

The Feminine Power System

Transform from STUCK to
self-proclaimed SUCCESS story.

the POWER SHIFT®
claire SMITH

www.claire-smith.com

INTRODUCTION:

The Truth About Why You Feel Stuck.

You've read the books.
You've watched the videos.
You have the strategies.
You've talked it out.
You've made the plan.
And yet...

You don't move.

You know what you *should do* - but you feel paralysed and unable to do it. And whilst you feel your own power - you are unable to access it.

I get it, because I was like you.

I had a vision for a life where I was fully alive & fully successful.

But my brain?
Well, it kept me playing small.

You see, I was building a business and whilst I'd learnt all the strategies - so lack of knowledge wasn't the problem - my brain chose only the strategies it had tried before and considered 'safe'... so my business success never changed - because I never changed.

Yes, I was making money, but it felt like there was a ceiling... a limit... that I could never reach beyond.

When I tried to scale my business, fear wouldn't stop whispering doubts in my ear, and those pesky fears put a lid on my earnings and my confidence - every single time.

But it was then that I had a realisation and it dawned on me:

Fear doesn't just show up when life gets hard. It shows up when we dare to grow.

So I got curious, I wanted to understand EXACTLY how fear was holding me back in ALL its forms, because I knew if this stuckness was happening to me, it was probably happening in the same or different ways to you.

Whether it was fear of a difficult conversation, fear of failing, fear of visibility or any other fear - I researched from every angle. I wanted to create a system that could break through it all and move us from stuck to unstoppable every single time. It took a while, but that's what I did - and I'm now super-excited to share my process with you.

So here's the truth:

My problem wasn't just a 'money mindset' problem and it certainly wasn't a strategy problem.

It was a *fear* problem.
A *limiting story* problem
A *misaligned nervous system* problem.

And it doesn't matter whether you are like me and the stuckness is in your business, or whether you feel stuck in your relationships, or stuck with your health - the reasons we stay stuck are always the same.

And the great news?

You are going to find out exactly what to do - and once you know what to do, you can use it in any area of your life to break free of anything that is holding you back.

We are going to discover how to move from stuck to self-proclaimed success story - starting today!

CHAPTER ONE:

You Are Not Stuck... You Are Working With An Identity Built On Decisions You Made Years Ago.

So what's really going on?

Well, being STUCK all comes down to *identity*.

You see, what we believe about ourselves is crucial to what we are prepared to do.

Back then, when I had a ceiling on my earnings, my identity in other areas of my life was flying high! In travel, adventure, family, creativity - all was more than well, but in that one area - in business - I was simply stuck - unable to move the way I needed to. I procrastinated and avoided and spent far too much time tweaking my website!

However, if you are like me - not doing the things you know you should, let's get something straight.

You are not lazy.
You are not inconsistent.
You are not a procrastinator.
You are a woman with inner power... who hasn't yet been shown how to fully access it.

Because I know there is a Phoenix inside you ready to rise.
But right now, you are standing in the ashes of an old identity.

An identity built from decisions you made years ago...

The truth is that you are powerful, and that courage to move forward that you seek, is within you. It is just waiting to be activated.

You see, stuckness comes from *beliefs* - and the beliefs you currently hold, well, most were created before you reached 7 years of age - before your prefrontal cortex was even fully-formed.

You see, when you came into the world, you came with a survival mechanism built into your brain and you recorded every single experience you had - the sight, the sound, the smell, the touch, the taste... and all that data was sent through your nervous system to your brain, which started to form new connections to protect you.

As a very young child everything we see or are told is filtered through our subconscious and taken as a fact. So when you are 5 years old and you're doing a school project and your dad says 'Claire, that's wrong, why don't you do it this way instead?' your brain interprets that as 'I don't know how to do it right'. So then you start to shape the lens through which you perceive your reality.



This means that the next time you had an experience that was similar, it confirmed to you that you don't know how to do it right.

And so this then builds momentum - so the belief 'I don't know how to do it right' or 'money's hard to make' or 'I'm not good enough' becomes more entrenched and electrically charged and you start to find evidence of the belief everywhere.

