

VIP EXCLUSIVE GIFT

# The Unshakeable Confidence Playbook

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*Your Complete Step-by-Step System for Rebuilding Confidence,  
Reclaiming Your Power, and Rising Stronger Than Before*

## **What's Inside:**

8 Powerful Confidence-Rebuilding Tools • 30-Day Confidence Reset Challenge  
Guided Reflection Exercises • Personal Affirmations Builder

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## Disclaimer

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This playbook is provided for educational and motivational purposes only. The content reflects the personal experiences, opinions, and coaching philosophy of Dr. Deitra C. Payne and is intended to offer practical tools for personal development and confidence-building.

The information presented here is not intended to substitute for professional medical advice, mental health treatment, therapy, counseling, legal advice, or financial guidance. If you are experiencing a mental health crisis or any condition requiring professional support, please seek the assistance of a qualified professional.

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## Welcome, Fabulous

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You made it here — and that means something. It means you're ready. Not just to survive what happened to you, but to build something extraordinary on the other side of it.

The Unshakeable Confidence Playbook is not a quick fix. It is a complete system — a structured, intentional journey through the real work of rebuilding from the inside out. If the Starter Guide opened the door, this playbook is what happens when you walk all the way through it.

*“Your comeback is not just possible — it is the most powerful chapter of your story. And you are about to write it.”*

Inside this playbook, you will find:

- Eight powerful tools drawn from Dr. Payne's own extraordinary comeback story
- A complete 30-Day Confidence Reset Challenge to build daily momentum
- Guided reflection exercises designed to help you process, grow, and release
- A personal affirmations builder to rewire your inner voice from the ground up

This is your invitation to go deeper. To do the real work. To rise in a way that lasts.

*You belong here. Let's begin.*

*With love and conviction,*

**Dr. Deitra C. Payne**  
Your Confidence Coach

## How to Use This Playbook

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This playbook is designed to be worked, not just read. The difference between women who transform and women who merely feel inspired is this: they do the exercises. They write the answers. They show up for themselves on the pages no one else sees.

### A Few Guidelines:

- Move at your own pace. There is no race. Honor where you are.
- Use a dedicated journal alongside this playbook for your reflection exercises. Give yourself space.
- Work through the tools in order for the first pass — they build on each other intentionally.
- Return to any tool as often as you need. Confidence is not a destination; it is a practice.
- The 30-Day Challenge works best when you commit to it fully. One day at a time.

### A NOTE BEFORE YOU BEGIN

Give yourself permission to be honest in these pages. The most powerful breakthroughs happen in the space between what we wish were true and what actually is. Truth is the beginning of transformation. You are safe here.

TOOL 1

## Audit Your Foundation

Before you can rebuild, you need an honest assessment of what remains. Not what you wish were still standing — but what is actually still intact. Every powerful comeback begins not with a leap of faith, but with a clear-eyed look at where you are standing right now. This tool gives you the framework to conduct that honest audit without judgment or shame.

*“You cannot build a skyscraper on a cracked foundation. The audit is not about cataloguing your failures — it is about discovering what is still solid enough to build on.”*

### How to Apply This Tool:

- Divide your life into four pillars: Mindset, Relationships, Purpose, and Physical/Emotional Energy. Rate your honest satisfaction in each area from 1–10.
- For each pillar, write two things: what has been shaken, and what has held firm. This is your actual foundation.
- Identify which pillar needs the most immediate attention. That is your starting point — not where you are weakest, but where focused effort will create the most momentum.
- Revisit this audit monthly. Confidence is built by watching your numbers rise over time.

### FOUNDATION AUDIT PROMPT

Score each pillar (1–10) and write two sentences: one about what has crumbled, and one about what has held. Then circle the pillar you are committing to strengthen first. Write: “I am choosing to rebuild in this area because \_\_\_\_\_.”

