



WARRIORBOOK

The
WORTHY
WOMAN

Become the leading lady of your life
and show up for what you desire.

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TONYA LEIGH

MASTER LIFE COACH

From one leading lady to another: welcome! I am so excited you're here.

Choosing to be your own leading lady will require you to show up differently, dream bigger, and expect more of yourself than ever before. Not because you have something to prove or fix — but rather, because you are deserving and worthy of your desires. (Trust me when I say: it's much more fun this way.)

If you are ready to tell a new story and step into the spotlight of your own life, then you are in the perfect place to make it happen. Over the next 5 days we will get clear on exactly who your worthy character is and how to show up as her in every area of your life — and we're rolling out the red carpet to support you each day.

So: what are you ready to stop settling for... and start showing up for?

No more watering down your desires or waiting on the sidelines of your own life. Your role as Worthy Woman begins right now.

Tonya

A Note from Behind The Scenes...



HOW TO USE THIS WORKBOOK

- **Begin your day with the *Morning Moment*, delivered straight to your inbox, Monday to Friday.** Jot down your reflections in this workbook and spend a few minutes completing the daily reflections.
- **Bring your insights and questions to the daily *Live Session on Zoom* at 2PM EST.** I'll be there with you and your fellow *worthy-women-in-the-making* to help you flesh out your plans for treating yourself like royalty.
- **As you complete each day of the workbook, turn to page 20 to fill in your one-page Story Summary.** This is where you'll commit to the 5 essential "acts" you'll practice to bring your worthy character to life. (Once you've completed this page, consider keeping multiple copies of this page in places where you will see it frequently!)
- **End each day with the *Evening Love Note* email for one great idea to embody your role of leading lady.**

Are you ready for your curtain call?



01

DAY 1:

Worthy Stories

“Always be the leading lady in your own life.”

- AUDREY HEPBURN

Does the character you’re playing match the story you want to tell?

Many women go through their whole lives playing a supporting role in someone else’s story. If you don’t love the role you’re currently playing, it’s time to think bigger — and it begins with creating a new story for yourself.

Over the next 5 days, you’ll learn how to show up as the leading lady of your own life. Are you ready to meet her, and write a new story to support her? Read on.

DAY 1: Worthy Stories

What are the things I'm not showing up for, because I don't feel worthy of them yet?

What "stories" do I have about what it will take for me to feel worthy?

If I already knew I was worthy, what would I do differently?

Complete this question after attending the daily Live Session...

If I was the leading lady of my life — what would my story be?

(Copy this into "Act 1" of your Story Summary on page 20.)

Everyone has a story.
It's time to re-write yours.



01



01

DAY 1:
WORTHY STORIES

THE LIVE SESSION

Share your reflections inside the *Pop-Up Society* and bring your questions to the *Live Session* with Tonya at 2pm Eastern Time.

(You'll receive a link to the replay each evening if you can't attend live.)

Day 1: Show Notes



02

DAY 2:

Worthy Standards

*“Quality is never an
accident.”*

- WILLIAM A. FOSTER

*Standards make (or break) the story.
Are yours up to scratch?*

Oscar-winning directors know that without strong standards, the story they want to tell will get lost in the noise. As the main character in your story, it's essential to create standards that support you, your role, and your goals.

Today, we'll explore the standards you need to upgrade or uphold — and how to make sure the story you're telling isn't the result of someone else's standards, but rather, your own.



DAY 2: Worthy Standards

What's the #1 thing I am ready to stop settling for or tolerating?

Where in my life am I trying to meet someone else's standards, instead of my own?

If I already saw myself as worthy, what standards would I uphold for myself?

Complete this question after attending the daily Live Session...

My non-negotiable production standards are:

(Copy this into "Act 2" of your Story Summary on page 20.)



02



02

DAY 2:
WORTHY STANDARDS

THE LIVE SESSION

Share your reflections inside the *Pop-Up Society* and bring your questions to the *Live Session* with Tonya at 2pm Eastern Time.

(You'll receive a link to the replay each evening if you can't attend live.)

Day 2: Show Notes



03

DAY 3:

Worthy Style

“Costume, hair and makeup tell you instantly who a character is — before they even open their mouth. It establishes who they are.”

- COLLEEN ATWOOD

Change your costume, change your story

What you wear — and how you wear it — is a window to the soul of your character. If you want to elevate your role and tell a different story, there’s no better way to do it than to upgrade your style.

Today, we’ll explore the true meaning of style (it’s more than just hair, makeup and clothes!) and how to create a new style statement for your leading lady role.

DAY 3: Worthy Style

Visualize yourself showing up fully for what you want.

What are you wearing?

What thoughts are you thinking?