Your brain decided long, long ago the limits within which you now live - what you will and won't do, what is safe and what is not. It had already decided how the rest of your life will play out.

So here's a profound realisation: If you do nothing to change - your future limits were set for you years ago when your brain decided the limits of your capability (literally in stone) and it will keep running the same programme forever. Your destiny is already fate... UNLESS you make a decision to change it.

But the moment you decide - truly decide to bring your beliefs to the surface and change...
Everything shifts.
Because beliefs are decisions.

And a new decision...

Well that is the beginning of a new identity... and a new destiny.



CHAPTER TWO:

Step Into The Work: The Boundless Belief Blueprint®

Inside my world, we don't just talk about change - we activate it.

And this begins with **The Boundless Belief Blueprint®**

This is my 11-step system for eliminating fear and aligning you with your next-level identity.

Today, you're getting your first 4 activations.

the BOUNDLESS BELIEF BLUEPRINT®

No.1 - The Power Shift® Begins - The 3W's

So when we want to change/act/transform, where do we begin?

Well, whatever your desire, we start with clarity in 3 areas. I call them the 3W's: Knowing exactly WHAT you want, WHY you want it & WHEN you want it.

Clarity and leverage is the magic here.

Because before you become her - the woman who can...
You must get clear about her world.

This is where your power begins.

So WHAT do you want?

Get absolute clarity.

You throw the dice in your life - all you need is a game that's worthy of directing your potential at.

Whether the end goal is big or small, get super-clear about what you want. The more detail and clarity you have, the more your brain feeds into it's reticular activation system, ensuring you focus on what matters, helping you to notice everything that will help you reach your goal.

Your power super-activates when you choose a vision that excites you and demands more of you. So even if the immediate goal is small - what could it mean for the rest of your life? What could this small step lead to?

Choose a vision that stretches you. Calls you forward. Requires you to rise. Makes a profound difference in your life.

So don't play small.

Ask yourself:

What do I really want?

Not the safe version.
Not the "sensible" version.

The one that you REALLY want. The one that empowers you and lights your soul on fire.

Because when the vision is powerful enough...

The small fears of today become trivial in the grand plan for the rest of your life.

WHY do you want it?

This is the fire that makes it inevitable.

The truth? You don't move because you're not moved enough!

So what moves you?

Your WHY is your leverage. It's the force that makes action non-negotiable.

A weak reason creates hesitation.
A powerful reason creates inevitability.

Would you do it for your children?
For your freedom?
For your legacy?
To be a great role model?
To avoid the pain of regret?

Whatever your goal, big or small, attach a big enough WHY - and then claim it.

Because when your WHY is bigger than your fear...

You make a huge step towards becoming unstoppable.

WHEN do you want it?

This is the moment you stop waiting.

There is a version of you who keeps saying:
“I’ll do it when…”

And there is a version of you who decides:
“Now.”

The difference?
Inner Power.

Because the price of anything you want… is the amount of life you’re willing to exchange for it.

So the question becomes:
How much longer are you willing to wait?

EXERCISE:

Take your Journal or a pen and paper and take 30 minutes to get truthful with yourself about an area of your life where you are stuck. Then:

1. Write down **exactly** WHAT you want in great detail - the exact outcome you desire - and then write down how wonderful it will be, how you will feel, how others will react, think about all the little details and how uplifting it will feel to have it.

2. Next, write down WHY you want it - all the glorious ways this will improve your life - AND what will happen if you don’t do it (that’s your leverage).

3. Write down WHEN you will do it, or want it by. What steps would you need to take to meet that deadline?

clarity creates conviction

No.2 - Belief S.W.A.P's - Rewriting Your Reality

As we mentioned in Chapter One - your life right now is a reflection of what you believe.

Not what you want.
Not what you know...

What you BELIEVE.

Only a tiny percentage of your behaviour is conscious. The rest? It's driven by deeply wired beliefs, created years ago... and reinforced ever since.

Your current results are nothing but the manifestation of your belief system.

You can't become the person you want to become unless you believe you deserve it.

You can't become the person who stands on stage unless you believe you are enough.

