

Claiming Your Brilliance Cheat Sheet

(For when you've been taught your success is dangerous)

The Wound

You hide your greatness to stay safe. Self-sabotage feels safer than being shamed or controlled. Your past taught you that positive visibility = punishment.

Why You Do It

1. Credit Hijacking: Others took or claimed your achievements.
2. Conditional Love: Praise came with strings; growth = risk.
3. Loyalty to Pain: Staying small feels loyal to old dynamics.
4. Fear of Being Seen: Visibility has hurt you before.
5. Control Through Collapse: Failing on your own terms = safety.

Truths to Remember

- Your success is not a scam.
- Shining doesn't make you unsafe.
- You can be proud and visible without shame.
- Self-sabotage = living someone else's limits, not yours.

Daily Reminder: Every time you shrink, pause and ask: am I hiding for safety... or living someone else's limits?

Daily Intention

I claim my light. I celebrate my wins. I own my brilliance safely, fully, unapologetically.