

HELEN TUCKER HELENTUCKERMENTOR.COM

5 BOLD HABITS THAT WILL *Change Your Life*

A free guide for women who are ready to rise



HT

Helen Tucker

Award-Winning Women's Mentor and Confidence Coach

30+ Years helentuckermmentor.com

FREE RESOURCE

helentuckermmentor.com

A Note from Helen

You are holding this guide because some part of you knows there is more.

More confidence. More clarity. More of the life you actually want -- not the one you settled into while you were busy taking care of everyone else.

I have been a women's mentor for over thirty years. In that time I have sat with women who were brilliant, capable, and utterly unable to see themselves clearly. Women who had done extraordinary things -- and still whispered: I am not sure I am enough.

These five habits are the ones I return to again and again, in session after session, because they work. Not because they are complicated -- but because they are honest.

This is not a list of things to feel guilty about not doing. It is an invitation to begin. Start with one. Try it for a week. Notice what shifts.

I believe in you -- with everything I have. And I hope that by the time you reach the last page, you believe in yourself just a little more too.

With love and belief,

Helen x

Award-Winning Women's Mentor and Confidence Coach

helentuckermmentor.com

HABIT 01

Start before you feel ready

01

The women I have watched transform their lives did not wait until they felt confident. They started -- messy, uncertain, heart pounding -- and built confidence in the doing.

Confidence is not a prerequisite for action. It is a result of it. Research by psychologist Albert Bandura shows that mastery experiences -- doing something and surviving it -- are the single most powerful confidence builder available to us.

Your bold habit: Choose one thing you have been putting off until you feel ready. Give yourself 48 hours. Do it before you are ready. Notice what shifts.

JOURNAL PROMPT

What is one thing I keep waiting to feel ready for?

HABIT 02

Speak to yourself like someone you love

02

If your best friend spoke to herself the way you speak to yourself, you would be devastated for her. And yet we accept the inner critic as truth without question.

Self-compassion is not softness. Research shows that treating yourself with kindness reduces stress hormones by roughly 25% compared to self-criticism, making you more resilient, not less.

Your bold habit: When you catch the inner critic mid-sentence, pause and ask: What would I say to a woman I loved in this moment? Then say that to yourself instead. Every single time.

JOURNAL PROMPT

Write down one thing your inner critic says. Then rewrite it with kindness.

HABIT 03

Protect your energy like gold

03

You cannot rise if you are running on empty. Yet so many women I work with have given their best energy away to everyone else, everything else, before they have given a single drop to themselves.

Saying no is not selfish. It is a skill. Every boundary you hold is a message to yourself: I matter. My time matters. My energy matters.

Your bold habit: Identify one commitment, relationship, or habit that consistently drains you. This week, reduce it, renegotiate it, or release it. Notice how much energy returns when you stop the leak.

JOURNAL PROMPT

What am I saying yes to that I need to start saying no to?

HABIT 04

Build your inner circle

04

Harvard Business Review research found that women with a tight-knit female inner circle of just one to three close, trusted women land leadership roles with 2.5 times higher authority and pay than those without one.

The women who grow fastest are never the ones who go it alone. Community is not a luxury. For women, it is a growth strategy.

Your bold habit: Identify one woman in your life who lifts you, challenges you, and believes in you. Reach out this week -- not with a request, but with presence. Tell her what she means to you. Begin intentionally building your circle.

JOURNAL PROMPT

Who are the three women in my life who make me better? How can I invest in those relationships?

HABIT 05

Celebrate yourself out loud

05

Women are masterful at minimising their achievements. Oh, it was nothing. Anyone could have done it. I just got lucky. After thirty years, I can tell you: this habit quietly destroys confidence from the inside out.

Every time you dismiss what you have done, you are training your brain to see yourself as less. Every time you acknowledge it -- out loud, without apology -- you build the neural pathways of a confident woman.

Your bold habit: Keep a daily three wins journal. Every evening, write down three things you did well that day. Big or small. No minimising allowed. Do this for 30 days and watch the way you see yourself begin to shift.

JOURNAL PROMPT

What three things did I do well today that I would usually dismiss?

You are already enough.

You just need someone to remind you.

These five habits are not a to-do list. They are an invitation to begin showing up for yourself the way you have always shown up for everyone else.

You do not have to do all five at once. Choose one. Start today. And when it begins to feel natural, add another.

Over thirty years of walking alongside women, I have watched this truth prove itself again and again: it is never the most talented woman who rises. It is the one who refuses to stop.

That woman is you.

When you are ready to go deeper, to have someone in your corner who sees you clearly and believes in you fiercely, I am here.

Free Activities

helentuckermmentor.com/activities

Book a Discovery Session

calendly.com/helentuckermmentor

Empowerment Circles

helentuckermmentor.com/circles

Helen Tucker

Award-Winning Women's Mentor 30+ Years