

A BONUS GIFT FOR YOU

The Unshakeable Confidence Starter Guide

Tools to Rebuild and Rise

5 Powerful Tools to Rebuild Your Confidence and Rise After Life Falls Apart

Life has a way of shaking us to our core — and when it does, confidence is often the first thing we lose. This practical guide was created for women who are ready to stop surviving and start rising.

Dr. Deitra C. Payne

Confidence Coach • Speaker • Author

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Welcome, Fabulous

Life has a way of shaking us to our core — and when it does, confidence is often the first thing we lose. Whether you've faced a devastating personal loss, a business collapse, a broken relationship, or simply a season of feeling invisible and unseen, the weight of it can make rising feel impossible.

But here's what I know to be true: your comeback is not only possible — it's already inside of you. You just need the right tools to unlock it.

“This guide was created for women who are ready to stop surviving and start rising. Dr. Deitra C. Payne draws from her own extraordinary comeback story to bring you five powerful, actionable tools designed to help you rebuild your confidence from the inside out.”

Whether you're navigating a personal crisis, a business setback, or simply feeling stuck, this guide will help you reclaim your power and show up boldly — in business and in life.

Each tool in this guide is designed to be simple, practical, and powerful. You don't need to do everything at once. Start with one. Trust the process. Rise.

With love and belief in you,

Dr. Deitra C. Payne

Achievement & Accountability Coach

How to Use This Guide

This guide is your starting point — not your entire journey. Think of each tool as a seed you're planting in the garden of your confidence. Some may bloom quickly. Others will take time and tending. All of them matter.

Here's how to get the most out of each tool:

- Read one tool at a time. Don't rush through the entire guide in one sitting.
- Do the reflection prompts. This is where the real work happens.
- Be honest with yourself. Healing and growth require radical self-honesty.
- Return to this guide often. You'll discover new layers each time you revisit it.
- Share what resonates with a trusted friend, sister, or mentor.

REMEMBER THIS

Rebuilding confidence is not a straight line. Some days you will feel unstoppable. Other days you'll feel like you're starting from scratch. Both are part of the process. Be gentle with yourself. You are not behind — you are exactly where you need to be.

TOOL 1

Name What Happened

You cannot heal what you refuse to acknowledge. The first step to rebuilding your confidence is giving yourself permission to name your experience honestly, without minimizing it, explaining it away, or rushing past it.

Many women who have experienced significant setbacks spend enormous energy trying to appear fine. We smile through the pain. We keep moving. We don't want to be a burden. But the energy we spend pretending is energy we desperately need for our recovery.

“Naming what happened is not about dwelling in the past. It’s about giving yourself the respect of acknowledging your own experience.”

How to Apply This Tool:

- Write it down. In a journal, on a notes app, or even on a plain piece of paper — write out what happened. No editing. No softening. Just truth.
- Speak it aloud to yourself. There is immense power in hearing your own voice say the words out loud in a safe, private space.
- Name the emotions. Don't just describe the event — identify how it made you feel. Betrayed? Humiliated? Invisible? Broken? Name it.

REFLECTION PROMPT

Finish this sentence: “What happened to me was _____. And the way it made me feel was _____. I have been carrying this because _____.” Give yourself 10 uninterrupted minutes to write freely.

TOOL 2

Separate Your Story from Your Identity

One of the most damaging things we do after a painful experience is fuse what happened to us with who we are. We move from “I lost my business” to “I am a failure.” From “This relationship ended” to “I am unlovable.” From “I made a mistake” to “I am a mistake.”

This is the confidence thief. And reclaiming your power requires you to deliberately and consistently separate your circumstances from your core identity.

“What happened to you is not who you are. You are the woman who survived it, learned from it, and is now rising because of it.”

How to Apply This Tool:

- Create an “I Am” list. Write 10 truths about who you are that have nothing to do with what happened. Pull from your values, your gifts, your relationships.
- Challenge the narrative. Every time you catch yourself in a shame spiral, ask: “Is this a fact or a feeling? Is this who I am or what I experienced?”
- Find the evidence of your resilience. List 5 moments in your life when you overcame something hard. You have a track record of surviving.

REFLECTION PROMPT

Complete this exercise: Write your name at the top of a page. Then write “I am” 10 times, and after each one, write something true and powerful about who you are — not what you do, not what happened, but who you are at your core.

TOOL 3

Curate Your Inner Circle

Your confidence does not exist in a vacuum. It is deeply influenced by the voices around you — and the voices you allow inside your head. One of the most powerful decisions you can make right now is to become intentional about who has access to you in this season.

