

THE SELF-LOVED LEADER

5 STEPS TO STOP HIDING, OWN YOUR WORTH, AND GET OUT ON YOUR LIFE'S PURPOSE

by Coach Cindy Sharp

theselflovedleader.com

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WELCOME LOVE DROP!

If you're hiding, doubting yourself, or shrinking your light,
this is your sign. The world needs you now.
A Self-Loved Leader doesn't wait for confidence. She creates
it by choosing herself, choosing her voice, and choosing her
mission — even when she's scared.
The world needs your Love Drop.
And the world needs it now.

Coach Cindy



INTRODUCTION

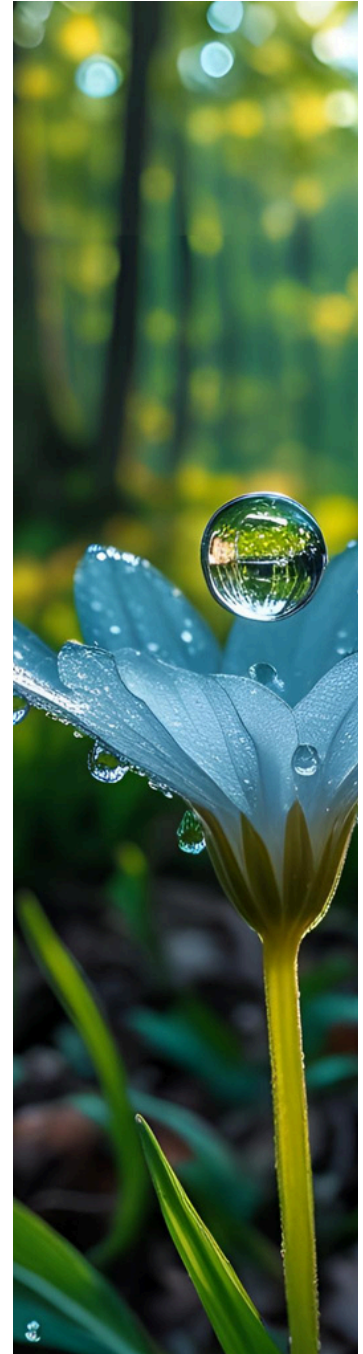
Hi Love Drop — I'm Cindy Sharp, creator of The Self-Loved Leader.

I help women, especially women over 50, stop hiding, own their worth, and step into the mission they were born for. Not the mission their family expected. Not the mission society approved. Their true mission. If you've ever felt invisible, behind, or afraid to take up space...

If you've ever wondered, "Who am I to do this?"
If you've ever felt a calling inside you that scares you as much as it excites you...

This little PDF book is for you.

These pages are here to shake something awake inside you — something ancient, powerful, and ready.
Let's get you out of hiding, love.
Let's lead your life from worthiness, not fear.



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HOW TO USE THIS WORKBOOK

This workbook is for you, not the world.

Write what's real.

Write what hurts.

Write what excites you.

Write what you're discovering.

Honest answers create transformation — not polished ones.

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MY STORY



I was born lopsided — literally.

I was born with Poland Syndrome, a rare condition that left one side of my body underdeveloped. I grew up hiding my chest, my shoulders, my body... but the truth is, I learned to hide everything.

My voice.

My confidence.

My gifts.

My presence.

My mission.

I became an expert at shrinking myself so no one would notice the parts of me I thought were "wrong."

And like so many women, I tried to fill that invisible hole inside me with achievement.

I climbed the corporate ladder.

I chased approval.

I chased worthiness through performance, relationships, diets, and doing more for everyone else.

I kept thinking confidence would come after success.

But it never did.

Until one morning — exhausted, done, spiritually empty — I woke up and asked myself a question that changed my entire life:

"Am I leading a self-loved life?"

The answer was no.

A deep, honest, painful no.

That day, I stopped waiting to feel worthy and started leading myself with love, courage, and truth.

I stopped abandoning myself.

I stopped pretending I was fine.

I stopped living for everyone else's approval.

I didn't suddenly become perfect. I didn't suddenly stop being lopsided. I didn't wake up fearless.

But I made a decision:

If I'm going to be here, I'm going to lead my life from love — not fear, not shame, and not obligation.

When you choose to lead yourself through love, your whole life starts to change.

This guide is here to help you take your first steps.

STEP 1 -STOP HIDING THE REAL YOU

STOP HIDING THE REAL YOU

Hiding is exhausting.

