

**OWN YOUR VOICE.
STEP INTO YOUR POWER.
LEAD BOLDLY.**



"I Am Bold. I Am Ready. I Am Enough!"

A gift from



KEYNOTE SPEAKER
MeChelle
CALLEN

**CONFIDENCE
AFFIRMATION
KIT**

Welcome to Your Bold Beginning...



This isn't just an affirmation kit—it's your daily permission slip to show up fully, speak up boldly, and take your place without apology. Whether you're stepping into a room, onto a stage, or into a new season of life, these affirmations are here to remind you:

- **You are powerful**
- **You are prepared**
- **You are more than enough**

I created this guide to help women like you reclaim your voice, reset your mindset, and rise with confidence.

***Let today be the day you lead boldly—
starting from within.***

Inspired by MeChelle Callen's keynote:

"Just is a Thief- helping women reclaim their voice and lead unapologetically."

MeChelleCallen.com

Daily Affirmations for Unstoppable Confidence

- I am not 'just' anything - I am powerful, prepared, and deserving.
- I am resilient, resourceful, and ready for what comes next.
- I am seen, I am heard, and what I have to say matters.
- I am claiming my space, my voice, and my dreams unapologetically.
- I am choosing confidence right now!
- I am wearing my boldness as my strength, not my burden.
- I am rising by lifting myself and others with grace and courage.
- I am releasing comparison - I define success on my own terms.
- I am walking in my full power, without apology or permission.

How to Use These Affirmations

These daily affirmations are designed to rewire your mindset, silence self-doubt, and anchor you in your truth. Speak them aloud each morning—preferably while looking in the mirror or holding a power pose. Let each statement sink in, reshaping the way you see yourself and the way you show up in the world. Use the Power Move of the Day to embody your boldness, and track your progress using the Confidence Tracker as you build unstoppable momentum.

Amplify Your Confidence with These Power Moves:

- Strike a Power Pose.
- Speak your Mantra.
- Own your moment!



Create Your Own Mantra

What's really true about you? What are the AWESOME things about you? Write your personal mantra here and say it aloud every morning!

Confidence Tracker

- Use this kickstart tracker to reflect daily on your confidence-building actions and mindset shifts.

<i>Date</i>	<i>Confidence Move Practiced</i>	<i>How I felt</i>	<i>Notes/Wins</i>

CONNECT WITH ME!

You've Spoken the Words—Now Live the Truth.

Confidence isn't a feeling. It's a decision you make every day. If you're ready to go deeper—into your purpose, your power, and your presence—then let's keep the momentum going.

- **Book MeChelle to Speak** at your next women's event, leadership gathering, or empowerment workshop.
- **Join the Movement of women** reclaiming their voices and leading with boldness.
- **Stay Connected** for more tools, inspiration, and real talk that helps you rise.

Visit www.MeChelleCallen.com or connect on Instagram [[@MeChelleSpeaks](https://www.instagram.com/MeChelleSpeaks)] to start your bold journey today.



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