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Mentor to Women Who No
Longer Wait for Permission

THE IDENTITY
ACTIVATION
KIT

A RITUAL TO BECOME THE WOMAN
WHO LEADS, RECEIVES, AND SPEAKS
FROM POWER



WELCOME

You were never broken – just programmed into performance.

This isn't about becoming someone new.

It's about shedding what never belonged to you.

And NOW...

You remember. You choose. You calibrate.

Welcome to the place where identity collapses — and the **Real YOU** rises.

You're not here to hustle harder. You're here to **embody**.

This activation will shift how you see yourself, how you lead, and how you hold power.

So light a candle, drop into your body, and let your real self speak.

Let's begin.

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CHOOSE HER

Step into the self who already holds what you desire. Place one hand on your throat, the other on your heart. Speak each sentence aloud **before** you write. Voice creates. Identity answers.

I am the woman who...

I no longer identify with...

I lead from...

I release the need to...

I activate...

I remember...

A woman with blonde hair, wearing a black strapless dress and high heels, stands next to a white grand piano. She is smiling and looking towards the camera. The room has a light-colored wall and several potted plants. The entire image is overlaid with a semi-transparent brown filter.

FREQUENCY CHECK

Ask this before every call, post, or decision.

Am I proving... or **commanding**?

Am I seeking safety or **expressing truth**?

What version of me is **leading** this?

Would the woman **I'm becoming** say or do this?

Body Cue: Roll your shoulders back. Breathe deep into your ribs. Say out loud:

I calibrate to command.

SELF-CONCEPT ACTIVATION

Affirm Your New Reality

Write these by hand. Speak them aloud. Let them land in your bones.

I am not waiting for results. I **create** them.

I do not seek permission. I broadcast **truth**.

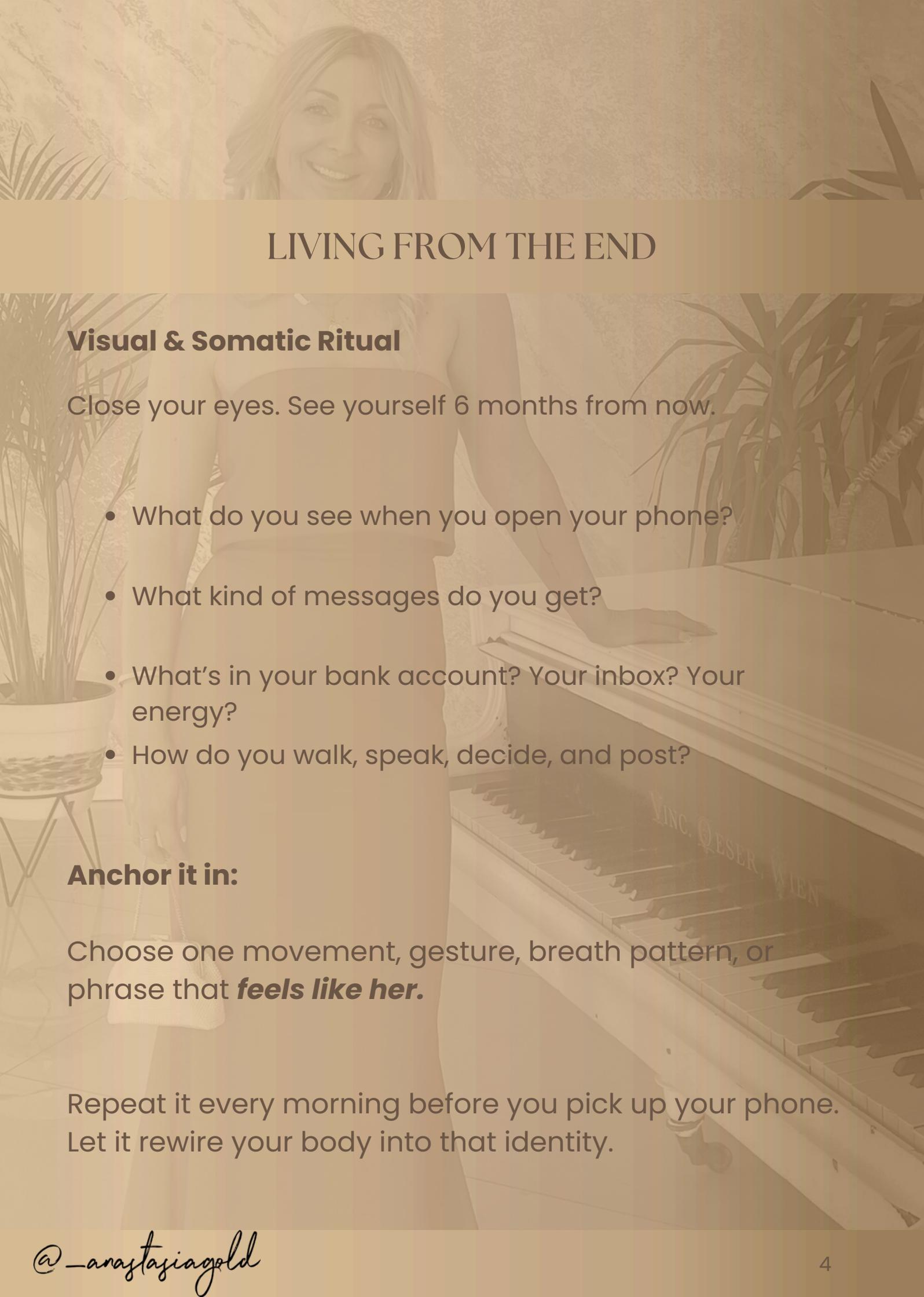
My **energy** leads. My words follow.

I am not chosen. I **choose**.

Reality bends to **my identity**, not my effort.

Now write three of your own below.

Start with: "**Because I am her, I...**"



LIVING FROM THE END

Visual & Somatic Ritual

Close your eyes. See yourself 6 months from now.

- What do you see when you open your phone?
- What kind of messages do you get?
- What's in your bank account? Your inbox? Your energy?
- How do you walk, speak, decide, and post?

Anchor it in:

Choose one movement, gesture, breath pattern, or phrase that ***feels like her.***

Repeat it every morning before you pick up your phone. Let it rewire your body into that identity.

IDENTITY PULSE CHECK

Use this at night - let this be the last frequency you hold before sleep.

Where did I lead from truth today?

Where did I shrink - and what was I protecting?

What desire am I still outsourcing?

How would I move tomorrow if I chose full embodiment?



THE INVITATION

You've met her now.

The magnetic, visible, paid woman who doesn't wait.

So, what happens next isn't about whether you're "ready"... it's about whether you're *done pretending you're not already her*.

♥ If you're ready to lead, love and scale from identity, not effort...

The 8-week Identity Shift experience is open. This is the portal to your next-level self.

DM me "SHIFT" on Instagram or [**BOOK A CALL NOW**](#)

Follow me at @_anastasiagold on Instagram and TikTok to get more tips on how to change your reality.