TOOL 2

## Identify Your Confidence Thieves

Every woman who has lost her confidence can point to the moment or moments it began to slip away. But often we are not precise enough about what actually stole it. Was it a relationship? A failure? A voice from your past that told you that you were not enough? Until you name your specific confidence thieves, they continue to operate in the shadows — stealing your power without your conscious awareness.

*“You cannot evict a thief you refuse to name. Naming your confidence thieves is the first act of reclaiming your power from them.”*

### How to Apply This Tool:

- Make a list of the top 3–5 experiences, relationships, or beliefs that have most significantly undermined your confidence. Be specific.
- For each thief, ask: Whose voice is this? When did I first hear it? Is this based in fact or fear?
- Identify the lie at the core of each confidence thief. Then write the truth that directly contradicts it.
- Create a “Thief vs. Truth” document. Every time a thief shows up, you have your truth ready.

### CONFIDENCE THIEVES PROMPT

Complete this exercise: Write “My confidence was stolen when \_\_\_\_\_.” for your top three experiences. Then write beneath each one: “But the truth is \_\_\_\_\_.”

TOOL 3



## Rewrite Your Inner Narrative

The story you tell yourself about who you are shapes every decision, every relationship, and every opportunity you allow yourself to pursue. After a significant setback, that inner narrative is often infected with shame, self-blame, and catastrophic thinking. This tool gives you a structured approach to identifying your current narrative — and deliberately rewriting it into one that serves your comeback.

*“You are the author of your story. The crisis gave you a plot twist — but it does not get to write the ending. That belongs to you.”*

### How to Apply This Tool:

- Write your current inner narrative in full. What does the voice in your head say about who you are, what you deserve, and what is possible for you? Don't edit it — write it raw.
- Read it back as if it were written about your best friend. Notice where you would argue back. Those are the points of rewrite.
- Create a new narrative — one that is honest about what happened but grounded in your capacity, your worth, and your future. Write it in the first person, present tense.
- Read your new narrative out loud every morning for 30 days. Repetition is how the brain rewires.

### NARRATIVE REWRITE PROMPT

Title a page “My Old Story” and write it. Then title the next page “My True Story” and rewrite it. Begin your new story with: “I am a woman who \_\_\_\_\_.”

TOOL 4



## Master the Art of the Pivot

Resilience is not the ability to bounce back to where you were — it is the ability to pivot toward something better. Many women in the midst of a confidence crisis become paralyzed, waiting to return to the version of themselves that existed before the loss. But the most powerful comeback stories are not about restoration. They are about reinvention. This tool teaches you how to pivot with intention.

*“The pivot is not giving up. It is the wisdom to recognize that the direction you were heading may no longer serve the woman you are becoming.”*

### How to Apply This Tool:

- Identify one area of your life or business where you have been trying to “go back” rather than move forward. Name it honestly.
- Ask: What would it look like to pivot instead of retreat? What is the version of this that serves the next chapter of my life?
- Create a Pivot Plan with three steps: What I am releasing, What I am redirecting toward, and What my first action is this week.
- Find one example of a woman who pivoted powerfully after a loss — in business, life, or leadership. Study her strategy, not just her story.

### PIVOT PLANNING PROMPT

Write: “I have been trying to return to \_\_\_\_\_. But the truth is, the next chapter of my life is calling me toward \_\_\_\_\_. My pivot begins when I \_\_\_\_\_.”

TOOL 5



## Build a Board of Inner Advocates

Research in psychology confirms what strong women have always known intuitively: who you surround yourself with shapes who you become. This tool goes beyond simply curating your circle — it invites you to build a deliberate Board of Inner Advocates: people who actively speak into your life, challenge your thinking, hold your vision, and refuse to let you settle for surviving when you are built for thriving.

*“You do not need a large circle. You need the right one. Three women who truly see you are worth more than three hundred who simply know you.”*

### How to Apply This Tool:

- Identify the five roles every woman needs in her inner circle: The Challenger, The Encourager, The Accountability Partner, The Visionary, and The Sage. Who fills each role in your life right now?
- Notice which roles are empty or filled by the wrong person. That is your gap — and a gap is an invitation.
- Draft an “Advocate Wish List.” Who do you admire? Who is where you want to be? Who leads in a way you respect? Those are your targets for intentional relationship-building.
- Schedule one connection this week — a coffee, a call, a message — with someone who belongs in your inner circle.

