

# What I wish someone would have told me *before I shrunk myself*

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*A Wisdom & Warnings companion for  
The Badass Woman*

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- You don't become powerful by being quieter... you become invisible.
- Confidence isn't loud. It's rooted.
- You were never "too much." You were just in the wrong room.
- Waiting to be chosen is a terrible long-term strategy.
- Taking up space doesn't steal it from anyone else.

Every one of these came from women who spent years being capable, agreeable, reliable... and overlooked. Not because they lacked talent, but because they learned to make themselves smaller to keep the peace.

Strength doesn't require permission.

It requires decision.

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# Reflection Prompts

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Where have I been editing myself down?  
(At work, in relationships, in conversations... be honest.)

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What would change if I assumed I belonged here?  
No proving. No over-explaining. Just presence.

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One small way I'll take up space this week:

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These insights come from real women navigating reinvention, confidence, and power. You'll find 365 days of wisdom in the **Wisdom & Warnings** book: **The Badass Woman**.