MODULE 02 · PART 2

Get it all out.

No filter. No judgment. Just honest.

Answer each question below. Write the first thing that comes up. This is just for you.

How do you currently see your body?

Do you feel good in your own skin?

How do you feel about food? Is it a struggle or something you feel at peace with?

Do you feel in control of your health?

No matter how hard you try, do you feel like you always end up back at square one?

Does staying healthy feel like a constant struggle?

MODULE 02 · PART 2

The Identity Map

Do you feel confident and secure in your body day to day?

Have you accepted other people's limiting beliefs about your body or appearance?

How is your energy on a daily basis? Honestly.

Do you feel safe in your body?

Does your body feel like it's working for you or against you?

What do you believe you're truly capable of when it comes to your health?

These beliefs didn't appear out of nowhere. And they don't get to stay forever.

Take everything you just wrote and bring it to your Identity Map.

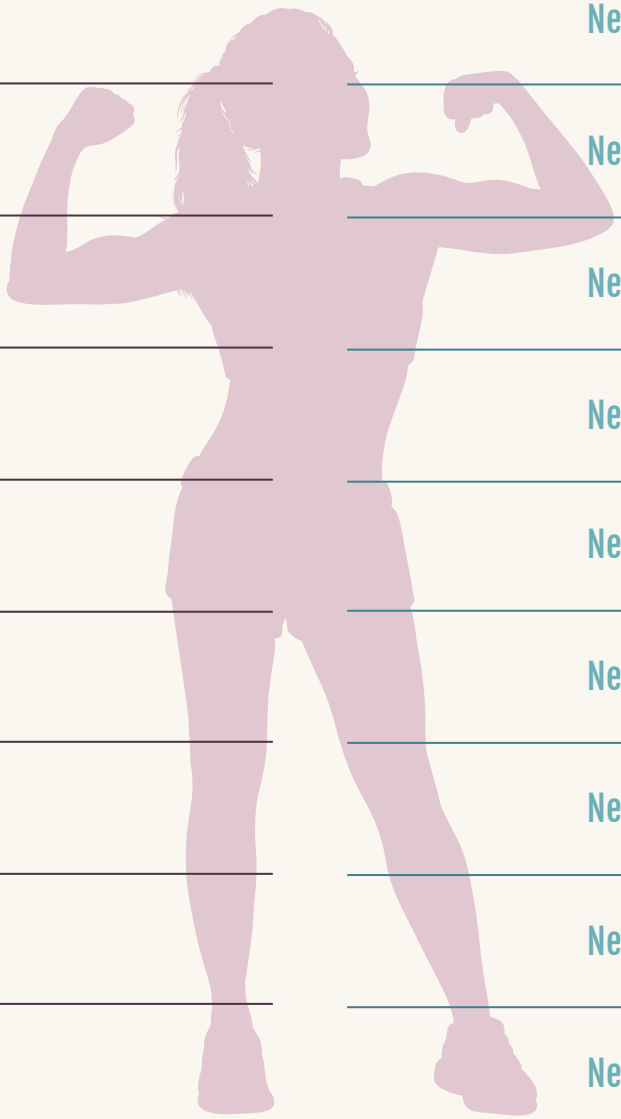
MODULE 02 · PART 2

The Identity Map

Old Identity

What I've been operating from

H.E.R. Identity



Old belief goes here...	New belief goes here...
Old belief goes here...	New belief goes here...
Old belief goes here...	New belief goes here...
Old belief goes here...	New belief goes here...
Old belief goes here...	New belief goes here...
Old belief goes here...	New belief goes here...
Old belief goes here...	New belief goes here...
Old belief goes here...	New belief goes here...
Old belief goes here...	New belief goes here...
Old belief goes here...	New belief goes here...

LEFT SIDE

Write the old beliefs, thought patterns, and feelings you've been carrying about your body, energy, and health. Pull from your brain dump.

RIGHT SIDE

Write your new core beliefs as HER. Who does she believe she is? How does she think about her body, her food, her energy? Write from her perspective, not your current one.

MODULE 02 · PART 3

The Future HER Manifesto

Write 5 sentences. Present tense. As if she already exists.

You are not writing who you want to become someday. You are writing who you are deciding to be starting now. The language matters. 'I want to be' keeps her in the future. 'I am' puts her in the room with you.

This is not affirmation culture. It is identity architecture. The brain responds to repetition and specificity — the more clearly and consistently you define who you are, the more your behavior follows. This is the mechanism. Use it.

SENTENCE STARTERS (examples only — write your own):

"I am the woman who shows up even when it is inconvenient..."
"I do not wait to feel like it. I move and the feeling follows..."
"I take care of my body because of who I am, not because of how I look..."