### INNER ADVOCATES PROMPT

Fill in each role: My Challenger is \_\_\_\_\_. My Encourager is \_\_\_\_\_. My Accountability Partner is \_\_\_\_\_. My Visionary is \_\_\_\_\_. My Sage is \_\_\_\_\_. Then circle the name that surprised you most.

TOOL 6

## **Activate Your Purpose as Your Anchor**

When life falls apart, the women who rise fastest are almost always anchored to something bigger than their circumstances — a sense of purpose that makes the hard days worth enduring. Confidence, at its deepest level, is not just about believing in yourself. It is about believing your presence on this earth matters. This tool helps you excavate and articulate your purpose so it can serve as an anchor through every storm.

*“When you know why you are here, you stop letting what happened to you define where you are going. Purpose is the compass that confidence follows.”*

### **How to Apply This Tool:**

- Ask yourself three questions: What breaks my heart? What makes me come alive? What can I do that no one else does in exactly the way I do it? The intersection of those three answers is your purpose zone.
- Write a purpose statement in one sentence: “I exist to \_\_\_\_\_ so that \_\_\_\_\_. This is your anchor. Return to it whenever the storm rises.
- Identify one way your current setback is actually preparing you for your purpose. Pain that is connected to purpose becomes power.
- Post your purpose statement somewhere you see it every day. Let it be louder than the noise.

### **PURPOSE ANCHOR PROMPT**

Complete this statement in three different ways and then choose the version that makes your heart beat faster: “I believe I was put on this earth to \_\_\_\_\_.” Which version feels most true? That is your anchor.

## TOOL 7

 **Create a Confidence Ritual Practice**

Confidence is not something you find one day and keep forever. It is something you practice — daily, deliberately, even on the days you do not feel like it. Especially on those days. High-performing women in every field know this: success is not built on inspiration. It is built on ritual. This tool helps you design a daily confidence practice that becomes the non-negotiable foundation of your comeback.

*“The ritual is not about perfection. It is about showing up — for yourself, every day, before anyone else gets your energy.”*

**How to Apply This Tool:**

- Design your Morning Confidence Ritual (15–30 minutes). Include: body movement, intentional silence or prayer, affirmation practice, and your daily one priority. This is your non-negotiable.
- Design your Evening Confidence Review (10 minutes). Ask: What did I do well today? What did I learn? What am I grateful for? Where did I show up boldly?
- Identify your confidence anchors — the specific songs, scriptures, quotes, or people that instantly ground and elevate you. Curate these intentionally.
- Commit to your ritual for 30 consecutive days. Track your consistency. The ritual becomes the confidence.

**RITUAL DESIGN PROMPT**

Design your ideal morning confidence ritual right now. What time does it begin? What does it include? How does it make you feel as you move into your day? Write it as if it is already happening.

TOOL 8

## Rise Publicly: Own Your Comeback Story

The final tool is also the most transformational — and the one most women resist. There is immense power in owning your story out loud. Not to perform vulnerability, but to step into the fullness of who you have become through what you survived. Women who share their comeback stories do not just heal themselves — they create permission for other women to rise. Your story is not just yours. It belongs to every woman who needs to see that it is possible.

*“Your scars are not your shame. They are your credentials. The woman who has been through the fire and still shows up is the most powerful woman in the room.”*

### How to Apply This Tool:

- Write a first draft of your comeback story in 300–500 words. Include: what happened, what you lost, what you discovered, and who you are becoming. This is your origin story.
- Identify one platform, stage, or conversation where you are willing to share a piece of your story this month — a social media post, a conversation with a friend, a speaking opportunity.
- Clarify the message you want your story to send: “My story says that \_\_\_\_\_ is possible.” That is your gift to the women watching you rise.
- Practice telling your story until it feels like power, not pain. The story does not change — your relationship with it does.

