



THE CONFIDENCE KIT FOR BLACK WOMEN IN BUSINESS

For My Sistahs



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THE CONFIDENCE KIT FOR BLACK WOMEN IN BUSINESS

Affirmations, mindset shifts, and daily habits to lead boldly.

Whether you're launching, pivoting, or scaling, confidence is not a personality trait — it's a practice. This quick-start kit gives you a daily boost of clarity, courage, and calm so you can build with boldness and grace.



5 DAILY AFFIRMATIONS TO SPEAK ALOUD

Say these each morning before you start your workday, record content, or pitch yourself.

I AM QUALIFIED,
CAPABLE, AND
CALLED.

MY VOICE IS
VALUABLE, AND
PEOPLE ARE READY
TO HEAR IT.

I DON'T NEED TO
WAIT TO BE
CHOSEN. I
CHOOSE MYSELF.

I BUILD MY
BUSINESS WITH
PURPOSE, NOT
PRESSURE.

I CAN BE BOTH
POWERFUL AND
AT PEACE.



3 CONFIDENCE MINDSET SHIFTS

Try reading these shifts like mantras—especially when self-doubt creeps in.

INSTEAD OF:
“I DON’T HAVE
ENOUGH EXPERIENCE”

SAY:
“MY LIVED
EXPERIENCE IS PART
OF MY EXPERTISE.”

INSTEAD OF:
“I’M BEHIND”

SAY:
“I’M BUILDING IN
DIVINE ALIGNMENT
WITH MY TIMELINE.”

INSTEAD OF:
“WHAT IF I FAIL?”

SAY:
“WHAT IF I FLY?”



2 JOURNAL PROMPTS FOR GROUNDED CLARITY

Use these to reset when you feel scattered or unsure.

“WHEN I FEEL CONFIDENT, HOW DO I ACT, SPEAK, OR SHOW UP DIFFERENTLY?”

“WHAT AM I BUILDING—AND WHO NEEDS ME TO SUCCEED?”



YOUR 5-MINUTE MORNING RITUAL FOR CENTERED LEADERSHIP

- Breathe for 30 seconds.
- Read your affirmations out loud.
- Write one thing you're grateful for.
- Say one thing you're calling in today (a win, a feeling, a result).
- Move your body for 1 minute (stretch, dance, or power pose!).

That's it—simple and powerful.
Return to this practice as often as you need.



BONUS ENCOURAGEMENT

For more tools and real stories
of Black women building with
courage, listen to the WOCIB
Podcast

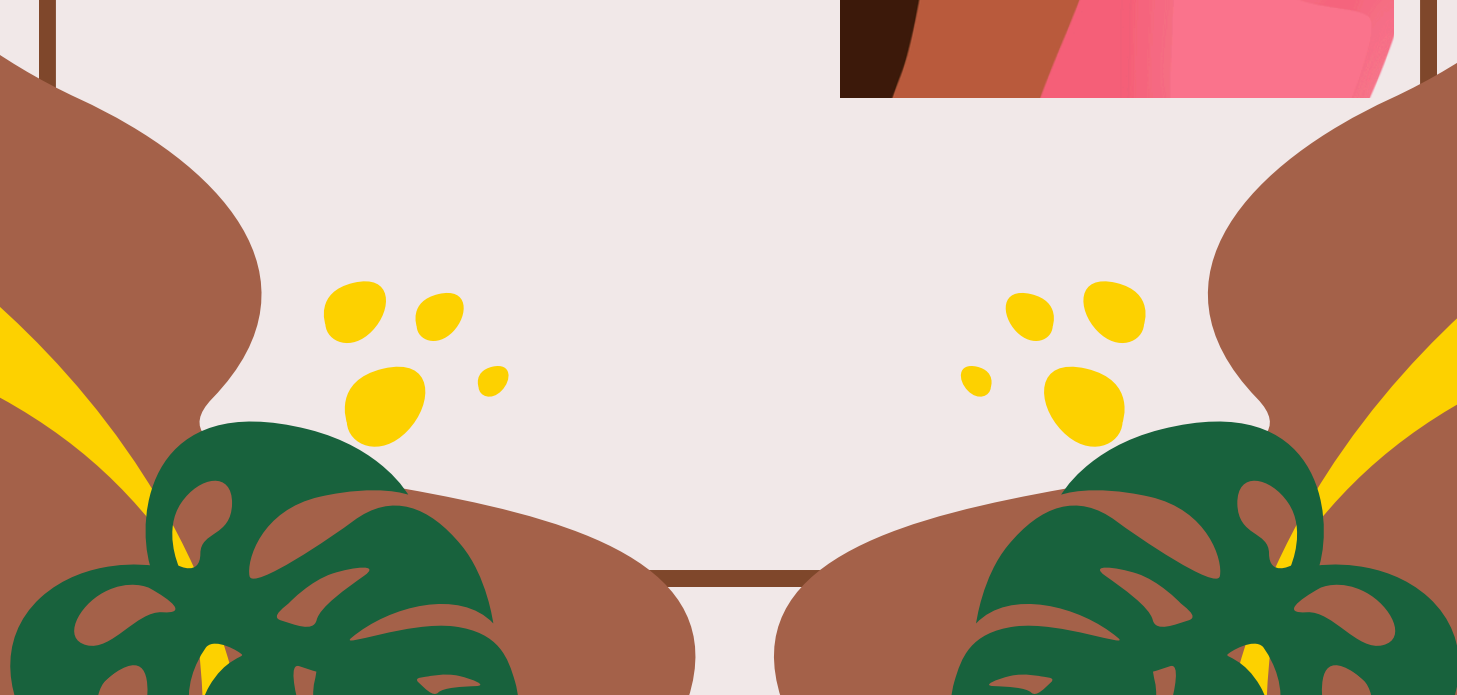
→ [YouTube: @wocibpodcast](#)

and join the movement at

→ www.wocib.org

You've got this.

Your business needs your full
voice—and so do we. 💜





Get in touch



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