



*Gabbie DeArmas*

Embrace Your  
*Audacity Era*  
Guide

# Introduction

*Welcome!*

Ready to embrace your Audacity Era?

Social media is abuzz with a tantalizing trend that invites souls to liberate and celebrate the unique facets of themselves that defy conventional social norms.

In a world that often demands our endless efforts to appease others, it beckons us to ponder the essence of boldness and consider if prioritizing our own desires is truly a transgression.

This movement dares us to redefine what it means to be audacious. Embracing selfishness, establishing clear expectations, and setting boundaries are vital for nurturing healthy connections and personal serenity. Yet, they are oft misjudged through the lens of societal standards molded by patriarchal, gender, and racial influences.

Now is the moment to challenge these age-old norms and reclaim our sacred right to nurture ourselves, free from guilt or shame.

*Let's Get Started...*



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## PEOPLE PLEASING AND THE FAWN RESPONSE

Have you ever pondered the reasons behind our inclination to embrace people-pleasing behaviors in our relationships and workplaces? This fascinating tendency often stems from our childhood, a learned dance to blend harmoniously within our families. We discover that by pleasing others, we can receive affection, attention, and love, all in the quest to be perceived as the 'ideal child' and to garner the approval of those who guide us.



As adults, we've discovered that when confronted with stressful situations, we can often ease the tension by being friendly or accommodating—this is known as the 'Fawn' response, alongside the more commonly recognized Flight, Fight, and Freeze reactions. While this approach may work well in the short term, consistently prioritizing others' needs over our own can result in chronic stress, mental health issues, and a decline in self-esteem over time.

Ultimately, sacrificing our own well-being for the sake of survival can lead to unforeseen negative consequences that we must confront. So, why do we persist in putting ourselves at risk? This is a question that merits further exploration.

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## THIS IS YOUR TIME


Are you the type of person who often seeks approval and goes out of your way to please others, even at the cost of your own energy and satisfaction? If this sounds familiar, entering an Audacity Era could be exactly what you need.

While it may appear to be a significant departure from your usual mindset, adopting attitudes and behaviors that society may view as bold can provide you with the freedom to tackle everyday challenges in fresh ways.

It's time to liberate yourself from the habit of people-pleasing and adopt a more empowered approach to navigating life.



## AUDACIOUS ACTIONS

-  Setting and enforcing boundaries
-  Choosing yourself
-  Honoring your limitations
-  Prioritizing pleasure
-  Taking instead of giving
-  Walking away from what no longer serves you
-  Speaking up for yourself
-  Saying no
-  Not taking on more just to be a “team player”

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## FEELING OVERWHELMED?

That's perfectly fine. Feeling uncertain about how to implement these changes is completely normal. It's also okay if you've already begun to apply these behaviors in your relationships. No matter where you are on your journey, keep in mind that perfection isn't necessary all the time.

You don't have to practice all of these behaviors consistently. There will be times when saying yes and being accommodating is the best choice for you. The important thing is to work on these behaviors so you have options and can approach each situation with confidence.

Always remember that there is ample opportunity for growth and learning. While integrating these actions into your life might seem daunting at first, with practice and support, they will become second nature. You will find yourself fully embracing your Audacity Era, living your best life!

# Embrace Your Audacity Era

## EMBRACING YOUR AUDACITY ERA AT WORK



For all the "fawners" out there, it's essential to harness the strength of saying "no" in the workplace. While it might be uncomfortable initially, there are compelling reasons to consider this in specific scenarios.

Is it due to past disappointments from your boss? Or perhaps your workplace prioritizes productivity over employee well-being? Maybe you've never attempted to say no, making it feel daunting. Regardless of the reason, it's crucial to recognize why saying no is challenging for you.

### Make Your Well-Being a Priority

Always remember that if you don't prioritize your well-being, no one else will. It's essential to acknowledge your limitations and establish boundaries to safeguard your mental and emotional energy. While accepting more work might seem like a way to be recognized as a team player, it's just as crucial to understand when to decline in order to maintain your mental health.

Indeed, it can be challenging, but learning to say no at work is vital for putting your well-being first. By turning down extra tasks, late nights, and incessant notifications, you are affirming your commitment to yourself. Practice saying no out loud and experiment with gestures that feel comfortable for you. Granting yourself the permission to decline takes practice, but it pays off in the long run.

# Embrace Your Audacity Era

## EMBRACING YOUR AUDACITY ERA IN PARTNERSHIPS

Have you ever thought about what it might feel like to prioritize your own needs and allow your partner to care for you, rather than always being the one who gives?

This can be particularly difficult for those of us who naturally take on the caregiver role or tend to over-function in our relationships. However, it's crucial to acknowledge that it's perfectly fine to be the one who needs support and to express your wants and needs.