### STORY OWNERSHIP PROMPT

Begin writing your comeback story right now. Start with: “There was a time when I thought I would never recover from \_\_\_\_\_. But what I didn’t know then was \_\_\_\_\_. Today, I am \_\_\_\_\_.”

## Guided Reflection Exercises

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These exercises are designed to be done in quiet, uninterrupted time — with your journal, a cup of something warm, and full permission to be honest. There are no right answers. There is only your truth.

### Exercise 1: The Timeline of Your Strength

Draw a horizontal line across a full page. On the left, write your birth year. On the right, write today's date. Mark every significant challenge you have faced and survived along that line. Then, above each challenge, write one word for what it gave you — wisdom, resilience, empathy, clarity, or something else entirely. When you step back and look at the full timeline, you are looking at the evidence of who you are.

*Reflection: What does your timeline tell you about your capacity for survival and growth?*

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### Exercise 2: The Letter You Needed

Think back to the darkest moment of your current or most recent crisis. Then write the letter you needed to receive on that day — from someone who fully believed in you, saw your potential, and knew with certainty that you would make it through. Write it in full. Let it be tender. Let it be fierce. When you are done, read it back to yourself slowly. That voice? That is the voice you are learning to become.

*Begin here:*

**Dear [Your Name],**

### Exercise 3: The Vision of Your Risen Self

Close your eyes and travel forward three years. You have done the work. You have risen. Imagine yourself in full — what do you look like? Where are you? What are you working on? Who is around you? What does a typical Tuesday feel like? Now open your eyes and write everything you saw in as much detail as possible. This is not wishful thinking. This is a blueprint.

*Three years from now, I am:*

**My work:**

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**My relationships:**

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**My daily life:**

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**How I feel in my body:**

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**What I am most proud of:**

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### Exercise 4: The Release Ritual

Write a list of everything you are still carrying that no longer belongs to you — guilt, shame, resentment, regret, an old identity, someone else’s opinion of you. Give yourself permission to be thorough. Then, one by one, write beside each item: “I release this. It no longer defines me.” This is a cleansing. When you are done, you may choose to physically destroy the list as a symbol of release.

*What I am releasing:*

1.

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2.

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3.

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4.

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5.

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## Your Personal Affirmations Builder

Generic affirmations can feel hollow. The most powerful affirmations are deeply personal — rooted in your specific story, your specific truth, and the specific woman you are becoming. Use this builder to craft affirmations that resonate at the deepest level.

### THE FORMULA FOR A POWERFUL AFFIRMATION

A powerful affirmation is: Present tense (I am, I have, I create) • Specific to your journey • Emotionally resonant • Believable enough to grow into Example: "I am a woman who has survived the unimaginable and discovered that my strength was always greater than my circumstances."

### Step 1: Identify Your Core Wounds

Your most powerful affirmations speak directly to your deepest wounds. List your top 3 areas where your confidence has been most damaged:

1.

2.

3.

### Step 2: Craft Your Truth Statements

For each wound, write one truth that directly contradicts the lie it tells you. Start with "I am" or "I have" or "I choose."

**Wound 1 Truth:**

**Wound 2 Truth:**

**Wound 3 Truth:**

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**Step 3: Write Your Core 10 Affirmations**

Using the formula and your truth statements, craft your personal 10 affirmations below. These are yours — written in your voice, for your journey.

1.

2.

3.

4.

5.

6.

7.

8.

9.

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10.

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#### Step 4: Your Affirmation Practice

- Read your affirmations aloud every morning before checking your phone.
- Write your top 3 affirmations in your journal every evening.
- Record yourself reading them and listen on your morning walk or commute.
- Post the most powerful one where you will see it first thing each day.
- Update your affirmations as you grow. They should evolve with you.

