

# The Thriving Women's Success Blueprint

3 POWERFUL STEPS TO BREAK FREE FROM ANXIETY, OVERWHELM, AND PERFECTIONISM—AND THRIVE WITH CONFIDENCE AND PURPOSE.



# Hi, I'm Sophie



I'm Sophie, a somatic trauma-informed coach, founder of the Core Confidence Mastery™ and G.E.M. Mastery™ systems, and a guide for high-achieving women who are ready to step into their most authentic, empowered selves. My journey began with over a decade in corporate experience, where I faced the relentless pressures of perfectionism, self-doubt, and burnout. Like so many ambitious women, I achieved outward success but often felt disconnected, overwhelmed, and unfulfilled deep down.

It was through my own healing journey—blending the science of emotional resilience with the wisdom of spirituality—that I uncovered how unresolved trauma can silently shape our behaviours, limit our potential, and keep us from experiencing true success with joy and balance.

Today, my mission is to help high-achieving women like you break free from the invisible patterns holding you back. My approach creates a safe, compassionate space for transformation, empowering you to release self-sabotage, reconnect with your inner wisdom, and build a life that feels deeply aligned, purposeful, and successful on your own terms.

The Thriving Women's Success Blueprint is your step-by-step guide to uncover the unconscious stories and habits keeping you stuck and take inspired, actionable steps toward reclaiming your confidence and creating a life that truly lights you up —from the inside out.

# The Blueprint

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## **Step 1: Uncover Your Core Confidence Saboteurs®**

*Awareness is the first step to change. Once you know your saboteurs, you'll begin to see how they influence your choices—and how to reclaim control.*

Discover the Core Confidence Saboteurs® that are silently sabotaging your success.

## **Step 2: Reclaim Your Confidence**

*Confidence isn't about being perfect; it's about showing up authentically and believing in your ability to handle whatever comes your way.*

Quiet the voice of self-doubt and reconnect with your inner power with 3 Quick Confidence-Boosting Techniques

## **Step 3: Redefine Success on Your Terms**

*True success isn't about doing more—it's about doing what aligns with who you truly are.*

Align your goals with your authentic self, rather than societal expectations. Uncover your deepest desires for your career, relationships, and personal life, before mapping out the first actionable steps toward your redefined version of success.

# Step 1: Uncover Your Core Confidence Saboteurs?®

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**Core Confidence Saboteurs® are ingrained behaviours or thought patterns that undermine our own progress and well-being.**

While they may seem to drive us toward achievement, they actually create invisible barriers that keep us stuck in cycles of anxiety, overwhelm, perfectionism, people-pleasing, or self-doubt. Instead of empowering us, they drain our energy and block us from reaching true success and fulfilment.

Recognising the 6 Core Confidence Saboteurs® is a critical step in breaking free from these patterns. These hidden influences shape our choices, behaviours, and how we view ourselves, often leading to burnout, dissatisfaction, and a disconnection from our authentic selves.

By identifying your unique Core Confidence Saboteurs®, you reclaim the power to shift these limiting beliefs and behaviours. You'll uncover a pathway to resilience, self-acceptance, and a life that reflects your true potential. This is about more than success—it's about stepping into the balanced, deeply fulfilling life you were always meant to lead.



**NEED HELP IDENTIFYING YOUR  
CORE CONFIDENCE SABOTEURS®?  
TAKE THE FREE ASSESSMENT!**

# The Anxious Achiever



The Anxious Achiever is highly driven and seeks recognition and validation through professional successes.

While productive and reliable, they often feel an underlying emptiness.

Work achievements mask a deeper lack of fulfilment and imbalance in emotional and relationship needs.

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## POSITIVE TRAITS

- Goal getter and high-achiever.
- Highly regarded at work for reliability and producing notable results.
- Likely to have done extremely well in career and education.
- Highly action-oriented and results-oriented.

## HOW SUCCESS IS SABOTAGED

- Suffers from burnout and poor health due to workaholic tendencies.
- Personal relationships and self-care often take a back seat, Short-lived satisfaction from achievements can lead to a cycle of overworking.
- Over reliance on external successes to feel self-worth, which limits long-term satisfaction and genuine fulfillment.

# The Anxious Achiever

## IDENTIFY THE PATTERNS

- Do you find yourself working excessively, even at the expense of health or relationships?
- Do you feel unworthy or “not enough” unless achieving or producing results?
- Are you often driven by a need for validation from others rather than internal fulfillment?
- Do you tend to avoid or suppress emotions by focusing heavily on work outcomes?

