AMANDA DANIELLE

GET CLEAR.
BUILD CONFIDENCE.
RECLAIM YOURSELF.

A practical guide to creating clarity, strengthening self-trust, and taking meaningful action.

THE B.I.T.C.H METHOD™

Breaking Internal Trauma. Creating Healing.

Shift your mindset. Honor your truth. Create your next chapter.

10 PRINCIPLES FOR CLEAR CONFIDENCE

Confidence is not about having every answer. It grows as you make choices that reflect your values and follow through with compassion for yourself.

1. Choose your next step — Release the pressure to change everything at once. Focus on the next choice you can make.

2. Commit to your future — You cannot control everyone else. You can choose what you will accept, pursue, and protect.

3. Find meaning without minimizing pain — Difficult experiences can teach you something, but you never have to pretend they happened for a reason.

4. Take ownership of what is yours — Own your decisions and boundaries without taking responsibility for another person’s behavior.

5. Honor your desires — Wanting peace, connection, achievement, and joy is not selfish. Your needs matter.

CONTINUE BUILDING YOUR CONFIDENCE

6. Get clear on what matters — Name what you value and what you want your days to feel like.

7. Allow transformation to unfold — Growth is a practice. Letting go can happen gradually, with setbacks and new beginnings.

8. Support your healing — Inner work matters, and so do supportive relationships, healthy routines, and professional care when needed.

9. Learn from your experience — Notice what helped, what hurt, and what you want to do differently next time.

10. Invest in yourself — Give attention to your mental, physical, emotional, spiritual, and financial well-being.

The B.I.T.C.H Method™

B — Break the Belief
I — Identify the Truth
T — Transform the Story
C — Create Confidence
H — Heal & Honor Your Future

TAKE OWNERSHIP: YOUR CLARITY CHECK-IN

Complete these prompts without judging your answers. Be specific and honest.

I believe...

_____

I think...

_____

I feel...

_____

I prefer...

_____

I realize...

_____

I know...

_____

My health needs...

_____

My relationships need...

_____

My finances need...

_____

YOUR NEXT CHAPTER STARTS HERE

Three areas where I am ready to make a different decision:

1. _____

2. _____

3. _____

My commitment

Starting today, I commit to one clear action that supports my confidence and well-being:

_____

_____

Write your future story

Imagine a life in which you trust yourself, honor your boundaries, and act on your values. How do you think, feel, and show up each day?

_____

_____

_____

_____

READY FOR MORE SUPPORT?

Explore personalized coaching with Amanda Danielle and The B.I.T.C.H Method™. Book a Session Here: www.askamandadanielle.com

Amanda Danielle
Author of B.I.T.C.H Speak Your Truth ~ Discover Your Inner Peace
Speaker | Coach | Therapist | Trauma & Life Rebuild Strategist