*“Repetition is not weakness. It is how the brain learns to believe what the heart already knows.”*

## 30-Day Confidence Reset Challenge

This challenge is built on one simple premise: confidence is not found, it is created — one intentional day at a time. Each day has a theme, a practice, and a reflection question. Some days will feel easy. Others will feel hard. All of them count.

### YOUR COMMITMENT

Before you begin, write this commitment and sign it: "I, \_\_\_\_\_, commit to showing up for myself for the next 30 days. I will do the work even when I don't feel like it, especially when I don't feel like it. My confidence is worth it. I am worth it." Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### WEEK 1: AWARENESS

This week, you are not changing anything yet. You are simply becoming deeply aware of where you are, what you think, and how you feel. Awareness is always the first step.

#### Day 1 — Set Your Intention

Write your "why" for this challenge. What are you hoping to feel on Day 30 that you don't feel today? Be specific. Post it where you'll see it every morning.

#### Day 2 — Audit Your Self-Talk

Set a phone alarm every two hours today. Each time it rings, notice what you've been thinking about yourself. Write it down without judgment. Just observe.

#### Day 3 — Name the Wound

Use Tool 2 today. Write out your confidence thieves and the truths that disarm them. This exercise can be uncomfortable. Do it anyway.

#### Day 4 — Body Check-In

Spend 10 minutes in stillness. Where do you hold tension in your body? Where do you feel contracted? Your body is keeping score. Write what it is telling you.

#### Day 5 — Gratitude Inventory

Write 20 things you are genuinely grateful for today. Not 5 — 20. Gratitude is a confidence activator. When you are in lack consciousness, gratitude shifts the lens.

### **Day 6 — Rest with Intention**

Choose one activity today that fills your cup with no productivity attached. Read. Walk. Pray. Sit in the sun. Remind your body that restoration is not laziness.

### **Day 7 — Week 1 Reflection**

What did you learn about yourself this week? What surprised you? What are you releasing? What are you ready for? Write a full page.

## **WEEK 2: RELEASE**

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This week you are letting go. Not of who you are — but of what has been holding you back. Release is not weakness. It is the prerequisite for growth.

### **Day 8 — Forgiveness Practice**

Write a letter of forgiveness — to someone who hurt you, to yourself, or both. You don't have to send it. You just have to mean it. Forgiveness is not for them. It is for your freedom.

### **Day 9 — Declutter One Space**

Choose one physical space — your closet, your desk, your phone. Clear out what no longer belongs. External order creates internal clarity. Notice how you feel afterward.

### **Day 10 — The Comparison Detox**

Unfollow, mute, or take a full break from any social media account that makes you feel less than. You are not quitting — you are protecting your field.

### **Day 11 — Release the Old Identity**

Complete Exercise 4 (The Release Ritual) today. Write everything you are still carrying. Then release it one item at a time. This may take more than one session. Give it time.

### **Day 12 — End a Draining Obligation**

Identify one commitment, responsibility, or relationship dynamic that is consistently draining you. Decide today how you will begin to set a boundary. Then take one small step.

### **Day 13 — Move Your Body**

Choose movement that feels joyful, not punishing. Dance in your kitchen. Walk in the park. Take a yoga class. Spend at least 30 minutes letting your body lead.

### **Day 14 — Week 2 Reflection**

What did you release this week? How does it feel to let go? What is the space being created for? Write freely and without editing yourself.

## **WEEK 3: REBUILD**

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Now the real building begins. This week you are laying new bricks — new habits, new beliefs, new actions — one intentional day at a time.

### **Day 15 — Design Your Confidence Ritual**

Use Tool 7 today. Create your morning and evening confidence rituals in writing. Then live the morning ritual tomorrow and every morning for the rest of this challenge.

### **Day 16 — Write Your New Narrative**

Use Tool 3 to write your complete narrative rewrite. Take your time. Make it true. Make it powerful. Read it out loud when you're done.

### **Day 17 — Craft Your Affirmations**

Complete the full Affirmations Builder today. Write all 10 affirmations. Record yourself saying them. Listen to the recording tonight before bed.

