PREMIUM CODE

PREMIUM IDENTITY CREATES PREMIUM BUSINESS



DAY ONE · WORKBOOK

The Premium Frequency Audit

Your standards tell me more about your identity than your affirmations do.

ONE · RECOGNITION

You may already be successful — and still recognize this.

Tick every line that is true for you right now. Be honest rather than generous.

- ☐ You charge more — then immediately feel you need to give more.
- ☐ You know you should protect your time — but keep giving people more access.
- ☐ You know your value — until somebody says no.
- ☐ You make a sale — then worry whether they'll think it was worth it.
- ☐ You want fewer, soul-aligned clients — but keep creating things for everyone.
- ☐ You want more money — but part of you believes more money must mean more work.

> *Which one did you feel in your body as you read it?*

Write the most recent time it happened. Name the person, the moment, and what you did next.

TWO · THE HIDDEN EQUATION

If I receive more — I must do more.

More money	→	*more work*
Higher price	→	*more access*
More visibility	→	*more pressure*
More success	→	*more responsibility*
More receiving	→	*more proving*

This equation can make an already-successful woman incredibly good at creating success — and terrible at simply receiving it.

Where is this equation running in your business right now?

What did it cost you the last time you ran it?

THREE · THE AUDIT

The Premium Frequency Audit

Rate each pattern from 1 (never) to 5 (constantly).

PROVING

I need to demonstrate more value before I can receive more.

Never 1 2 3 4 5 Constantly

PLEASING

I need people to approve of my choices.

Never 1 2 3 4 5 Constantly

OVERGIVING

I automatically add more when receiving increases.

Never 1 2 3 4 5 Constantly

ACCESSIBILITY

I feel guilty when everyone cannot access me.

Never 1 2 3 4 5 Constantly

CONTROL

Receiving more feels unsafe unless I work harder for it.

Never 1 2 3 4 5 Constantly

> *Which pattern is quietly setting your current level?*

FOUR · THE DISGUISE

It can look like generosity.

But underneath it may be something else. Tick the sentences you have said — out loud or to yourself.

- ☐ “I just want to give them more.”
- ☐ “I want everyone to be able to afford me.”
- ☐ “I don’t want to seem greedy.”
- ☐ “I should add another bonus.”
- ☐ “I should make myself more available.”
- ☐ “I need to make sure they get enough value.”

> *What if this isn’t generosity? What if it’s proving?*

Take the one you tick most often. What are you actually afraid will happen if you stop?

FIVE · STANDARDS

Your standards reveal your identity.

Answer plainly. Nobody else reads this page.

What am I currently tolerating?

Who gets access to me that shouldn't?

What am I accepting financially that I have outgrown?

How quickly do I negotiate myself down — and at what moment?

How much proof do I believe I have to provide?

How much of myself do I believe success should cost?

SIX · THE SHIFT

The Premium Woman.

Read each line slowly. Mark the ones that are not yet true — those are your work.

- ☐ She doesn't become valuable when people choose her.
- ☐ She already knows her value.
- ☐ She doesn't create more sacrifice every time she receives more.
- ☐ She does not need universal approval.
- ☐ She can hold a higher standard without guilt.
- ☐ She can receive without immediately trying to earn it back.

> *Maybe you don't need to learn how to receive more. Maybe you need to stop being the woman who believes receiving more has to cost more of her.*

One standard I am raising before tomorrow:

TOMORROW · DAY TWO

Premium Embodiment

✦

Frequency is what you hold.
Embodiment is what you live.

Tomorrow: what happens when you actually have to operate as her?

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