

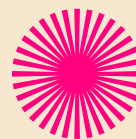


RISE INTO UNSHAKABLE
Confidence
AFTER DIVORCE

5 SIMPLE STEPS YOU CAN PRACTICE ANYTIME



By Alexandra Niel



WELCOME LOVELY

You're here! Take a deep breath and settle in.

You're not here to be fixed. You're here to remember who you are.

This guide is your space to reconnect with your confidence, rewrite old stories, and begin the journey back to the woman you were always meant to be.

Each of these exercises is designed to help you feel grounded, clear, and empowered.

Take your time. Go at your own pace. Be honest. And most importantly, be kind to yourself.

With love,

Alex



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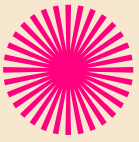
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HOW TO USE THIS GUIDE

First, there's no pressure. Take your time and go at your own pace. Put on some music, light a candle, if that feels good and take a few deep breaths before diving in.

Some exercises are deep and reflective, others are light and energizing, and they might make you feel uncomfortable, and that's good!

Let this be a sacred space to reconnect with your power.

Lastly, be honest, be gentle, and give yourself permission to grow at your own pace.

You're not here to rush or tick the box.
You're here to remember.

Questions? Email me at
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A woman with long brown hair, wearing a vibrant purple blazer over a matching turtleneck and dark jeans, is walking on a city street. She is smiling broadly and laughing, with her hair blowing in the wind. The background shows a blurred cityscape with buildings and cars. The text is overlaid in white, serif font.

YOU'RE NOT
STARTING
OVER

YOU'RE
RISING FROM
WITHIN



STEP ONE

GROUNDING INTO WHO YOU ARE

Before you rise, you reconnect.

It's time to come home to yourself, quiet the noise, tune into your truth, and reconnect with the woman underneath the roles, the pressures, and the past. This is where your return to confidence begins: in knowing who you are, not who everyone expects you to be.



STEP 1

THE MIRROR WORK RITUAL

Stand in front of a mirror. Look yourself in the eyes and say:

“I see you. I love you. I’m listening.”

Prompt: How did it feel to say this? What parts of you were hard to look at? Which parts longed to be seen?

STEP 1

REDISCOVER YOUR INNER BADASS

Use this 3-part prompt to redefine how you see yourself:

1. When I feel powerful, I...
2. One moment I'm proud of is...
3. If I showed up fully as myself today, I would...





STEP TWO

REWIRING YOUR CONFIDENCE

Confidence isn't just a feeling. It's a pattern, it's a way of showing up consistently for yourself.

In this section, you'll uncover the old stories that have kept you playing small and start rewriting them with truth, compassion, and power.

It's time to quiet the inner critic and let your true voice lead.



STEP 2

SABOTEUR SHOWDOWN

Name the voice in your head that brings doubt (e.g., The Judge, The Overachiever, The Pleaser).

Describe what it says, what it wants, and what it is costing you.

Reframe It: What would your Inner Badass say instead?



STEP 2

ACTIVATE YOUR INNER BADASS

Create a confident persona.

Give her a name, style, mantra, and posture. Not sure where to start? Use the exercise in step 1 as a starting point.

Whenever you're about to do something scary (a date, a job interview, a hard conversation), channel her energy.

Prompt: What does she believe that I've forgotten? How can I borrow her courage today?





STEP THREE

EMBODYING CONFIDENCE

Confidence isn't just a mindset. It's a way of being. In this section, you'll explore how to feel confident from the inside out and how the outside can help you feel confident inside. Through your body, your style, and your presence, you'll start showing up as your more grounded, radiant version. This is where belief turns into action and energy speaks louder than words.



STEP 3

DRESS THE WAY YOU WANT TO FEEL

Wear something today that makes you feel radiant, even if you're staying home.

Color, texture, accessories. Everything counts.

Create a "Confidence Closet," a section in your closet, with 3 go-to outfits that activate your energy.



STEP 3

KEEP A BRAG FILE

Create a folder, digital, physical or both (you can never have too many), of compliments, wins, achievements, and “you crushed it” moments. Big or small, they all add up and deserve to be celebrated.

Prompt:

What am I most proud of that no one else knows?

How can I celebrate myself more?





STEP FOUR

CONFIDENCE THROUGH CONNECTION

You don't have to do this alone. Confidence grows in safe, soul-nourishing spaces, with people who see, support, and celebrate you. In this section, you'll explore how connection, both with others and yourself, can strengthen your self-worth and remind you that your peeps has your back.



STEP 4

BUILD YOUR CONFIDENCE CIRCLE

List 3 women you admire and why.

Reach out to one and schedule a some time together. Confidence grows when we surround ourselves with the right people.

Bonus Challenge: Share something vulnerable and notice how it feels to be received without judgment.



STEP 4

THE "NO" PRACTICE

Say “no” at least once this week where you normally would say yes out of guilt, fear, or habit. Start small and build your “No” muscle.

Reflect: What did saying no make space for? What did it reveal about my boundaries and worth?





STEP FIVE

YOUR MOST CONFIDENT SELF

She already lives within you.

This section is about envisioning, and stepping into, the bold, confident, radiant woman you're becoming. You'll connect with her energy, clarity, and courage... and begin aligning your choices with her presence, one intentional step at a time.



STEP 5

VISUALIZE THE FUTURE YOU

Close your eyes. Imagine yourself 6 months from now—fully confident, radiant, and at peace.

Where is she? What is she doing? How does she carry herself? What has she accomplished? If you struggle with visualization, start here: What or how does she feel?

Prompt: Write a letter from her to you now.




STEP 5

RECLAIM YOUR AWESOME RITUAL

Write down a belief about yourself that no longer serves you on a small piece of paper (Keep a master list below, if you have more than one).

Burn it safely, bury it in the yard or tear it up as a symbolic release. Make it a small ceremony.

Then write: "I now choose to believe..." and complete the sentence.

A large white rectangular area intended for the user to write their belief and complete the sentence "I now choose to believe...".



CONGRATULATIONS

ON COMPLETING YOUR INTROSPECTION!

Ask Yourself:

- What did I rediscover about myself in this process?
- What's one brave action I can take this week to step into my power?

When things get hard, repeat to yourself: "I am not becoming someone new. I am remembering who I've always been."

Ready to take this further? If your days are feeling clearer but your mind is still replaying the divorce, that's exactly what Closing the Divorce Loop™ was built for. [Learn More.](#)

