THE POWER WITHIN

Affirmations & Takeaways for the BONA5D Beauty.

The Brains. The Boss. The Believer.

DAILY AFFIRMATIONS

- My worth is not up for negotiation. I lead, grow, and build from a value already proven within me.
- I release the need to be “too much” or “not enough.” I am exactly the boss this moment requires.
- Every setback is data, not a verdict on my worth. I rise informed, not defeated.
- I price my work, my time, and my voice at their true value, because I know what I bring to the table.
- My confidence is not arrogance, it is clarity. I know who I am, so I build boldly.
- I am the Beauty. I am the Brains. I am the Boss. I believe, therefore I build.

KEY TAKEAWAYS

1. **Self-esteem is the foundation, not the finish line.** It fuels personal growth, professional success, and entrepreneurial impact at the same time.
2. What you believe about your worth sets the **standard** for what you will pursue, charge, and build.
3. **Confidence is a practice, not a personality trait.** It is built daily through affirmation and aligned action.

SCAN TO VISIT
www.PamalaMcCoy.com

THE TAKEAWAY MANTRA

“Believe First. Everything Else Follows.”

~ PAMALA MCCOY

BONA5D • BOSS • BRAINS • BEAUTY • BELIEVER