## BREAKING FREE

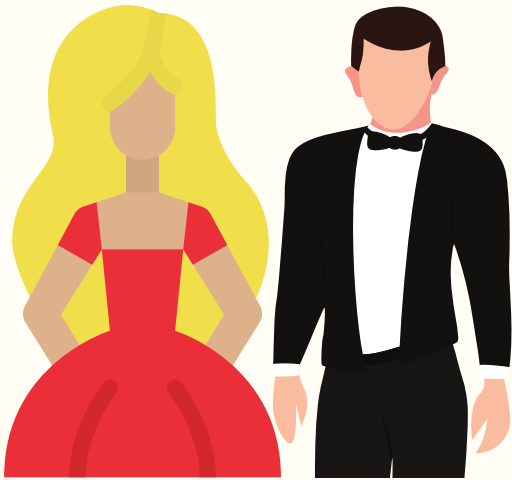
- Practice setting healthy boundaries around work and dedicating time to relationships and self-care.
- Cultivate self-acceptance by acknowledging your worth outside of your achievements.
- Engage in self-reflection practices, like journaling or meditation, to reconnect with your emotions.
- Seek out activities and hobbies outside of work that foster joy and fulfillment, building a more balanced and meaningful life.

## LIMITING BELIEFS

**“Feelings are overrated, achieving and creating results is what life is about.”**

**“If I feel bad, I can always distract myself with my work.”**

**“If I work hard, I will be seen by others and I will feel validated and enough.”**



# The Perfectionist

The Perfectionist strives for flawlessness and order, often presenting themselves well and upholding high standards.

However, this desire for perfection can lead to anxiety and frustration as they struggle with unattainable expectations.

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## POSITIVE TRAITS

- Detail-oriented.
- Hardworking.
- Produce outstanding products or services.
- Presentable and carry yourself well.
- Uphold high standards for yourself and others.

## HOW SUCCESS IS SABOTAGED

- Fixation on perfection leads to self-criticism and relational challenges.
- Undermine progress with unattainable standards, procrastination and burnout.
- Operate in an exhausting cycle of stress and self-doubt.

# The Perfectionist

## IDENTIFY THE PATTERNS

- Do you set excessively high expectations for yourself and others?
- Are you often paralysed by fear of making mistakes or being judged?
- Do you struggle to let things be "good enough"?
- Do you procrastinate for fear of not getting things right?
- Do you find it hard to move on from past errors?

## BREAKING FREE

- Practice self-compassion and acknowledge your accomplishments, even if they're not "perfect."
- Set realistic goals that allow for growth and learning.
- Embrace imperfection as a path to authenticity and progress.
- Create reminders to stay present and avoid overanalysing or getting sidetracked by minor details.

## LIMITING BELIEFS

**"If I am perfect, then I will be good enough and worthy of good things and of love."**

**"I feel more worthy and lovable when I am in control."**

**"Other people don't hold themselves to the same standards I do."**





# The Superhuman

The Superhuman is capable, independent, and a strong support for others, often taking on excessive responsibility.

While reliable and compassionate, they may struggle to ask for help. Superhumans may isolate themselves emotionally, believing they have to carry the weight alone.

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## POSITIVE TRAITS

- Extremely capable and accomplished.
- Strong and independent.
- Responsible, reliable and trustworthy.
- Compassionate and enjoy helping others.

## HOW SUCCESS IS SABOTAGED

- Reluctance to seek support and tendency to “do it all” can lead to burnout and feelings of isolation.
- Over self-reliance, prevents deeper connections from forming and nurturing own needs, resulting in exhaustion and a lack of fulfilment.

# The Superhuman

## IDENTIFY THE PATTERNS

- Do you avoid asking for help even when you need it?
- Do you feel overly responsible for others' well-being or success?
- Do you feel uncomfortable showing vulnerability or expressing your needs?
- Are you compelled to "rescue" others, often at the expense of your own energy?

## BREAKING FREE

- Practice allowing yourself to receive help and recognise that vulnerability is a strength.
- Set boundaries to prevent burnout and ensure your own needs are met.
- Reflect on the importance of interdependence and build a support network.
- Allow yourself to be vulnerable with trusted people to deepen connections.

## LIMITING BELIEFS



**"I have to be strong and not show weakness."**



**"If I don't take care of it, then no one will."**



**"No one will do as good a job as me."**

# The Pleaser



The Pleaser prioritises others' needs over their own. They maintain harmony by actively avoiding conflict and seek validation through people-pleasing. While gentle and well-liked, they may struggle with resentment and difficulty asserting their true selves.

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## POSITIVE TRAITS

- Gentle do-gooder.
- Helpful.
- Likeable.
- Make others feel good about themselves.

## HOW SUCCESS IS SABOTAGED

- People-pleasing can lead to unbalanced relationships, resentment, and feeling undervalued.
- Inability to express own needs may hinder personal growth and forming authentic connections, leading to inner conflict and unfulfilled needs.

