

14 DAYS TO

Internal Authority

*Stop outsourcing your worth.
Start trusting yourself.*

JESS COLEMAN

You don't need another self-love affirmation.

You need to stop abandoning yourself every time someone else has an opinion.

This 14-day workbook is a reset for the places where you keep outsourcing your worth, over-explaining your needs, waiting for validation, or making someone else's reaction the final authority over your life.

This is not about becoming louder, harder, or more detached. It is about becoming internally anchored - so your decisions, boundaries, and sense of worth are no longer up for public vote.

This workbook is for you if:

- You chronically over-function in relationships.
- You wait for external validation before making decisions.
- You say yes when your body is saying no.
- You perform confidence while feeling empty inside.
- You know the pattern, but you are ready to actually interrupt it.

THE POINT OF THIS WORKBOOK

Not to boost your self-esteem for a day. To help you notice the exact moments you leave yourself - and practice returning to yourself in real time.

Over the next 14 days, you will identify where you are outsourcing your authority and begin practicing choices from your internal compass instead.

This isn't soft work. It is structural work.

Let's begin.

How to use this reset

Give yourself 10 to 15 quiet minutes a day. Do not overthink the answers. Your first honest response is usually the one that matters.

A few rules for the next 14 days:

- Answer honestly, not beautifully.
- Do not use the prompts to shame yourself. Use them to see yourself.
- Look for the pattern underneath the situation.
- Choose one small action each day instead of trying to overhaul your whole life.
- Let this be a practice, not a performance.

GENTLE NOTE
This workbook is for self-reflection and personal growth. It is not a substitute for medical, mental health, legal, or crisis support.

Before you start, write one sentence about what you want to reclaim by the end of these 14 days.

DAY 1

The Worth Distortions

Today is about naming the mental pattern that most often pulls you away from yourself.

Which pattern shows up most?

- Future Doom Loop** - This always ends badly for me.
- Assumed Rejection** - They're pulling away.
- Invisible Rulebook** - I should be further by now.
- Transactional Love** - If I do enough, they'll choose me.
- Victim Script** - I don't really have a choice.
- Confirmation Bias of Unworthiness** - See? This proves I'm not enough.
- If They Change, I'll Feel Better** - Waiting on someone else to regulate your worth.

Notice without judging. Naming the pattern is the first act of authority.

Where does this show up most in your relationships?

What do you usually do when this pattern gets activated?

What would change if you believed your worth was not being decided in that moment?

TODAY'S INTERNAL AUTHORITY PRACTICE

Choose one answer from this page and take one small action from it within the next 24 hours.

DAY 2

Where Are You Saying Yes When You Mean No?

Every yes that betrays you becomes resentment later. Today, locate the cost of over-agreement.

When I say no, I'm afraid they'll think I'm...

When I say yes to keep the peace, I abandon...

The real cost of that is...

If I stopped over-giving or over-explaining, what would I risk?

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DAY 3

The Trigger Audit

A trigger is not proof that something is wrong with you. It is a doorway into what still needs safety, clarity, or truth.

Think of a recent moment when you felt unexpectedly upset, defensive, shut down, angry, ashamed, or hurt.

The trigger was...

What I expected instead...

What I made it mean about me...

Is that interpretation a fact - or a wound speaking?

Write one neutral explanation for what happened.

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DAY 4

The Micro-Bravery Ladder

Internal authority is built in small, repeatable acts of truth. Start with the level you will actually do.

Level 1: One truth I avoid saying...

Level 2: One boundary I could test this week...

Level 3: One behavior I know keeps me small...

Choose one. What will I say, change, or act on within 72 hours?

Do not pick the hardest one. Pick the one you'll actually follow through on.

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DAY 5

The Pattern Cost

Patterns do not only cost you peace in the moment. They create a future. Today, tell the truth about that future.

If I continue outsourcing my worth for the next 6 months, I will feel...

If I reclaim authority now, I will feel...

What is one cost I am no longer willing to normalize?

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DAY 6

Self-Abandonment Check

Self-abandonment often looks responsible, kind, or flexible from the outside. Today, name where it is costing you.

Where do I shrink to keep peace?

Where do I over-perform to stay chosen?

Where do I wait to be validated before moving?

What would self-honoring look like in one of these places?

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DAY 7

Internal Authority

Self-love is not thinking better thoughts. It is choosing from your own center before you feel perfectly approved of.

Internal authority can look like:

- Making decisions without over-polling others
- Holding boundaries without apologizing
- Acting before you feel perfectly confident
- Letting someone misunderstand you
- Choosing yourself without performing

What would someone with internal authority do next?

What is the smallest version of that action I can take today?

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DAY 8

The Belief Inventory

Sometimes we stay small because the pattern gives us something: safety, sympathy, avoidance, control, or a familiar identity.

What belief about myself am I protecting by staying small?

What would I have to accept about myself if I succeeded, healed, changed, or moved forward?

What am I getting from this pattern? Be honest.

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DAY 9

Emotional Baseline

Your emotions are information, not instructions. Today, track what actually moves through you instead of judging it.

Track 10 emotions you feel today. Mark + for supportive/expansive and X for heavy/contractive. Some emotions may be both.

#	Emotion	+ / X
1		[]
2		[]
3		[]
4		[]
5		[]
6		[]
7		[]
8		[]
9		[]
10		[]

What emotion showed up the most today?

What did that emotion need from me?

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DAY 10

The Permission Slip

You do not need universal approval to live in alignment. Today, write permission from your own authority.

I give myself permission to...

Even if it means...

The person I'm afraid will disapprove is...

What I'll do if they do...

TODAY'S INTERNAL AUTHORITY PRACTICE

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DAY 11

Stop Performing

Performance asks, How am I being perceived? Authority asks, What is true and what is mine to do?

Where am I performing confidence instead of building competence?

What would change if I stopped curating how I'm perceived?

One thing I'm pretending not to know is...

TODAY'S INTERNAL AUTHORITY PRACTICE

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DAY 12

The Resentment Map

Resentment often points to the places where your truth did not get a seat at the table.

I resent _____ for _____.

What I actually resent is that I did not speak up, set boundaries, ask for what I needed, or honor what I already knew.

What I can do differently next time...

TODAY'S INTERNAL AUTHORITY PRACTICE

Choose one answer from this page and take one small action from it within the next 24 hours.

DAY 13

What Envy Reveals

Envy is not always petty. Sometimes it is your desire trying to get your attention.

I envy _____ for _____.

This reveals that I want...

One action I can take toward that is...

What am I waiting for permission to pursue?

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DAY 14

The New Standard

Authority becomes real when it becomes a standard. Today, name what changes from here.

I will no longer...

I will start...

The belief I'm choosing instead is...

One decision I'll make from my internal authority this week is...

TODAY'S INTERNAL AUTHORITY PRACTICE

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You don't need more validation.

You need self-trust.

If this reset resonated, Awaken the Channel is where we work at the root: the attachment patterns, the conditioning, and the places you learned to over-function, over-give, or hand your authority away.

You do not just identify the patterns. You rewire them through channeling, nervous system work, and embodied practice.

Inside the deeper work, you learn to:

- Trust your inner knowing without seeking external confirmation.
- Hold boundaries without guilt or over-explanation.
- Make decisions from your body, not your wounds.
- Stop using other people's reactions as the measure of your worth.

NEXT STEP

When you are ready, explore Awaken the Channel and the deeper body of work with Jess.

jesscoleman.podia.com/awaken-the-channel

Until then, keep building that internal authority.

Jess

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