

FINDING YOUR FEARLESS
STRATEGY TWO

Managing Your Inner Homegirls'

BY DR. MIATHERESA PATE

Three silhouettes of women standing side-by-side, facing forward. They are positioned at the bottom of the page, below the author's name. The silhouettes are dark brown and match the background color.

Welcome

IT IS TIME TO **MASTER SELF-TALK**

This transformative journey is designed to help you understand and manage your inner dialogue, transforming self-doubt into self-trust and fear into action. By exploring the "Homegirls" within, you'll identify and reframe the voices that hold you back, empowering your growth as a fearless leader.

HOW TO USE THIS WORKBOOK ⓘ

- 🏡 Dedicate a quiet 20-30 minutes daily to each day's exercises.
- 🏡 Reflect deeply and write honestly—this is your journey.
- 🏡 Use the inspirational quotes to motivate and guide your thoughts.
- 🏡 At the end of the week, revisit your reflections to see how far you've come.

***Let's dive in and begin
transforming your self-talk into a
source of strength and resilience!***



DAY | MONTH | YEAR

Day One

MEET YOUR *Homegirls*

"The most important conversations you'll ever have are the ones you'll have with yourself."

– DAVID GOGGINS

Reflect on the internal voices you hear the most. What do they say?

Identify your "Homegirls." Which voices resonate with Miss Worrier, Miss Critic, Miss Perfectionist, or Miss Victim?

Write down a description of each "Homegirl" you identify.
How does she impact your mindset and leadership?

DAY | MONTH | YEAR

Day Two

CULTIVATE Awareness

You will become what you think about most.
– SHAD HELMSTETTER

Observe your self-talk for a day. When do your "negative Homegirls" show up?

How do their messages affect your decisions and emotions?



Keep a self-talk journal for a day.
Note specific situations and the accompanying inner dialogue.

DAY | MONTH | YEAR

ALIGN WITH YOUR *Values*

Day Three

You are not your mistakes; you are the lessons you take from them.
– UNKNOWN

Choose one "negative Homegirl" to focus on.
What value is she trying to protect?

How can you honor that value in a positive way?

Write a transformation plan: Reframe her voice into a "positive Homegirl"
(e.g., Miss Worrier → Miss Thoughtful). What would her empowering message sound like?

DAY | MONTH | YEAR

Day Four

LET GO OF THE *Unnecessary*

Let go of who you think you're supposed to be; embrace who you are.
— BRENÉ BROWN

Reflect on the fears or assumptions driving your "negative Homegirls."
Are these fears rooted in reality or outdated beliefs?

What would happen if you let go of these fears?



On the next page, Write a "letting go" letter to one of your "negative Homegirls,"
thanking her for her intentions but releasing her from control.

DEAR **MISS.**

/

DAY | MONTH | YEAR

MOVE WITH *Intention*

Day Five

Courage doesn't happen when you have all the answers. It happens when you are ready to face the questions.

– SHANNON L. ALDER

How would your leadership change if your "positive Homegirls" were in charge?

What intentional actions can you take to amplify their voices?



Write a daily affirmation inspired by one of your "positive Homegirls" (e.g., "Miss Resilient says: 'Every step forward is progress'").

DAY | MONTH | YEAR

BUILD *Resilience*

Day Six

Adversity doesn't build character; it reveals it.

– JAMES LANE ALLEN

Reflect on a recent challenge. Which "negative Homegirl" showed up, and how did she respond?

How could one of your "positive Homegirls" have handled the situation differently?



Role-play the scenario in writing: Rewrite the story with a "positive Homegirl" guiding your response.

DAY | MONTH | YEAR

CELEBRATE *Transformation*

Day Seven

Turn your wounds into wisdom.
– OPRAH WINFREY

Reflect on the week. How has your understanding of your self-talk changed?

What shifts have you noticed in your mindset or actions?



Write a thank-you note to your "positive Homegirls."
Commit to nurturing their voices moving forward.

Congratulations

You've done the brave work of exploring and transforming your inner dialogue. By identifying and reframing your "Homegirls," you've taken significant steps toward fearless leadership rooted in confidence and resilience. This journey is not just about managing self-talk—it's about leading your life and your teams with clarity, strength, and purpose.

TAKE A MOMENT TO CELEBRATE YOUR GROWTH

Take pride in the insights you've gained and the courage you've shown. You've equipped yourself with tools to face challenges, embrace imperfections, and lead with authenticity.

MOVING FORWARD

- » Revisit your affirmations and transformation plans regularly.
- » Share your journey with others to inspire and empower them.
- » Continue practicing the C.A.L.M. strategy to guide your inner dialogue.

As you go forth, let your values guide you, your courage empower you, and your authenticity shine as a beacon for others. The world needs fearless leaders like you—leaders who are unafraid to stand firm in their truth, lift others, and create meaningful impact.

What you say to yourself creates the world you live in. Choose words that build bridges, not walls.

– Unknown