# The Pleaser


## IDENTIFY THE PATTERNS

- Do you avoid expressing your true feelings to keep the peace?
- Do you feel anxious or guilty when asserting yourself?
- Are you constantly seeking others' approval?
- Do you feel that your worth depends on making others happy or comfortable?

## BREAKING FREE

- Practice setting boundaries and saying "no" when necessary to protect your energy.
- Work on self-acceptance and affirming your worth independently of others' opinions.
- Explore your true needs and start expressing them.
- Allow space for constructive conflict as a path to authenticity.

## LIMITING BELIEFS



**"If I am nice to everyone, people will like and accept me."**



**"I am worthy only when I am liked and accepted by everyone."**



**"It is my duty to look out for everyone else and to make sure that they are happy."**

# The Runner



The Runner is efficient and capable but tends to avoid uncomfortable or conflict-ridden situations.

When things get challenging, they may disengage or isolate themselves.

This can prevent them from resolving issues and nurturing their relationships.

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## POSITIVE TRAITS

- Highly efficient.
- Fast action taker.
- Reliable in emergencies that do not cause discomfort.
- Show up powerfully and with great presence in their comfort zones.

## HOW SUCCESS IS SABOTAGED

- Avoiding difficult situations can lead to unresolved issues, repressed emotions, and shallow relationships.
- Fear of conflict may limit personal growth and prevent them from building resilience.
- Inability to address critical challenges head-on.

# The Runner

## IDENTIFY THE PATTERNS

- Do you find yourself “checking out” or withdrawing in difficult situations?
- Are you reluctant to address conflicts, hoping they’ll resolve on their own?
- Do you struggle to express your emotions?
- Do you find yourself downplaying or deflecting issues instead of addressing them?

## BREAKING FREE

- Practice facing uncomfortable situations directly and acknowledging your feelings.
- Build conflict resolution skills to foster healthier relationships.
- Allow yourself to stay present, even in discomfort, as a step toward growth.
- Gradually confront small issues to build confidence in dealing with uncomfortable situations.

## LIMITING BELIEFS

**“If I don’t look at the pain, I don’t have to deal with it and it could disappear on its own.”**

**“I don’t like being in situations that I can’t control.”**

**“I enjoy someone swooping in to save me - it makes me feel loved and cherished..”**

# The Rescue Seeker



The Rescue Seeker experiences life with heightened sensitivity and emotion, often seeking support or “rescue” from others.

Dramatic and empathetic, they may struggle with self-empowerment and taking responsibility. This can lead to cycles of dependency and disempowerment.

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## POSITIVE TRAITS

- An interesting life full of great stories to tell.
- Highly empathic to others needs.
- Highly responsive to the requests and demands of others.
- Can be a great person to call on in a crisis or emergency.

## HOW SUCCESS IS SABOTAGED

- Over reliance on others to “save” them can lead to a lack of agency and confidence.
- In perpetual cycles of drama and frustration.
- Dependence on others hinder them from realising their full potential in both relationships and career.

# The Rescue Seeker

## IDENTIFY THE PATTERNS

- Do you tend to view situations as happening “to” you?
- Are you drawn to relationships where you are “rescued” or “rescuing” others?
- Do you often find yourself feeling powerless or out of control?
- Do you experience intense emotional highs and lows, often feeling at the mercy of life?

## BREAKING FREE

- Practice taking full responsibility for your choices and emotions.
- Develop self-soothing strategies to manage intense emotions.
- Focus on self-empowerment by recognising your ability to shape your experiences.
- Engage in grounding practices to reconnect with your personal power.

## LIMITING BELIEFS



**“When things go wrong, it’s someone else’s fault”**



**“I am not in control of my life”**



**“Sticky situations are not my forte, I should leave it to others to deal with them.”**



# Step 2: Reclaim Your Confidence

## 3 Quick Confidence Boosting Techniques

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### 1. The Micro-Win Mindset

Building confidence isn't about massive leaps—it's about consistent, small wins reinforcing your capability.



#### HOW IT WORKS

At the end of each day, write down 1–3 small victories. These could be as simple as completing a task you've been avoiding, holding a boundary, or showing up authentically in a conversation.

#### WHY IT WORKS

Celebrating micro-wins rewires your brain to focus on progress rather than perfection, creating a sense of accomplishment that fuels your confidence.

#### EXAMPLE

If you spoke up in a meeting or set aside time for self-care, acknowledge it with, "I'm proud I made space for myself today."

#### TIP

Set a reminder on your phone each evening to journal your wins.

# Step 2:

# Reclaim Your Confidence

## 3 Quick Confidence Boosting Techniques

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### 2. The Confidence Anchor

Confidence often wavers when you're disconnected from your core values. This technique helps you stay grounded with who you are.



