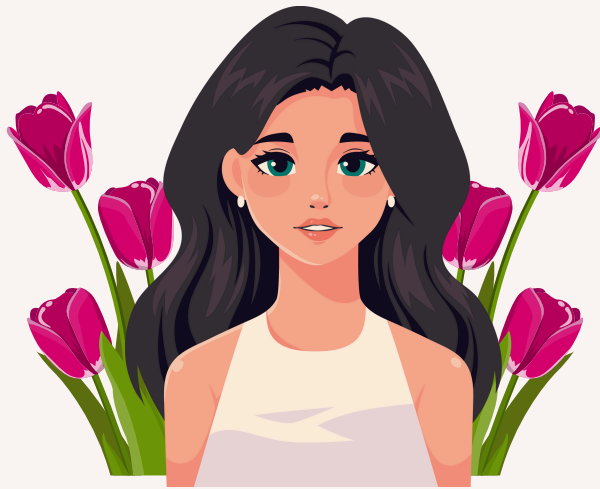


THE POWER OF

# INDEPENDENCE



# WORKBOOK

BY VOGUEGENICS

# Welcome!

Hey there, powerhouse.

I'm Dorey Duncan Scott, founder of Vogueugenics — where self-care meets unapologetic glow-ups and personal growth comes with a side of sass.

I created this workbook for anyone who's tired of second-guessing themselves, shrinking for approval, or handing over the steering wheel to people who don't even get where you're going.

This is your space to stop playing small, start trusting your voice, and take back the power that's always been yours. No fluff. No filter. Just honest reflection and realignment.

Let's reclaim your independence — and make it look damn good while we're at it.

Dorey Duncan Scott

## ABOUT THIS WORKBOOK

The Power of Independence Workbook is your permission slip to stop asking for permission.

It was created for women (and the bold souls who love them) who are ready to stop people-pleasing and start decision-making. If you've ever hesitated to speak up, doubted your own gut, or outsourced your power to others — this is for you.

Inside, you'll find prompts, exercises, and reflection starters that don't just help you find your voice — they help you trust it.

You're not too much. You're finally just right.





# THE POWER OF INDEPENDENCE WORKBOOK

**Reclaim Your Voice. Rewire Your Confidence. Rule  
Your Own Damn Life.**

So you're done waiting for permission. Good. Let's burn the rulebook and start writing your own.

This workbook is not about becoming more agreeable. It's about becoming more you.

Get ready to:

- Say no without a follow-up paragraph.
- Own your opinions without the shame spiral.
- Make decisions without polling your group chat.
- Trust your gut like it's your GPS.

Ready? Let's go.

# WHERE ARE YOU STILL PLAYING SMALL?

List three situations from this week where you:

Silenced your opinion:

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Said yes when you wanted to say hell no:

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Minimized your needs to avoid conflict:

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# WHERE ARE YOU STILL PLAYING SMALL?

Review your previous responses, then answer:

What were you afraid would happen if you had spoken up?

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Is that fear actually yours—or something you learned to carry?

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Reflections:

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# SELF-TRUST PULSE CHECK

**Rate yourself 1–5:**

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I trust myself to make good decisions.

I care more about how I feel than what others think.

I listen to my intuition even when it's unpopular.

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**Now ask yourself::**

When was the last time I did trust myself? What happened?

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What would I do differently if I fully believed in my own wisdom?

# BOUNDARIES WITHOUT GUILT

Fill in the blanks:

I am no longer available for:

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My time is better spent:

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People who respect me will understand when I say

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# BOUNDARIES WITHOUT GUILT

Then write at least one sentence you're afraid to say—but deeply need to:

# LEADING YOUR LIFE-NOT JUST MANAGING IT

Think of one area where you've been passive: your health, your career, your relationships, etc.:

What would taking the lead actually look like here?

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Who would benefit most from your playing small? (Spoiler: it's not you.)

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Write yourself a one-line rally cry: "This week, I lead with \_\_\_\_\_ instead of \_\_\_\_\_."

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# RITUALS THAT REIGNITE YOU

Pick one ritual to commit to for 7 days:

Morning affirmation: "I trust my voice. I trust my path."

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5-minute mirror talk: Eye contact, no apologies.

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One decision a day that is yours alone. No outsourcing.

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# RITUALS THAT REIGNITE YOU

Write down how you'll remind yourself:

Note on the mirror?

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Daily alarm name?

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Post-it in your latte mug cabinet?

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## NOTES

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## FINAL THOUGHT:

You are not too much. You are not dramatic. You are not bossy. You are a leader in the making. And leaders don't wait for approval. Now go show the world what it looks like when you stop shrinking.

**Voguegenics isn't just a brand — it's a bold lifestyle.**

For more unapologetic self-care, journal prompts, blog deep-dives, and glow-up guidance, join us across the web:

🌐 Website: [www.voguegenics.com](http://www.voguegenics.com)

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Join the Voguegenics movement — where independence, intuition, and a perfectly timed comeback always steal the show!

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THIS WORKBOOK PAIRS PERFECTLY WITH THE BLOG POST:  
THE POWER OF INDEPENDENCE.