Our beliefs make us experience bothering people, losing people, failing before we've even taken any action. You start to experience a future that hasn't even happened yet... and that determines the actual action you take.

If your subconscious believes that in order for me to get more money, I'm going to have to feel exhausted, what the subconscious does, is it thinks "I'll remind her what exhaustion feels like and give her those feelings now, whilst she thinks about getting more money - to remind her, so she can avoid that further pain in the future."

You see, everything the brain experiences that feels emotionally painful, it instantly stores in the long-term memory - so now it knows that 'Ooo, that didn't feel great' so every time you go into a similar circumstance, those feelings will come up, to remind you to not do that because it creates extra pain. It's a survival instinct.

There could be one earlier experience where you felt shame for asking for money and that could affect you subconsciously all the time and you don't even know it. When you go on a date... you are too embarrassed to order anything but the cheapest thing on the menu... you don't charge what you know your services are worth and you do a lot of things for free because you feel embarrassed sending invoices.

Or perhaps you feel guilt towards happiness - if you do - the guilt is the clue. So where did you feel guilty for being happy? When was the experience of that? What is the belief attached?

Imagine wearing a shirt every day that says 'I'm not good enough'. When did you decide that? What made you decide that? A lot of the fears you carry are shirts that aren't yours.

So here's your power move:

When you feel resistance to action...
That's your cue.
That's a belief getting in the way.
And instead of obeying it...
you ***challenge*** it.



EXERCISE: The Belief S.W.A.P Process

S - Search - Catch the belief in real time.
W - Weaken - Interrupt it. Break its certainty.
A - Align - Replace with a new, better, more powerful belief.
P - Prove - Find evidence that supports your new belief.

Click **HERE** to access the full process.

This is how you start to rewire your system.

This is how you shift from:

"I'm not good enough" to "I am the woman who leads, decides, and rises."

Your Nervous System Is Listening.

Your body doesn't just hear your thoughts - it feels them.

So when you believe something negative about yourself... you experience it as if it's real.

But when you interrupt it - with power, with energy, with certainty, you start to

Change the signal.
Change your state.
Change your identity.

This work is crucial. We must uninstall the beliefs that keep us stuck and replace them with expansive, boundless beliefs that set us free.

Because when you say you'll do a thing, you'll do it if you are in perfect alignment - no resistance, no negative thoughts coming up. That's the power of great identity beliefs - they make your life effortless and easy - so you just 'do' - no extra 'will power' required.

No. 3 - 'I Can Handle It' - The Death of Fear

Considering how many 'be carefuls' our parents bombarded us with, it's a miracle we even manage to walk out the front door!

At the core of every fear is one belief:

"I can't handle it."

So we must change that.

Because the truth is:

You can.
You always could.

When you decide "Whatever happens... I can handle it."

Fear loses its grip.
You stop avoiding.
You stop shrinking.
You start **moving**.

Knowing that "I can handle it" is how you build unshakeable self-trust:

You prepare for the worst... and realise you'd survive it.

And suddenly?
You're free.

Because courage isn't the absence of fear.
It's the decision that you can handle it.

The only way to get rid of fear is to get out there and do it!

Every time you are forced to 'handle it' your self-esteem is raised considerably. You learn to trust and believe that you will survive, no matter what happens.

So learn what you need to learn, ask the questions you need answered, take some small steps, create an action plan for 'what if'. Figure out the worst case scenario that could result from this and then figure out a way you WILL handle it if it comes to it.

The certainty you create leads to aligned action, and with action, the fear subsides.

Relationships are a prime example - what can be more frightening than relying on someone else for one's survival? Will they stop loving me? Will they take care of me?

Take back control of your own life to get rid of the fear - know you can handle it without them.

So plan for the worst, know you can handle it, and then let the worry go - and iInstead visualise it all working out perfectly.

EXERCISE:

What is keeping you stuck because you are afraid you won't handle it if you fail?

Are you afraid of judgement? Losing someone? Embarrassment? Failing? Whatever it is - take a pen and paper now and figure out the worst things that could happen and how you WILL handle them.