### **Day 18 — Take One Bold Action**

Do one thing today that stretches you slightly beyond your current comfort zone. Send the email. Make the call. Apply for the opportunity. Start the project. One bold action builds the next.

### **Day 19 — Invest in Your Growth**

Purchase one book, sign up for one course, register for one event, or book one coaching session that supports your growth. Investing in yourself is a confidence statement.

### **Day 20 — Celebrate a Win**

Look back at the past 19 days. Identify three wins — however small. Celebrate them deliberately and out loud. Tell someone. Write them in your journal. Let yourself feel proud.

### **Day 21 — Week 3 Reflection**

Who are you becoming? What has shifted in the past three weeks? Write a comparison between who you were on Day 1 and who you are today. Notice what has changed.

## **WEEK 4: RISE**

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The final week is about integration and momentum. You are not just rebuilding confidence — you are becoming a woman who lives confidently as her natural state.

### **Day 22 — Connect with Your Purpose**

Use Tool 6 today. Write your purpose statement and identify one way your current journey is preparing you for your larger purpose. Let the pain make sense.

### **Day 23 — Reach Out to Your Inner Circle**

Contact two people who belong in your inner circle of advocates. Not to ask for anything — simply to invest in the relationship. Confidence thrives in community.

### **Day 24 — Share Your Story**

Use Tool 8 to write the first draft of your comeback story. Then share a piece of it — even one sentence — with someone who needs to hear it. Vulnerability is power.

### **Day 25 — Pivot Planning**

Use Tool 4 to create your Pivot Plan. Where are you being called to redirect your energy, your gifts, or your vision? What is the next chapter actually about?

### **Day 26 — The Vision Board Day**

Create a simple vision representation — digital, cut-and-paste, or written — of your risen self. Make it visible. Hang it somewhere you see it every day.

### **Day 27 — Pay It Forward**

Identify one woman in your life who is struggling with confidence right now. Reach out to encourage her. Share a resource. Speak life into her situation. Giving is a confidence amplifier.

### **Day 28 — Recommit**

Revisit your commitment statement from Day 1. Rewrite it with everything you now know. How has your “why” deepened? How has your sense of what is possible expanded?

### **Day 29 — Full Circle Reflection**

Complete Exercise 3 (The Vision of Your Risen Self) again. Compare it to what you wrote on Day 1. Notice the shift in how you see yourself, what you believe is possible, and who you are becoming.

### **Day 30 — Celebration and Commitment**

You did it. Thirty days of showing up for yourself. Today, write a letter to your future self — one year from now. Tell her what you did, what you discovered, and what you are committing to from here. Celebrate fully. You have earned it.

## You Have Risen

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You came to this playbook carrying something heavy. You did the work of setting it down. You examined your wounds without running from them. You rewrote stories that were keeping you small. You built new rituals, new affirmations, new relationships, new beliefs.

*“You are not the same woman who opened this playbook. And the world needs who you have become.”*

The 30 days are complete — but the practice is not. Confidence is not a finish line. It is a daily devotion to the woman you are still becoming.

Here is what I want you to carry forward:

- ✓ Return to this playbook every 90 days. You will find new meaning in each tool as you grow.
- ✓ Keep your affirmations alive. Update them as you evolve.
- ✓ Stay connected to your purpose anchor, especially on the hard days.
- ✓ Share your story. The woman behind you needs to see it is possible.
- ✓ Join the community. Connect with Dr. Payne and the Fabulous CTP community for continued support.

**You are not too far gone. You are not too broken. You are not too late. You are exactly the woman this world has been waiting for.**

*With immense pride in who you are becoming,*

**Dr. Deitra C. Payne**

Your Confidence Coach

LET'S STAY CONNECTED

# Dr. Deitra C. Payne

Confidence Coach • Speaker • Author

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*“Your rise is my mission. Let’s rise together.”*

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— Dr. Deitra C. Payne