#### HOW IT WORKS

1. Identify one of your core values (e.g., authenticity, growth, compassion, integrity, kindness).
2. Create a simple affirmation based on that value. For example, "I am worthy because I lead with authenticity," or "I am capable because I value growth."
3. Repeat this affirmation in moments of doubt or before entering high-pressure situations.

#### WHY IT WORKS

When confidence wavers, reconnecting with your values helps anchor you in your truth, reinforcing that your worth doesn't depend on external validation.

#### TIP

Write your affirmation on a sticky note and place it where you'll see it daily

# Step 2:

# Reclaim Your Confidence

## 3 Quick Confidence Boosting Techniques

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### 3. The Body Reset

Confidence is as much a physical experience as a mental one. This grounding technique helps you shift from anxiety to clarity.



#### HOW IT WORKS

1. Find a quiet moment and take three deep belly breaths.
2. Place your feet flat on the ground and gently press down, noticing the sensation of connection to the earth.
3. With each exhale, silently say to yourself, "I am grounded. I am here. I am enough."
4. Smile slightly (it activates calming brain pathways).

#### Optional Add-On:

Shake your hands or shoulders lightly to release any tension.

#### WHY IT WORKS

This quick somatic reset shifts your nervous system from fight-or-flight mode to a state of calm clarity, empowering you to show up confidently.

#### TIP

Practice this technique before important meetings or when you're feeling overwhelmed.

# Step 3: Redefine Success on Your Terms

## Success Alignment Worksheet

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This reflective exercise guides you to define what thriving success means to YOU, beyond societal expectations or external pressures. The answers will help you clarify what success means for you personally, breaking free from societal or external definitions that may feel misaligned.

**What does a thriving career feel like to me?**  
(E.g., Does it feel balanced, creative, impactful?)



**What does success in my relationships look like?**  
(E.g., Is it connection, mutual respect, or quality time?)



**What boundaries do I need to create  
to protect my energy?**  
(E.g., "I will stop working after 6 PM,"  
or "I will say no to projects that drain me.")



**What does well-being look like in my life?**  
(E.g., Is it about physical health, emotional resilience,  
or spiritual alignment?)



**What makes me feel truly alive and fulfilled?**



# Bridging the Gap Goal-Setting Template

Once you've defined what success looks like, create actionable steps that bridge the gap between where you are now and where you want to be, aligning you with creating success on your terms.

ALIGNED VISION	CURRENT GAP	SMALL STEP TODAY	SUPPORTIVE ACTION THIS WEEK	LONG-TERM HABIT
E.g., "I want to feel balanced between work and personal life."	E.g., "I overwork, leaving little time for personal relationships."	E.g., "I'll set a timer to stop work by 6 PM."	E.g., "Schedule one evening for dinner with a friend."	E.g., "Commit to 1-2 personal activities each week to balance work."

# Unlock Your Next Step to True Transformation

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Congratulations on completing  
The Thriving Women's Success Blueprint!



You've taken a powerful first step toward breaking free from anxiety, overwhelm, and perfectionism. Now, imagine what's possible when you go even deeper.

If this guide resonated with you, it's because you're ready for more. You're ready to turn the awareness you've gained into lasting change, and the thriving, purpose-filled life you've always desired with the right tools, guidance, and support.



INTRODUCING

# The Thriving Women's Mastery Program

This 12-week trauma-informed group coaching journey is your next step to breaking free from burnout, perfectionism, and self-doubt in a safe, nurturing environment. Reclaim confidence, emotional resilience, and authentic success—without sacrificing your well-being or joy.

## Why Join?

Imagine thriving in your career, relationships, and life with balance, purpose, and ease. Through somatic healing, inner child work, and feminine energetics, this program will help you:

- ✓ **Break free from perfectionism, self-doubt, and overwhelm.**
- ✓ **Heal deep-seated patterns holding you back.**
- ✓ **Redefine success and create a life aligned with your true self.**

## What You'll Gain:

- ✓ **Emotional Freedom:** Let go of anxiety and build resilience.
- ✓ **Inner Wealth:** Reclaim authentic confidence and self-compassion.
- ✓ **Aligned Success:** Create balance and live with purpose.

## Your Investment: S\$2997

Spaces are limited to ensure personalised support in a safe and empowering group environment.

**[Click here](#) to learn more and take the next step towards thriving.**

NEED MORE INSIGHT?

# Connect with me



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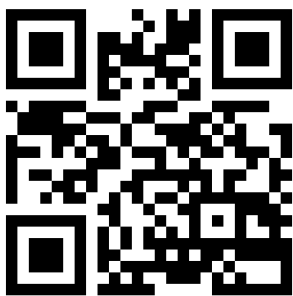
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