1 *I am the woman who...*

2 *I am the woman who...*

3 *I am the woman who...*

4 *I am the woman who...*

5 *I am the woman who...*

Read this every morning for the next 7 days.

Save this. You will use it in Module 10.
Screenshot and tag @BaddieBodybyKayla — I want to see who you are becoming.

MODULE 10 - CONTINUED

THE 7-DAY GLOW UP CHALLENGE

DAY 01 BE PREPARED

The Brat wings it. The Baddie decides in advance.

TODAY'S ACTIONS

- [ ] Map your week — identify 3 windows for strength training
- [ ] Identify your one "risky" moment this week and decide in advance what HER does there
- [ ] Set your 3 non-negotiables for the week
- [ ] Write them somewhere you'll actually see them

> ***Today's Prompt:*** *What's the one moment this week where you know the Brat will show up? What does the Baddie do instead?*

DAY 02 ACT LIKE THE BADDIE

Catch the Brat before she makes the decision.

TODAY'S ACTIONS

- [ ] Apply the Baddie vs. Bratty filter once today — just once
- [ ] Notice the moment you want to quit, skip, or spiral — do the smaller version instead
- [ ] A 20-minute workout counts. Two high-protein meals count. One glass of water counts.

> ***Today's Prompt:*** *Where did the Brat show up today? What did the Baddie do instead?*

THE GOAL THIS WEEK

The goal isn't perfect execution. The goal is **catching yourself and choosing differently.** One catch per day is enough to start.

MODULE 10 – CONTINUED

DAYS 3 THROUGH 7

DAY 03 DONE OVER PERFECT

Done on a hard day beats perfect on an easy one.

YOUR MINIMUM STANDARD DAY LOOKS LIKE THIS

- [ ] Protein at two meals (not necessarily three — two counts)
- [ ] A 20-minute walk or 15-minute strength session
- [ ] One line of your Future HER Manifesto

> ***Today's Prompt:*** *What did your minimum standard day look like today? Did it feel like enough? (It was.)*

DAYS 4–7 · REPEAT + REAL LIFE APPLICATION

The formula doesn't change. Your life will. Each day, repeat this rhythm:

Morning	*During the Day*	*Evening*
Read your Future HER Manifesto. 60 seconds. Anchor your identity before the day runs you.	Apply the Baddie vs. Bratty filter at least once. Just once is enough.	Did I show up like HER today? Even a little?" That's your only question.

WHEN SOMETHING GOES OFF TRACK (AND IT WILL)

Do not restart. Do not wait for Monday.

Ask: **"What's the smallest thing I can do right now to stay in motion?"**

That's your next action.

DAILY REFLECTION PROMPTS — DAYS 4 THROUGH 7 WHERE DID I SHOW UP LIKE HER TODAY?

WHERE DID THE BRAT MAKE THE CALL?

WHAT'S ONE THING I WANT TO DO DIFFERENTLY TOMORROW?

MODULE 10 – END OF WEEK REFLECTION

YOUR WEEK ONE REFLECTION

WHERE DID I SHOW UP LIKE HER THIS WEEK?

WHAT PATTERN DID I CATCH THAT I WOULD HAVE MISSED BEFORE?

WHAT'S ONE THING I'M DOING DIFFERENTLY NEXT WEEK?

WEEKLY CHECK-IN — TRACK MORE THAN THE SCALE

WHAT TO TRACK	MON	TUE	WED	THU	FRI	SAT	SUN
Energy Level (1–10)							
Mood + Mental Clarity							
Protein Hit? (Y/N)							
Movement Done							
Sleep Quality (1–10)							
Hydration Hit? (Y/N)							
Non-Scale Win Today							
Baddie Moment Today							

Quick Reference Card

Fill in your sections and keep this somewhere you will actually see it.

MY SABOTAGE ARCHETYPE

Circle yours: **The Perfectionist** **The Ghost** **The Martyr**

MY 3 NON-NEGOTIABLES — The floor I do not fall below, no matter what:

ONE LINE FROM MY FUTURE HER MANIFESTO — The one that hits hardest:

THE BRATTY VS. BADDIE FILTER

Before you act: Is this the Baddie or the Brat making the call?

If it is the Brat, what is the smallest Baddie move I can make right now?

LOW-CAPACITY DAY PROTOCOL

- Hit protein at one meal — build from there
- Movement: a 15-20 minute walk counts
- Sleep 7+ hours — this is a fat loss strategy
- Read your manifesto — anchor identity before capacity drops further

THE ONE QUESTION FOR EVERY HARD DAY

"What would HER do right now?"