Trust Your Dopness

The highs and lows of being a boss in early stage entrepreneurship
Let’s Play A Game
The emotional spectrum........

The answer to everything right now is a nap.

Chillin

I'm good. Diggin it. This can work.

I had so much coffee today these ideas are brilliant.

I've got this shit on lock down. This is going to be huge. I am a genius.

freakin

If i ran away I could survive for a week on rice cakes and maybe no one would notice?

If they can do it I can do it?

People are going to love this shit.
Breathe.
Sync your breathing with this
F Yes
The list of bad ass things you accomplished in the last day, week, month, year, that make you want to dance around naked with confidence.

- Professional accomplishments
- Tricky situations you handled
- Particularly meaningful feedback, compliments, or praise received
- Times when you were gentle with yourself, etc.

NOTE (people pleasers especially): These aren’t necessarily the moments that are impressive to others or would make it onto your resume. They’re the ones in which you were most fulfilled and in your element.
F yes I......

1. 7.
2. 8.
3. 9.
4. 10.
5. 11.
6. 12.
HYFR you did.
Pick a Mantra
What makes you feel worthy? Empowered? What would remind you how AMAZING you are in those moments when you are doubting yourself—those moments when you want to scream or cry?

I am doing the best I can.

I am exactly where I am meant to be.

I am mother f*ing flawless.

I make a difference just by showing up.

I am a freaking rockstar.
Sometimes kids do it best

Jessica's Daily Affirmations
Strike a Pose
Mantra + Pose = Unstoppable Dopeness

LIKE MY BANGS?

I CUT THEM WITH SHARDS OF THE GLASS CEILING
Talk to yourself like you talk to your BFFL
What’s Negative Self Talk?

I am lazy. I am so stupid... why did I do that? Even sneakier phrases like: Oh my gosh, I can’t believe I did that! What was I thinking?!! Or: I should be better at this. I shouldn’t have slacked off so much/eaten that cake/drank so many beers/skipped accounting class/said that.

Easy rule of thumb? “Should” phrases and anything you say or think that makes you feel low or bad about yourself is probably negative self-talk.
1. Become more aware of how you are talking to yourself (and about yourself!). When you recognize yourself saying mean things about yourself or spiraling into a critical frenzy, pause and take a breath.

2. Don’t make yourself wrong for thinking or saying the negative things! Recognize and observe—no judgment.

3. Reframe. Reframe. Reframe. Try your best to turn around whatever negative things you are thinking or saying into a positive statement or affirmation.
For example, if you’re thinking: I am such an idiot, I cannot believe I was not better prepared for this pitch today. Things went horribly and it’s my fault—I should’ve spent more time preparing.

Reframe:

Things didn’t go exactly how I would’ve liked them to today.

It would’ve been nice if I prepared more, but I didn’t and that’s okay: I am doing the best I can in each moment.

Even though x,y,z happened and I feel disappointed, I love and accept myself exactly as I am.
Take the the negative phrase you say to yourself most often and reframe is