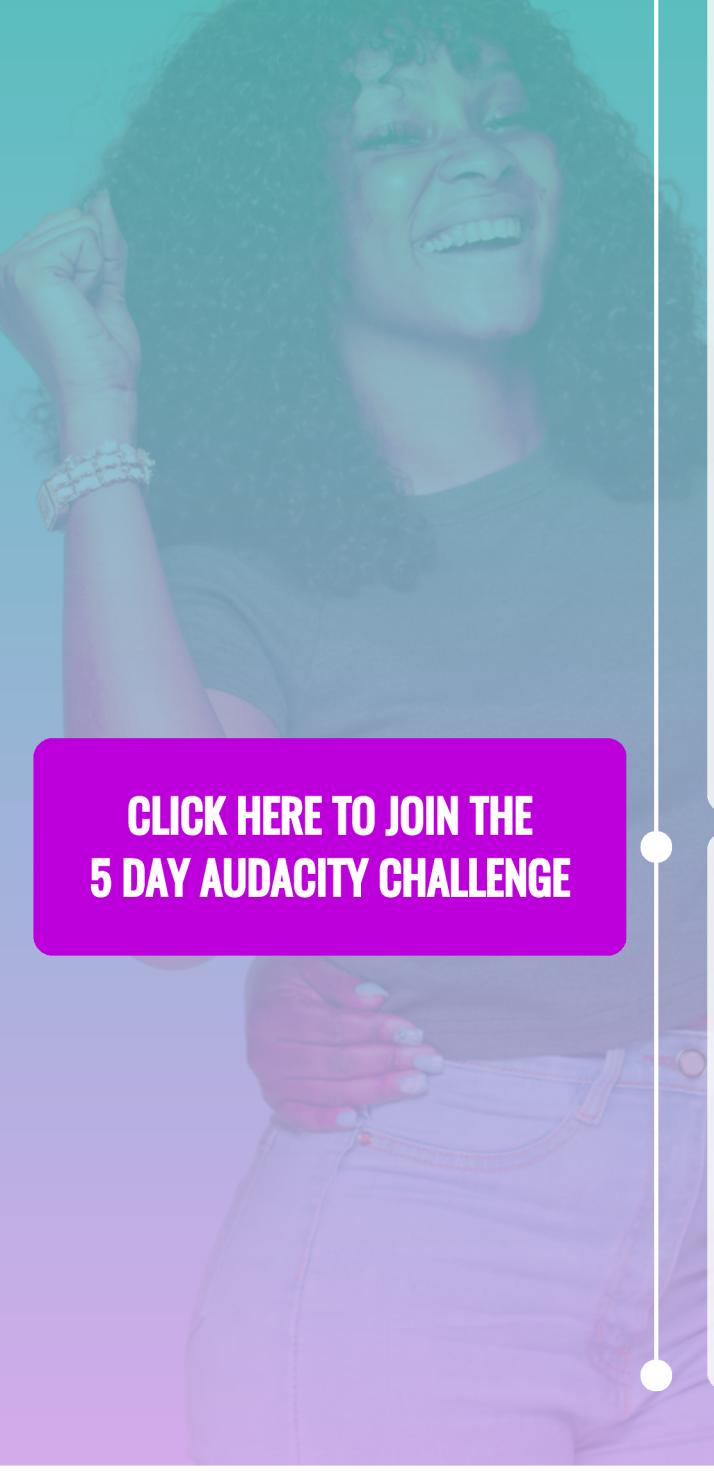
**The affirmation I'm practicing...**

**The action I'm committed to...**

**How this felt...**

# AUDACITY

YOU JUST PROVED  
SOMETHING IMPORTANT



**CLICK HERE TO JOIN THE  
5 DAY AUDACITY CHALLENGE**

## 3 DAY QUICK START

You didn't wait until you felt ready. You didn't overthink yourself out of it. You moved. And that matters more than you think.

You don't need more clarity. You need continued momentum. Because momentum is what turns awareness into identity. It's what keeps you from slipping back into the same mental loops once the excitement wears off.

If three days created movement, imagine what five days of structure, support, and intention could do.

Not hustle. Not pressure. Not performative confidence.

Just consistent, grounded ACTION!

## 5 DAY AUDACITY CHALLENGE

This is where we deepen this work:

- Naming the hesitation
- Releasing perfectionism
- Rebuilding trust with yourself
- Taking aligned action without waiting for certainty

If this guide helped you even a little, the challenge will meet you exactly where you are, and take you further.

**BE AUDACIOUS. TAKE ACTION. CREATE MOMENTUM.**