

OPHELIA GREEN

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LIVE . LEARN . LEAD .

**YOU'RE
READY.
LET'S GO**

**A 7-Day Confidence Activation to Start
What You've Been Delaying**

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Results vary based on individual effort and circumstances.

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L I V E . L E A R N . L E A D .



YOU'RE READY. LET'S GO

You're Ready. Let's Go. is a quick, action-based 7-day activation for corporate women, businesswomen, and entrepreneurs who are tired of delaying what they know they need to do.

Over the next seven days, you'll get clear on your next step and take real action, whether that step is a promotion, a business idea, a degree, a project, or a personal goal. Just simple daily actions to build confidence by moving.

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A QUICK NOTE FROM ME (YOUR COACH)

Hi, I'm Dr. Ophelia D. Green, DBA,

I'm a certified business and life coach, as well as a certified image consultant and personal stylist.

I've spent 32 years in sales, lead teams, trained and developed sales teams at big corporations, built businesses, sold businesses and I've learned one truth that never changes:

People don't just buy what you sell. They respond to how you show up. How you make them feel.

I help women; especially women building their next chapter; package themselves from the inside out:

- your confidence
- your leadership presence
- your professional image
- your ability to communicate value
- your ability to walk into rooms like you own them

And I'm going to be honest, we all have our "thing" and mine was comparing. My confidence used to break down when I compared myself to other people's success. I'd look at what someone else was doing and start questioning my own path, my pace, my progress.

But, I learned quickly, comparison doesn't reveal truth. It steals focus.

So, whatever your thing is, it doesn't mean you're not qualified. It just means you've been letting doubt get too much in the way.

And we're not doing that anymore. It's time to do *this*. Whatever "this" is for you, you're in the right place.

READ THIS FIRST

You don't need more time.

You need traction.

You don't need to be fearless.

You just need to move.

And you don't need to become a different woman.

You need to come back to the one you already are and have always been and then package her within intention.

This quick book is for the woman who's been doing so much for everyone else, dreaming about "it" for so long, building on the side, and saying, "I'll start when..."

When the kids are older.

When the money is right.

When the timing is perfect.

When confidence catches up.

Let me tell you the truth about it: confidence doesn't catch up. You build it.

And in the next few pages, I'm going to help you do exactly that and fast. Because we have wasted enough time...

If this is you, you're in the right place

You're capable. You're smart. You've done all the things.
But when it's time to step into your next chapter; your next role,
your business, your visibility; something tightens up.

You overthink.

You delay.

You watch other women win and suddenly you question your own
timeline.

And fear? Fear sometimes have you doubting your gifts, talents and
abilities you already know you have.

Here's the thing:

Confidence breaks down when you allow doubt to take control.

So we're not doing that anymore.

We're going to reimagine confidence as something you can practice
on purpose with one small decision at a time and one small action at
a time.

By the end of this ebook, I want you to feel:

- confident
- motivated
- inspired
- ready to get started

Not next month. Not "soon."

But NOW.

CONFIDENCE, ACTIVATED

What confidence is (and what it is not)

Confidence is not:

- being fearless
- always being “on”
- never doubting yourself
- having it all figured out
- arrogance
- cockiness
- conceit

Confidence is:

- Courage; the decision to move while you’re still becoming.
- Confidence is proof; created through action.
- It’s doing the next step even when you don’t have every answer.
- It’s knowing what you bring to the table and being able to say it, not necessarily loudly, but with conviction because it yours.

And the fastest way to build confidence is not more thinking.

It’s more movement.

Even small movement.

Because every time you do what you said you would do, you start trusting yourself.

The 3-Part Method to Help You Start Strong

If you want real confidence, you need three things working together:

1) INNER - Identity & Self-Trust

This is how you see yourself.

- What you believe you deserve
- What you tolerate
- What you tell yourself when you're not winning yet

2) OUTER - Presence & Packaging

This is how people experience you before you speak.

- Your visual cues
- Your posture, tone, energy
- Your style choices and professional image

3) IMPACT - Voice, Value & Visibility

This is how you move your goals forward.

- How you introduce yourself
- How you sell your ideas
- How you ask for opportunities
- How you show up consistently

Most women focus on one area and ignore the other two.

But when all three align you stop starting over mentally every day.

You become consistent.

YOUR NEXT CHAPTER AUDIT

A quick self-check to create clarity fast

Grab a pen. Don't overthink and just answer honestly.

1) Where am I right now?

What chapter am I in today?

(Example: corporate leader building a business on the side)

2) What am I tolerating that's costing me energy?

A role that drains me?

A business I keep hiding?

A relationship with my own potential that's full of excuses?

3) What do I want to be known for in the next 12 months?

Not what you do. What you're known for.

4) What feeling do I want my presence to create before I speak?

Choose 3 words:

Confident / Calm / Bold / Clear / Prepared / Powerful / Trusted
/ Polished / Warm / Unshakeable

5) What's the next move I keep delaying?

The post?

The launch?

The website?

The call?

The offer?

Circle it. That's your starting point.

WHY DOUBT BREAKS CONFIDENCE

Doubt has a pattern.

It shows up when you're about to stretch.

When you're about to be seen.

