

THE

# LIFT *Index*

# *Steadfast and True: 3 Ways to Step Boldly Into Who You're Becoming*

Welcome to the Steadfast stage of the LIFT Index, a framework designed to help you understand where you are in your journey and what you need most to grow, align with your purpose, and move toward your next stage.

At Steadfast, you've built momentum, clarity, and a strong sense of what matters most. You are competent, grounded in your values, and capable of navigating complexity with confidence. Yet you sense there's more to explore: not more achievement, but deeper fulfillment. A desire to live and lead from a place that feels increasingly true to who you are now.

This stage now invites you to step fearlessly into the expression of your authentic self: to reflect on what still fits, experiment in small, intentional ways, and reconnect with the most authentic version of yourself beneath the roles, responsibilities, and expectations you've mastered. From this place, your accumulated experience turns into confident action and intentional influence.

*Being steadfast doesn't mean staying still; it means acting with confidence, clarity, and courage from a place of trust in yourself that you don't have to keep playing it small. It's safe to expand into your glow up era!*



# #1: Reconnect with Your Values and Priorities

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**Goal** Clarify what truly matters now, and anchor in what's enduring and meaningful.

**Exercise** List the roles, routines, and responsibilities you are currently carrying.

Ask yourself: Which of these reflect who you truly are now? Which no longer serve you?

Then, identify 3–5 core values that resonate with your current self.

Clarifying What Still Aligns			
Area of Work / Role	How It Feels Now	Still Fits?	Action to Honor Values
Mentoring younger women Networking events	Energizing Drains energy, feels performative	Yes Unsure	Feels natural and fulfilling toward my positive impact Reduce attendance, focus on select meaningful connections
<b>3–5 values that resonate with this current season of life:</b>			

## Reflection Questions

*Where does my life feel aligned and spacious?*

*Where does it feel heavy or obligatory, and no longer serving my growth?*

*Was there an aligned role, responsibility or activity that I no longer engage in, that I can integrate back into my routine?*



## #2: Explore Curiosity and Gentle Experimentation

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**Goal** Notice where curiosity is calling and where fear may be holding you back.

**Exercise** Identify areas of your life where you feel capable but constrained, or comfortable but unfulfilled.

Write down 1-2 possibilities you've quietly considered but haven't acted on.

Reflect on what fears arise when you imagine pursuing these possibilities.

Design one small, low-risk experiment to test a new direction.

Experimenting Beyond Comfort			
Area of Life / Role	Possibility I've Quietly Considered	What I Fear Might Change	Small, Low-Risk Experiment
Career / Leadership	Public speaking for podcast guest speaking	Worry about being judged or stepping out of comfort zone	Have one informational conversation with someone who speaks publicly
Creativity / Personal	Writing again, just for myself	Fear of failing, not being "good enough"	Find a writing class to join, just for fun

### Reflection Questions

*Where do I notice curiosity quietly returning, even if I've learned to ignore it?*

*What fears or assumptions arise when I imagine exploring this possibility, and how familiar are they?*

*What would it look like to honor my curiosity in a small, low-risk way without needing certainty or permission?*



## #3: Express Your Authentic Self in Action

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**Goal** Identify how you show up as a leader in ways that feel aligned and authentic, and take intentional actions to lead from that place.

**Exercise** Reflect on the past week or month and note moments where your leadership felt fully authentic and effective.

Identify moments where you may have over-adapted, held back, or played it safe.

Choose 1-2 small, intentional actions to lead more authentically this week.

Exploring Authentic Leadership			
Situation / Role	Felt Authentic? (Yes / No)	Why / How it Felt Authentic or Performed	Small Action to Lead More Authentically
Client Pitch	No	<i>Downplayed my perspective to "fit their expectations"</i>	<i>Speak confidently about my unique approach in next pitch</i>
Team Meeting	Yes	<i>Shared vision clearly, encouraged input, aligned with values</i>	<i>Ask team for feedback on one new idea in next meeting</i>

### Reflection Questions

*When do I feel most confident and aligned in my leadership?*

*Where do I notice myself adapting to please others rather than leading from my values?*

*What impact does leading authentically have on my team, clients, and business outcomes?*



# Next Steps...

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**You've built clarity, confidence, and a deepening trust in yourself.** Steadfast is a season of integration, where insight becomes embodied and you begin leading from who you are rather than who you think you should be.

The exercises in this stage are meant to be revisited as your circumstances, roles, and priorities evolve. Growth here isn't about dramatic reinvention. It's about refining how you show up, noticing what still fits, and allowing yourself to expand without abandoning what already works. Some seasons will invite exploration; others will ask for steadiness and consistency. Both are signs of self-trust.

The LIFT Index supports you in recognizing when it's time to experiment and when it's time to commit. As you continue, notice where your actions feel aligned and where you may be defaulting to old patterns out of habit rather than intention. Strengthen the choices that reflect who you are becoming, and gently release those that no longer feel true.

As your confidence becomes more grounded and your leadership more authentic, you'll naturally move toward the Shining stage: a season of visible expression, influence, and service. You are not rushing toward what's next. You are becoming ready for it – one intentional choice at a time.

Continue your journey at the Steadfast stage on [elanoura.com/LIFT/steadfast](https://elanoura.com/LIFT/steadfast) with these additional resources:



Check off more tasks on Steadfast's to-do list and keep expanding into your next chapter.



Watch our founder Erika share her most powerful advice for women at the Steadfast level.



Explore additional resources and exercises to deepen your self-discovery and strengthen your next steps.

## Have you joined our collective of women leaders?

Join the global Élanoura Collective and connect to fellow women founders and leaders from around the world who believe in making a difference with what we do. Sign up at [elanoura.com/collective](https://elanoura.com/collective)



## CLOSING THOUGHTS

# *Be true to the future you, calling you forth.*

Being steadfast doesn't mean staying still. It means moving with intention from a place of confidence, clarity, and trust in yourself. Each reflection, experiment, and conscious choice you make strengthens your connection to who you truly are and what you're capable of creating.

Remember: Your authentic self continues to evolve, new possibilities will emerge, and the ways you show up may shift over time. This is part of living deliberately and fearlessly. Give yourself permission to explore, test, and adjust without judgment, honoring both what already works and what calls you forward.

**You don't need to leap into big changes to make a meaningful difference.** Stepping fearlessly into small, deliberate actions is how growth, fulfillment, and impact take shape. Trust that by reflecting on your values, testing new directions, and embracing your authentic self, you're already moving toward a life that feels fully alive, aligned, and true to who you are becoming.