Pretending to be smaller than you are...

Watering yourself down to keep the peace...

Saying yes when your whole body screams no...

Waiting for the "right time" to be yourself...

None of that keeps you safe. It just keeps you stuck.

The real you is not too much.

The real you is not an inconvenience.

The real you is your mission.

You don't need to become someone else to start.

You need to remember who you are.

Ask yourself:

- Where am I pretending?
- Where am I saying "it's fine" when it's not?
- Where have I learned to disappear so others can be comfortable?

The first step to leading a self-loved life is simple and brave:

Stop hiding the real you.





STEP 2 -ASK THE QUESTION —
“AM I LEADING A SELF-LOVED LIFE?”

“AM I LEADING A SELF-LOVED LIFE?”

A magazine is a periodical publication, which can either be printed or published electronically. It is issued regularly, usually every week or every month, and it contains a variety of content. This can include articles, stories, photographs, and advertisements.

To create your own, choose a topic that interests you. It can be anything from fashion and beauty to travel and the news. Once you have your overall theme, you can start brainstorming the content. Just starting? Design a memorable masthead with an equally memorable name. This goes on the cover and sets up the branding for your entire magazine. What style are you going for? Is it playful? Classic? Bold? A good masthead captures the essence of your magazine, so it needs to be flexible, meaningful, and consistent enough for future issues.

Next, think of a compelling feature for your cover story. This will be what draws your audience in. Make sure that you have accompanying visual content that immediately catches the eye.



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STEP 3: LEAD YOURSELF BEFORE LEADING OTHERS

Your Notes



STEP 3: LEAD YOURSELF BEFORE LEADING OTHERS

YOU DON'T NEED A TITLE TO BE A LEADER.

You don't need a title to be a leader.

You become a leader the moment you decide to lead yourself.

The way you talk to yourself.

The boundaries you set.

The choices you make when no one is watching.

The way you care for your body, mind, and spirit.

Ask yourself:

- Do I keep promises to myself?
- Do I listen to my inner knowing?
- Do I trust my own voice?
- Do I abandon myself to keep others comfortable?

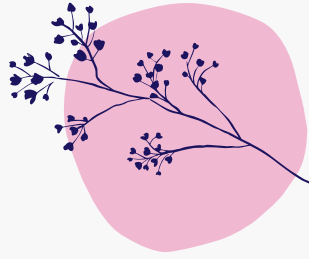
You cannot lead others from an empty, resentful, or self-abandoning place.

A Self-Loved Leader starts with this:

I will no longer throw myself under the bus to keep everyone else happy.

When you begin to lead yourself with honesty, compassion, and courage, you naturally become someone others trust and follow.

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STEP 4: CHOOSE PRESENCE OVER PERFECTION

Perfection is the lie that says, "You're not ready yet."

Perfection whispers:

- Lose more weight.
- Learn more.
- Get another certification.
- Clean up everything first.
- Make sure no one ever criticizes you.

Perfection is a moving target that keeps you from ever starting.

Presence, on the other hand, says:

"You are allowed to show up as you are, right now."

Presence is you being real.

Present with your feelings.

Present with your truth.

Present with the people in front of you.

You don't need to be polished to be powerful.

You don't need to have the perfect words to matter.

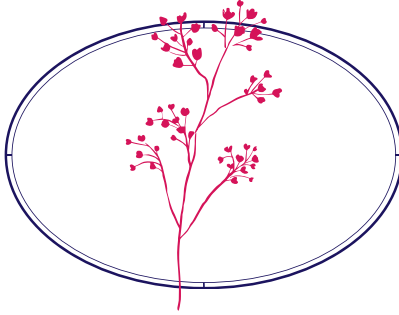
You just need to be here, honest and awake. MASTERCLASS

Repeat after me:

"I choose presence over perfection. I am ready now."



STEP 5: SHARE YOUR LOVE DROP WITH THE WORLD



YOUR LOVE DROP IS YOUR GIFT

Your Love Drop is your gift — the part of you that was placed inside you on purpose.

It might be:

- Your compassion and the way people feel safe with you
- Your story and the way it gives others hope
- Your creativity, your voice, your humor, your wisdom
- Your calling to teach, coach, create, write, or serve

Your Love Drop is the medicine you carry.

For years, you may have assumed your story disqualified you.

What if it's the very thing that qualifies you instead?