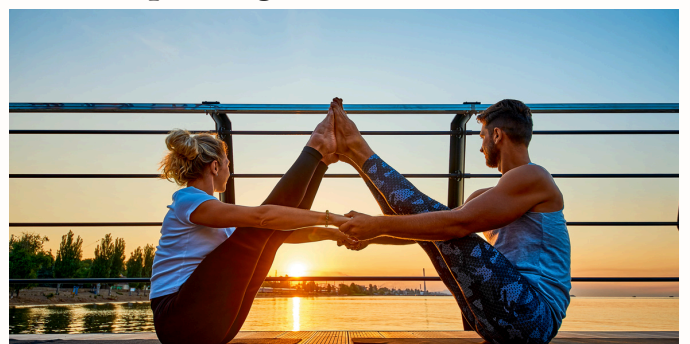
Take a moment to reflect on your relationship patterns. Do you struggle to accept care for yourself, whether it be emotional, physical, romantic, or sexual?

If so, it might be time to challenge yourself and turn the tables. Consider asking for something you desire or need, and allow your partner to provide that support.

Give yourself permission to accept what is being offered, rather than always turning it down.

By embracing your inner villain in this manner, you might discover that you can push against the boundaries and narratives you've created about needing or enjoying support from others. So, why not experiment with being the one who is needy or selfish? You may find it surprisingly freeing to allow yourself to receive care from your partner.

Neglecting our own well-being often results in unforeseen negative outcomes. So, why do we persist in putting ourselves in jeopardy? This is a thought-provoking question worth contemplating.



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## EMBRACING YOUR AUDACITY ERA IN FAMILY RELATIONSHIPS

At first glance, the idea of establishing and maintaining boundaries within family dynamics may appear quite bold.

However, it's fundamentally about prioritizing self-care and communicating what is acceptable and what is not. This is particularly important when specific discussions or subjects evoke negative feelings.

Therefore, take some time to identify where you need to set limits with your family members. This could pertain to particular sensitive subjects or uncomfortable inquiries that arise.



It's perfectly normal to feel uneasy, and establishing boundaries can enhance your sense of security and satisfaction in your relationships.

Keep in mind that boundaries are fundamentally about achieving a healthy equilibrium between caring for others and prioritizing your own well-being. Although family members might agree with the concept in theory, the practical application can often be more challenging.

When expressing your boundaries, there are tactful methods to redirect the conversation or graciously choose not to respond.



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Try these gentle yet firm phrases next time you need to establish verbal boundaries in a conversation:

- ✔ *"I'm not comfortable discussing that. Let's shift gears."*
- ✔ *"I appreciate your curiosity, but it's not a topic I want to dive into."*
- ✔ *"I'd rather not answer that, if you don't mind."*
- ✔ *"Let's steer clear of that topic unless I initiate it, okay?"*
- ✔ *"I've made it clear that this makes me uncomfortable, so please respect that."*
- ✔ *"Continuing to press on this subject really takes a toll on me. Please, let's move on."*
- ✔ *"That question puts a lot of pressure on me. I know you mean well, but I'd rather not go there."*



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## ONCE YOU'VE SET YOUR BOUNDARIES

Once you've established those boundaries, it's crucial to remain firm in your decisions. If a family member continues to overstep, it's perfectly acceptable to step back from the conversation.

While this may be a difficult journey, remember that it's ultimately about protecting your well-being in family relationships.

Try saying...

*"I do not want to discuss this topic with you and if you continue to bring it up, I will need to take some space from our conversation."*

By doing this, you can keep control of the situation while effectively expressing your needs.

Establishing and maintaining boundaries is not about inflicting punishment; rather, it involves setting natural consequences for those who do not respect them. It focuses on how YOU will respond if someone oversteps a boundary.

With practice and support, you'll improve your ability to enforce boundaries in various relationships, fostering a sense of safety while still honoring your needs.



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## JUST SCRATCHING THE SURFACE

This guide merely touches on the beginnings of embracing your Audacity Era, along with the aspects of yourself that you may have hidden or been hesitant to reveal. Failing to acknowledge your inner truth might lead you to repeatedly fall into cycles of self-sabotage and negative behaviors.

Without recognizing and embracing this aspect of yourself, you might find it difficult to overcome it and achieve personal growth and positive transformation. Rather than confronting your challenges directly, you may end up repeatedly struggling with the same problems.



Setting and upholding strong boundaries is essential for your mental and emotional health. In their absence, you might feel overwhelmed, exploited, and perpetually caught in toxic relationships or situations.

Failing to establish clear boundaries may grant others control over your life and happiness, potentially resulting in feelings of resentment, frustration, and even burnout.