Ask yourself "If this were to happen, how could I be ok? What could I do? What could I believe instead? What new action could I take? How can I handle it even if the worst were to happen?

Create an action plan for the worst, know you can handle it, then start focusing on it all working out beautifully.

No.4 - Visualisation - Queen Energy Unlocked

Your identity is like a thermostat.

It will always pull you back to it's current setting - whatever feels "normal" is where it wants to stay.

So if you want a new life...
You need a new "normal."

And this is where visualisation becomes power - because you don't just see the life - you become the woman.

You feel her certainty. Her grounded presence. Her decisive energy.

You see how she moves, how she speaks, what she no longer tolerates.

This is Next-Self Activation.

This is where you begin to embody:

Queen Energy.
Authority.
Certainty.

This is where you start 'becoming'.



Here's the truth:

Your brain doesn't know the difference between what is real and what is vividly imagined with emotion.

Which means you can start building your future - before it even happens.
This is where identity starts to fully shift.

Right now, your brain is wired to your past - your past experiences, your past fears, your past limits.

It's created the version of you that feels 'normal'.

So when you try to step into something bigger? Your system pulls you back.

So we change the reference point.

We create Future Memories.

Future Memories = Your Next-Self Installed.

This is not day-dreaming - this is identity recalibration. You are deliberately installing a new version of you into your nervous system. A version who already has what you want. Who already moves with certainty. Who already is her.

You see it.
You feel it.
You step inside it.

You don't just visualise the outcome...

You visualise:

- How you walk into the room
- How you speak - with grounded authority
- How you make decisions - quickly, powerfully
- How you hold yourself - calm, certain, unshakeable

Why This Works (And Why It Changes Everything)

When you repeatedly visualise your future:

- Your brain starts to believe it's 'normal'
- Your nervous system starts to feel safe there
- Your identity starts to align with it

And then something powerful happens...

You begin to notice opportunities you would have missed before...

Ideas. People. Timing.

Synchronicities that feel almost... inevitable.

This is your Reticular Activating System switching on - filtering your world for evidence that your future self is real and helping you get there.

Confidence Is Built Before Action

Most people think:
"I'll feel confident... then I'll do it."

But the truth? Confidence comes from knowing you can - and visualisation gives you that.

Because when you've seen yourself do it, felt yourself do it, experienced it internally... your brain says: "We've done this before."

And suddenly?
You move.
This Is How You Rewire Fear.

Of course, fear will still show up at new levels - that's part of expansion. But when your system is flooded with certainty, power, inevitability... Fear loses its authority.

EXERCISE:

So here's your work:

Write it down in great detail your desired future.

Every day, for 10-15 minutes, step into your future. Close your eyes and read it... imagine it.

In your minds eye:

See it.
Feel it.
Own it.

Make it so real...
So certain...
So non-negotiable...
That there is no version of you who turns back.

This Is Next-Self Activation

This is where you stop procrastinating and asking: "Can I do this?"

And start declaring: "This is happening."

You are not waiting for your future.
You are installing it.

The Truth That Changes Everything:

You don't get the life... then become her.

You become her... then the life appears.

CHAPTER THREE:

Conclusion: The Rise Has Already Begun

You don't need to do everything today.
You just need to begin.

One decision.
One small action.
One moment of courage.
And then another.

This is what I call:

ELEV8

You rise...
You expand...
You take action...
Your identity shifts...
And then you rise again.

You are not stuck.
You were just never taught how to move.

And the woman you are becoming?
She is already within you. Waiting.



My Invitation

If this activated something in you...
If you felt it - that pull - that knowing...
Then you're ready for more.

Inside '**The Fearless Business Woman' 8-week program** we go all the way.

We rewire identity.
We eliminate fear at the root.
We activate your next-level self - fully.

This powerful immersion program provides real identity expansion using my Elev8 system and The Boundless Belief Blueprint® methodology.

If you're ready for change now, this is where we collapse time and step you fully into the woman you came here to be.

And it starts with an Insight Session, which you can book HERE.

Because you are the Phoenix.

And this?

This is your moment to rise.

With Fierce Love & Courage,

Claire ♥