When you're about to start something that actually matters to you.

Sometimes it looks like comparison.

Sometimes it looks like overthinking.

Sometimes it looks like waiting until you "feel ready."

But it all does the same thing: it interrupts your momentum.

Doubt is usually a sign of two things:

- You're looking at too much without a clear plan for yourself
- You're judging your progress without respecting the work it takes to grow

So here are three rules starting today:

Rule 1: Don't measure your life against people; measure your habits

She's consistent? Get consistent.

She's visible? Get visible.

She's clear? Get clear.

Rule 2: Don't measure outcomes; measure reps

Confidence doesn't come from thinking.

It comes from doing.

Success is repetition with intention.

Rule 3: When doubt hits, do one action

Not a thought. Not a "one day." Not a prayer-only moment.

One action.

Because action restores confidence.

THE 7-DAY CONFIDENCE ACTIVATION

Small moves. Big momentum.

This is designed to work whether you're:

- a side business builder
- a corporate leader
- a full-time entrepreneur

Do one day at a time. No perfection. Just progress.

DAY 1 - Write your “Next Chapter Statement”

Complete this sentence:

“In this season, I am becoming the kind of woman who _____.”

(Example: “finishes what she starts” / “stops hiding her gifts” / “moves with clarity”)

DAY 2 - Create your 30-second introduction

Write it like this:

I help [who] do [what] so they can [result].

(Example: “I help women in leadership and entrepreneurship package themselves with confidence and presence so they can step into their next chapter boldly.”)

DAY 3 - Build one “signature look formula”

Choose one outfit formula you can repeat:

- Blazer + fitted top + structured pant
- Dress + jacket + clean shoe
- Monochrome look + statement accessory

This isn't about fashion. This is about consistency and authority.

THE 7-DAY CONFIDENCE ACTIVATION

DAY 4 - Make one bold ask

Send one message:

- ask for a call
- ask for a referral
- ask for the meeting
- ask for the opportunity

Confidence grows when you stop negotiating with fear.

DAY 5 - Set one boundary

Write one line you will use this week:

- “That doesn’t work for me.”
- “I’m not available for that.”
- “I can do X, but I can’t do Y.”

DAY 6- Take one visibility step

Post, pitch, or present.

- post your offer
- share your story
- invite people to book a call

DAY 7 - Decide your next 30 days

Write:

- One goal
- Three actions
- One deadline
- One support system

Then commit.

CONFIDENCE SCRIPTS

Borrow my words until yours feel stronger

1) Introduction (simple and strong):

“Hi, I’m Dr. O. I am a certified business and life coach as well as a certified image consultant and personal stylist. I bring my combined 32 years of sales experience and leadership development to help women in corporate and entrepreneurship package themselves with confidence, leadership presence, and a clear plan for their next chapter.”

2) When someone asks, “So what do you do?”

“I help women show up like the decision-maker they are inside and out so their credibility is felt before they speak.”

3) When you feel tempted to downplay:

“Thank you. I’ve worked hard for this, and I’m proud of my results.”

4) When you’re nervous but ready:

“I don’t need to be perfect. I need to be prepared.”

5) When you need to ask for the call:

“I’d love to learn more about what you’re building. Do you have 20 minutes this week for a quick call?”

6) When you’re selling your offer:

“This is for the woman who’s ready to move from thinking to doing with confidence, and real support. You don’t have to do it alone. I’m here”

YOUR QUICK START PLAN

If you're a side business builder

~ This week, do these three things:

1. Write your offer in one sentence
2. Create one simple package (price + what's included)
3. Post an invitation to book a call

If you're a corporate leader:

~ This week, do these three things:

1. Rewrite your intro for meetings
2. Choose one signature look formula
3. Speak up once when you'd normally stay quiet

If you're a full-time entrepreneur:

~ This week, do these three things:

1. Clarify your primary offer
2. Message 10 people you can help
3. Book 3 calls (even if you're nervous)

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WHAT TO EXPECT WHEN YOU START

Let's be real. Because some will say fear disappears as soon as you make the first step. That's **TOTALLY** untrue.

The first step will feel bigger in your mind than it is in real life. Your confidence won't appear like magic.

But, it will show up.

You will do something small and think:

“Okay... I can do this.”

And then the next step won't feel so huge.

And the next.

And then you'll look up and realize you're not stuck anymore. You're moving.

That's what this was for.

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BOOK A CALL w/ ME...Let's Chat

If you're ready for personal support, let's talk.

If this ebook lit something up in you and you know you're ready to stop circling the same start line; I'd love to help you.

When we talk, we'll focus on:

- what chapter you're in
- what's holding you back
- what needs to be tightened: confidence, presence, offer, or all three
- a plan that fits your real life (not your fantasy schedule)

Book a call and let's build your next chapter on purpose.

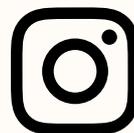
[Book a Discovery Call](#)

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Let's connect



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“Today is not for perfection;
today is for progress. Your next
chapter doesn’t need more
thinking; it needs movement.

Ready isn’t a feeling, it’s a
choice. And your future doesn’t
respond to plans; it responds to
action.

So let’s get moving.”

Dr. O

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