Not everyone deserves a front-row seat to your comeback. Some people — even those who love you — may project their own fears onto your journey. Some may be well-meaning but consistently draining. And some may simply not be able to hold space for where you are going.

*“You are not being harsh or unkind by protecting your energy. You are being wise.
Your comeback requires a carefully curated support system.”*

How to Apply This Tool:

- Do an honest relationship audit. Who energizes you? Who drains you? Who believes in you even when you don't believe in yourself?
- Identify your 2–3 “safe people.” These are the ones who can handle your mess AND your magnitude. Invest there.
- Set quiet boundaries. You don't have to announce changes. Simply redirect your time and energy toward those who add to your cup.
- Seek out community. Look for women's groups, masterminds, coaching programs, or faith communities aligned with where you're going.

REFLECTION PROMPT

Ask yourself: “Who are the 3 people I call when things fall apart? Do they leave me feeling better or worse? Who is the one person who sees my potential more clearly than I do right now?” Reach out to that person this week.

TOOL 4

Build Evidence of Your Capability

Confidence is not a feeling that arrives before action — it is a feeling that grows through action. One of the most effective ways to rebuild your confidence is to deliberately create small wins that remind your mind and body what you are capable of.

After a significant setback, your brain may be holding onto the evidence of the loss more strongly than the evidence of your capability. This tool is about rebalancing the scale.

“Every small action you take in the direction of your goals is evidence that you are capable. Stack that evidence deliberately and consistently.”

How to Apply This Tool:

- Create a “Win Wall.” Keep a running list — physical or digital — of every accomplishment, however small. Finished a task? Write it down. Showed up when you wanted to quit? Write it down.
- Set micro-goals. Choose one small, achievable goal for this week. Not a five-year plan — one thing. Accomplish it. Feel the win.
- Revisit your history of wins. Before the setback, what did you build? Who did you help? What did you create? That evidence is still real.
- Celebrate visibly. Don’t minimize your wins. Acknowledge them out loud, in writing, or in community.

REFLECTION PROMPT

Right now, list 10 things you have accomplished in your lifetime — big or small. A degree earned. A child raised. A crisis survived. A business launched. A hard conversation had. Look at that list. That is who you are.

TOOL 5

Speak to Yourself Like Someone You Love

The relationship you have with yourself sets the tone for every other relationship and every other area of your life. And for many women in the midst of a confidence crisis, the voice inside is the harshest, most critical, most unforgiving voice in the room.

This tool is deceptively simple and profoundly transformational: begin to speak to yourself the way you would speak to a dear friend, a beloved daughter, or a younger version of yourself who needed to hear that she was going to be okay.

“You would never speak to someone you love the way you sometimes speak to yourself. You deserve your own grace, your own compassion, your own encouragement.”

How to Apply This Tool:

- Audit your self-talk. For one day, notice every thought you have about yourself. How many are kind? How many are critical? The awareness is the first step.
- Write a letter to yourself. Imagine your best friend is going through exactly what you’re going through. Write her a letter. Then re-read it with your own name.
- Create personalized affirmations. Not generic ones — ones rooted in your specific story. “I survived [specific thing]. I have the strength to face this too.”
- Practice the “mirror exercise.” Each morning, look yourself in the eyes and say three things out loud that you appreciate about yourself. Every day.

REFLECTION PROMPT

Write a letter that begins: “Dear [Your Name], I want you to know...” Write everything you wish someone had told you during your hardest moment. Then read it back to yourself slowly. This is the voice you are learning to become.

Your Rise Starts Now

You made it through all five tools. That alone is evidence of your commitment to yourself — and that matters more than you know.

Rebuilding confidence is not a one-time event. It is a daily practice. Some days will feel like giant leaps forward. Other days will feel like setbacks. And on those hard days, come back to this guide. Come back to yourself.

“You are not starting over. You are starting from experience, from wisdom, from the truth of everything you have survived. That is not weakness. That is your superpower.”

Your Next Steps:

- ✓ Choose ONE tool from this guide to implement this week. Just one.
- ✓ Do the reflection prompt for that tool. Write your answers down.
- ✓ Share this guide with one woman in your life who needs to read it.
- ✓ Follow Dr. Deitra C. Payne for continued coaching, resources, and community.
- ✓ Celebrate the fact that you showed up for yourself today.

**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.

Dr. Deitra C. Payne

Achievement & Accountability Coach • Speaker • Author

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Dr. Deitra C. Payne

Confidence Coach • Speaker • Author



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

— Dr. Deitra C. Payne