

● **WEEKS 1–5 — Foundation (Easy, Low Stakes)** *Building self-awareness and basic communication habits*


- **Week 1 — Your 60-Second Introduction** — Introduce yourself: who you are, what you do, and why you're here. Member's choice of format, video is preferred but for my camera shy Main Character's, you can just write it or make video where we can hear your voice but not see you (60 seconds when read out loud). Challenge yourself.
 - **Week 2 — Kill Your Filler Words** — Identify your #1 filler word (um, like, you know, literally). Use it zero times in one full conversation today. Report back.
 - **Week 3 — The Specific Compliment** — Give 3 genuinely specific compliments to 3 different people today. Share how it landed.
 - **Week 4 — Rewrite Your Introduction** — How do you usually introduce yourself? Write the old version, then write the upgraded, magnetic version.
 - **Week 5 — The Confident Pause** — In your next conversation, pause for 2–3 full seconds before responding. Share what it felt like and how the other person reacted.
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● **WEEKS 6–10 — Application (Intermediate, Putting It Into Practice)** *Taking skills into real interactions*

- **Week 6 — Tell Your Origin Story** — Share your "why" — what brought you to this work, this path, or this community. Keep it under 90 seconds or 150 words.
 - **Week 7 — The Confident No** — Say no to something this week without over-explaining. Share what you said and how it felt.
 - **Week 8 — Hold the Silence** — In a conversation, say what you need to say — then stop talking. Don't fill the silence. Report back on what happened.
 - **Week 9 — Flip the Script** — Take one negative thing you regularly say about yourself and rewrite it as a power statement. Share both versions.
 - **Week 10 — The Elevator Pitch** — Pitch yourself, your business, your idea, or your expertise to a real person this week. 60 seconds or less. Share how it went.
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● **WEEKS 11–15 — Performance (Advanced, High Stakes)** *Real-world application and full presence*

- **Week 11 — 🗣️ [PUBLIC SPEAKING] No Notes, No Problem** — Record yourself speaking for 2 minutes on a topic you know well. No notes. Post the video.
- **Week 12 — The Conversation You've Been Avoiding** — Have it. Then come back and share what you said, how you said it, and what shifted.
- **Week 13 — Walk Into the Room** — Introduce yourself to someone you don't know in a real-world setting this week. A stranger, a networking event, a coffee shop. Share what you said word for word.

- **Week 14** —  **[PUBLIC SPEAKING] Own the Stage** — Deliver a 3-minute talk on your area of expertise. Record it. Watch it back. Post your biggest takeaway.
- **Week 15** — **Your Main Character Moment** — Document a real moment this week where you showed up as your most confident, articulate, fully present self. This is your proof of growth.