When you hide your Love Drop, the world loses something it desperately needs.

When you share it, you become a lighthouse.

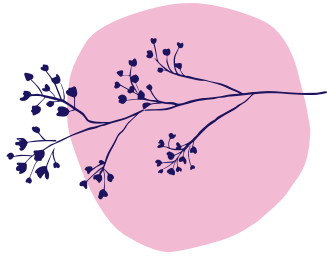
A Self-Loved Leader doesn't keep her Love Drop locked inside.

She lets it flow into her family, her community, her work, her calling.

You don't have to start big.

You only have to start.

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Quotes to Carry With You

"You may start out lopsided in life, but at some point you decide to stand up straight."

"Hiding steals more from you than rejection ever will."

"Prosperity begins the moment you stop settling for crumbs."

"A Self-Loved Leader leads from truth, not pressure."

"You're not too old — you're right on time."

"Your Love Drop is the piece of you the world has been waiting for."

"You don't need confidence to start. You need courage."

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Your Turn - Mini Worksheet

Take a breath.

Put your hand on your heart.

Answer these questions honestly — not politely, not perfectly, just honestly.

1. Where are you hiding right now?

(Emotionally, spiritually, creatively, or in your purpose)

2. Why are you hiding?

(What fear, story, or belief is keeping you small?)

3. What has been holding you back the most?

(A person, a pattern, a belief, a wound?)

4. What is the Love Drop you've been afraid to share?

(Your gift, your message, your mission)

5. Who needs your voice, wisdom, or presence?

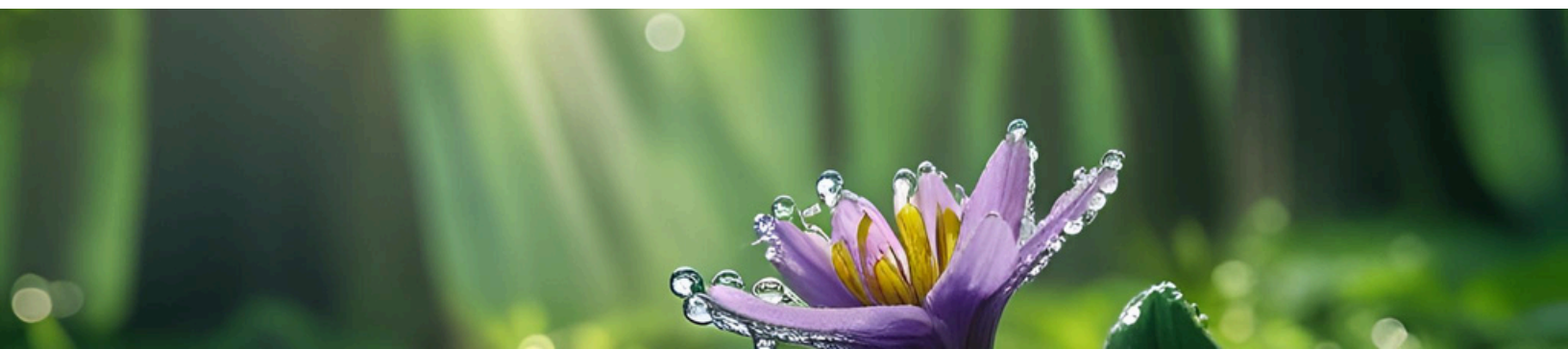
6. What is one courageous action you can take TODAY to lead yourself with love?

Write it down.

Circle it.

Do it.

This is how your transformation begins —
with honesty, intention, and action.





Your Personal Call To Action

You were not put here to shrink.
You were not put here to hide.
You were not put here to doubt your mission.
You were put here to lead —
from love, from courage, from truth.
So here's your moment:
Stop hiding.
Own your worth.
Share your Love Drop.
Lead the life you were meant to lead.
The world needs your purpose.
The world needs your presence.
The world needs you.
And you don't have to do it alone.

Start NOW!!

About Cindy

Cindy Sharp is a leadership coach, speaker, author, and creator of The Self-Loved Leader. Her mission is to help women — especially women over 50 — stop hiding, own their worth, and boldly step into the life they were born to live. She teaches a blend of self-love, self-led leadership, and purpose-driven action that helps women rise into their truth, mission, and confidence. Cindy lives in Oregon, loves her family fiercely, and believes deeply in the power of the human spirit — and in the ripple effect of one woman who finally decides to lead a self-loved life.