



I am clear on how I  
want to be perceived.

I am visible  
with my full spirit.

I communicate my value.

I deserve happiness and  
success.

I lead with calm confidence.

I schedule self-care  
in weekly.

I pitch my ideas until they  
stick.

I respect my skills and  
experience.



I turn the word *NO*  
into *NEXT*.

I make decisions in  
faith not fear.

I protect my  
time and energy.

I celebrate myself daily.

Marisa Santoro, Founder of  
*In Our Shoes and The Gutsy  
Leadership Academy™*

