

# SHE LEADS ELITE WELCOME PACKET

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[www.sheleadselite.com](http://www.sheleadselite.com)

Congratulations on saying YES to your growth, confidence, and future.

*Dear Boss Babe,*

This workbook is your sacred space to get clear, dream big, and take action. You're here because you know you are meant for more—and you're ready to claim it.

Inside She Leads Elite, you will discover how to:

- ✓ Upgrade your mindset
- ✓ Build unshakable self-belief
- ✓ Develop hot girl habits that elevate every area of your life
- ✓ Create impact and income through your gifts

Use it to:

- ✓ Reflect on who you are
- ✓ Decide who you are becoming
- ✓ Plan your next moves
- ✓ Celebrate every step

Remember: You are worthy of everything you desire.

How to Use This Workbook

- Write honestly. There are no wrong answers.
- Use pencil or pen. This is your personal record.
- Come back often. Revisit as you grow.
- Celebrate progress. Every insight matters.

This is your time to show up as the most empowered version of yourself.

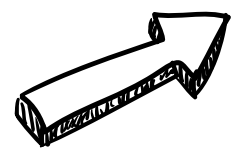
Let's make it happen together.

WELTCOME



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# DAILY RITUALS GUIDE



Consistency is how you build a life you love.



## ✓ Morning Ritual

Gratitude journaling (3 things you're thankful for)

Review your vision & affirmations

Move your body

## ✓ Work Block

Tackle your top priority task

Learn something new or practice your skill

Track your progress

## ✓ Evening Ritual

Reflect: What did you accomplish?

Celebrate yourself (small wins matter!)

Set intentions for tomorrow

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# THE 4 PILLARS OF GROWTH

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01

## **Pillar 1: Inspiration & Mindset Reset**

Discover who you truly are, release limiting beliefs, and create a bold vision for your life.

02

## **Pillar 2: Hot Girl Habits & Personal Power**

Build daily routines, discipline, and standards that set you apart.

03

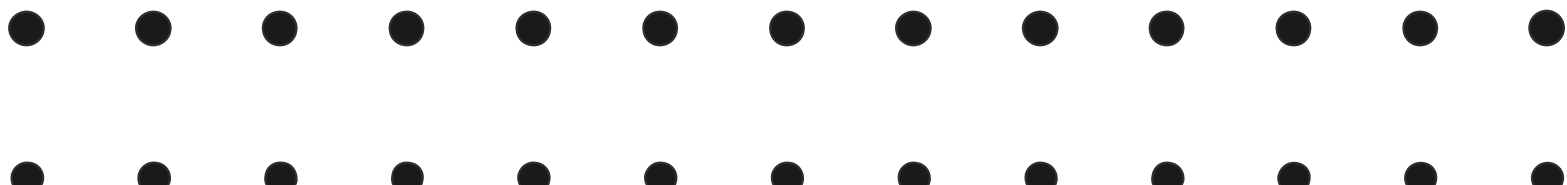
## **Pillar 3: Skill Building & Improvement**

Identify your strengths, develop new skills, and take action to level up.

04

## **Pillar 4: Action & Leadership**

Apply everything you've learned, step into your leadership, and inspire others.







# MY ORIGIN STORY

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**Where did you start? What have you overcome? How did those experiences shape who you are today?**

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**What thoughts have been holding you back?  
Write them down, then rewrite them into empowering beliefs.**

Limiting Belief:

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Empowering Belief:

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# VISION MAPPING

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**Describe your dream life in vivid detail.**

☒ Career or Business:

☒ Finances:

☒ Relationships:

☒ Health & Energy:

☒ Self-Image:



# CONFIDENCE AUDIT

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Area	1	2	3	4	5	6	7	8	9	10
Speaking up confidently										
Believing in my worth										
Taking up space										
Setting boundaries										
Staying consistent										

# MY ZONE OF GENIUS

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What do people always ask you for help with?  
What comes easily to you?

Write your thoughts:



## HOT GIRL HABITS PLANNER

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**List 5 habits you will practice to embody your most confident self.**

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## DAILY RITUAL TRACKER

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Date	Morning Ritual Complete?	Daily Action Complete?	Evening Reflection?
Day 1	✓ / ✗	✓ / ✗	✓ / ✗
Day 2	✓ / ✗	✓ / ✗	✓ / ✗
Day 3	✓ / ✗	✓ / ✗	✓ / ✗
Day 4	✓ / ✗	✓ / ✗	✓ / ✗
Day 5	✓ / ✗	✓ / ✗	✓ / ✗



# LEADER

## SKILLS I'M READY TO GROW

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List 3 skills you will develop in this program.

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## FIRST POWER MOVES

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What's one small action you'll take this week to move forward?

My First Power Move:

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## ACTION PLAN (90 DAYS)

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Top 3 Goals:

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Milestones:

Month 1: \_\_\_\_\_

Month 2: \_\_\_\_\_

Month 3: \_\_\_\_\_



## MY NON-NEGOTIABLES

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What are you no longer available for?

What standards are you raising?

Write them here:

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## WEEKLY REFLECTION TEMPLATE

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Week of: \_\_\_\_\_

☒ What did I accomplish?

☒ What challenged me?

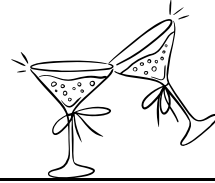
☒ What am I celebrating?

☒ Focus for next week:



## MONTHLY CELEBRATION PAGE

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What are 3 things you're proud of this month?

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How will you celebrate?

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## MY AFFIRMATIONS

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Examples to inspire you:

- I am worthy of success.
- I take up space boldly.
- I attract abundance easily.

Write your own below:

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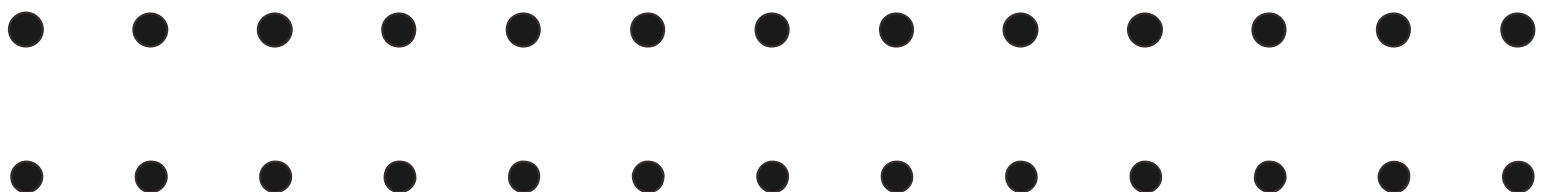




## MY INSPIRATION BOARD

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(Leave this page blank to add photos, magazine clippings, or vision board images.)





## NOTES & INSIGHTS

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Use this space for journaling and reflections.



## RESOURCES I LOVE

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- FAVORITE BOOKS:

- PODCASTS:

- MENTORS:





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# YOU ARE HERE FOR A REASON.

Queen, you did it. You showed up. You reflected. You took action.  
This workbook is just the beginning. Keep going. Keep growing.  
Your next level is waiting.

With all our love,  
The She Leads Elite Team

You are worthy of big dreams,  
unstoppable confidence, and a life that  
lights you up.  
This is your season to rise.  
I can't wait to watch you grow.

*Thank you!*



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