# Embrace Your Audacity Era

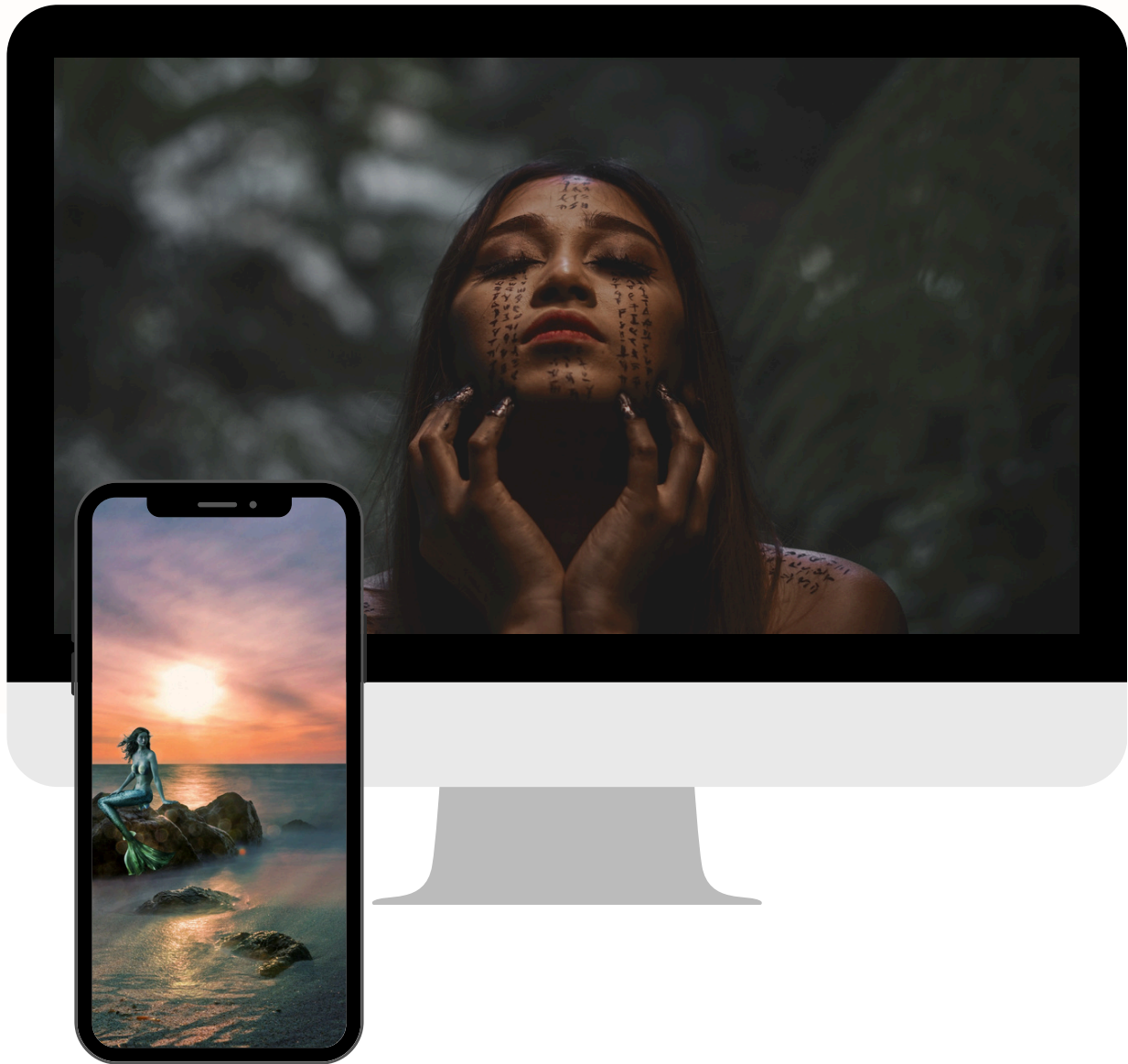


## CONCLUSION

The journey to transform your life begins with recognizing your current situation and committing to making changes for yourself. It's essential to understand that you hold the power to alter your circumstances and shift your mindset.

The Audacity Era Workbook is designed to guide you through this transformative process, empowering you to confidently embrace your villain era, set healthy boundaries, and create a roadmap for your future. This resource will enable you to take control of your life and build the joyful, fulfilling existence you've always desired.

By utilizing the Audacity Era Workbook, you will not only gain valuable insights into your behaviors and patterns but also discover effective strategies for breaking free from negativity and establishing boundaries that safeguard your well-being. This essential tool will support you on your significant journey of self-discovery and personal growth.



## **BREAK FREE AND TAKE BOLD ACTION - START YOUR TRANSFORMATION TODAY!**

The “Embrace Your Audacity Era” guide empowers women to break free from doubt, rediscover their strength, and take bold action toward the life they deserve. Packed with practical strategies, mindset shifts, and actionable steps, it’s your roadmap to overcoming fear and stepping into your fullest potential.

[Kipani Wellness has an excellent Audacity Era Workbook that helps guide you through this transformation. This is a great book to follow along with my upcoming presentation at the Group Profit Summit. Get it here and start your self-discovery!](#)

**[CLICK HERE TO GET STARTED!](#)**