What 3 words describe how you want to be showing up?

*Complete this question after attending the daily
Live Session...*

My worthy “Style Statement” is...

(Copy this into “Act 3” of your Story Summary on page 20.)



03



03

DAY 3:
WORTHY STYLE

THE LIVE SESSION

Share your reflections inside the *Pop-Up Society* and bring your questions to the *Live Session* with Tonya at 2pm Eastern Time.

(You'll receive a link to the replay each evening if you can't attend live.)

Day 3: Show Notes



04

DAY 4:

Worthy Surroundings

“All the world’s
a stage.”

- WILLIAM SHAKESPEARE

Life is a series of stages.

Which one are you showing up for?

Look around you. Does your environment tell the story of a woman who is worthy — or does it tell a different story entirely? A leading lady chooses her stage with intention, and shows up for it unapologetically.

Today, we’ll explore how to upgrade or change your environment to match the stage you want to step onto. Let’s design a set that helps you show up for your desires.



DAY 4: Worthy Surroundings

What's the environment I spend the most time in?

**What story does this environment reflect back to me?
(And what story do I want it to tell instead?)**



**What new environment would I visit if I knew I was
worthy?**

*Complete these questions after attending the daily
Live Session...*

**The first “worthy upgrade” I’ll make to my
surroundings is:**

(Copy this into “Act 4” of your Story Summary on page 20.)

04



04

DAY 4:
WORTHY SURROUNDINGS

THE LIVE SESSION

Share your reflections inside the *Pop-Up Society* and bring your questions to the *Live Session* with Tonya at 2pm Eastern Time.

(You'll receive a link to the replay each evening if you can't attend live.)

Day 4: Show Notes



05

DAY 5:

Setting Worthy Goals

“Great stories happen to those who can tell them.”

- IRA GLASS

*Every leading lady needs an iconic line.
What's yours?*

One iconic line can define a character's entire story (think: Frankly, my dear: I don't give a damn!). Showing up as a leading lady requires you to practice your script, learn your lines, and choose new statements that support where you want your story to go.

So let's ensure your goals are worthy of a leading lady — and the lines you'll practice to bring them to life.

DAY 5:

Setting Worthy Goals

What goal would I choose if I knew it was inevitable?

(Hint: this is the kind of goal that delights you and terrifies you.)

What goals or expectations would I let go of?

(Hint: these are goals you choose because you feel you've got something to prove.)

How am I making my goals feel harder or heavier than they need to?

Complete this question after attending the daily Live Session...

Whenever I doubt myself or my goal, the “worthy script” I will practice is:

(Copy this into “Act 5” of your Story Summary on page 20.)



05



05

DAY 5:
SETTING WORTHY GOALS

THE LIVE SESSION

Share your reflections inside the *Pop-Up Society* and bring your questions to the *Live Session* with Tonya at 2pm Eastern Time.

(You'll receive a link to the replay each evening if you can't attend live.)

Day 5: Notes & Insights

ONE-PAGE STORY SUMMARY

The 5 “act” story arc for your leading lady

ACT 1: Character Study

ACT 2: Production Standards

ACT 3: Costume Design

ACT 4: Stage Presence

ACT 5: Your Worthy Script

WORTHY WOMAN

closing NOTES

Your *Worthy Woman* experience has come to an end... but, the show must go on. Now, your work is in practicing your role as leading lady, and choosing to step into the daily “spotlight moments” that will bring you closer to your desires.

Showing up as a leading lady is challenging in a world that constantly expects women to fall back into a supporting role. But the *Worthy Woman* knows herself, believes in her story, and fiercely protects what she needs to bring it to life.



If you are craving support, structure, and proven strategies for showing up for yourself, your desires, your dreams and goals — I have an invitation for you...

It's called *The School of Self-Image*, and enrollment is open now for a limited time. If you're ready to write a new story, take on a new role, and perhaps let a few old ones go... there's simply no better place. To learn more and join us, click the button below:

LEARN MORE ABOUT THE
SCHOOL OF SELF-IMAGE

We would love to have you. But, whether you choose to join us inside *The School of Self-Image* or not, know this:

Your “*worthy*” character is not a performance (or an exercise in make-believe).

She's simply the truest expression of you — no “*acting*” required.

Practice showing up as her each day, and watch your life expand in remarkable ways.

After all: it's your stage, your story, and your show.

Why not make it extraordinary?

Tonya



Whether you choose to continue the work of creating your extraordinary life with us or not, I am so excited for what the future holds for you. Stay in touch with the extraordinary version of you that you met this week: the one who knows what she wants and creates it every day, unapologetically.

Most important of all: *remember that you are already her.*
It's simply a practice.

Here's to your extraordinary life in the making.

Tonya