

BY TATYANA GOSH

FROM INSECURITIES TO PERSONAL POWER

A 3-PAGE SHIFT INTO
RADICAL HUMANNESS

by Tatyana Gosh

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PREFACE

Let me tell you—this will not be your usual one-way narrative book.

I have suffered for so many years feeling insecure and alone, while pretending to be confident and fine on the outside.

So, let's start by valuing community & complete honesty here.

👉 The very first step: send me a DM @tatyana.gosh immediately after starting this book. I will add you to a private group of women who are doing—or have already done—this work.

We heal faster together.

This book is short and simple. It consists of three sections:

Step 1: Uncover the Root Cause

Step 2: The Awareness

Step 3: Practice

Each section is one page. Each page has three prompts which you can use daily. Frankly, they can never get old because as humans we can always work on something else...

That's it. Three pages. Three steps. A whole new you.

Let's go.

STEP 1 - UNCOVER THE ROOT CAUSE

Insecurity doesn't come from who you are—it comes from the old stories and voices you've carried inside. The first step to freedom is shining a light on them.

Daily Prompts:

- What situations trigger my insecurity the most?
- What's the exact story I tell myself in those moments?
- Whose voice do I hear when I repeat that story (mine, parents, society, past relationships)?

💡 Notice the patterns. They are not you. They are the stories in your head. Something you learned.

Teaching

You need to understand this: as humans, we are one walking conversation. Everything we experience internally is narrated through stories—beliefs, meanings, and identities we've adopted along the way.

Think of a baby learning to walk: it doesn't compare itself to other babies. It simply copies, tries, falls, and gets back up. There's no self-judgment, no story. Only presence.

And then comes adulthood—and with it, the concept of time and space. We start to measure ourselves, compare, and postpone happiness. We need to understand: for as long as there is time and space, we will always suffer unless we stop. Because what we want will always seem like it's "not now."

As one of my favourite mentors says: "Life will present you with people and circumstances to reveal where you are not free."

That means your insecurity is not a flaw—it's a compass. It shows you where you've been living in an illusion, mistaking a story for the truth of who you are.

When you see that, the power is no longer in the story. It's in you.

STEP 2 – THE AWARENESS

Once you see the story, you can separate yourself from it. Awareness is like switching on the light in a dark room—you instantly see there was never a monster, only shadows.

Daily Prompts:

- When I feel insecurity today, how does my body react? (tight chest, shallow breath, nervous stomach?)
 - What is actually true in this moment—without the story, just the facts?
 - If my best friend felt this way, what would I lovingly tell her?
- 💡 This practice trains your mind to see reality, not fear.

Teaching

Awareness is not something you do. It's something you allow. Most people live reacting to their triggers, thinking "this is who I am." But you are not the fear, not the insecurity, not the thought.

You are the one noticing it.

By design, you cannot help but be, feel, and express imperfection. Otherwise, you are fighting your humanity. And one of the hardest parts of being human... is being human.

You don't have to change the thoughts and the stories you tell yourself. You just have to stop believing them to be true. They are not. They are just a narrative which you decided to play. And now you have the power to change it.

The moment you witness your insecurity instead of being swallowed by it, you are already free. You create space between you and the old story. And in that space, confidence is born.

STEP 3 – PRACTICE

Confidence is not a personality type. It's a daily choice to trust. For me, confidence is honesty. To speak your truth. To realise that your story—your background and your upbringing—made you who you are, and also that you've believed false stories of the ego telling you that you are separate and not loved. Each small, bold action you take towards your truth rewires your body and mind to trust yourself and life even more.

Daily Prompts:

- What's one step like that I can take today toward speaking my truth (without judgment or comparison)?
- How can I remember that confidence is simply being in that energy—not doing anything to try to be it?
- How can I notice when I slip into wanting something “out there, in the future” and instead bring myself back into presence—where I am already whole?

💡 A baby doesn't suffer over time and space—it just lives. But as adults, we learn to place what we want outside the now. As long as there is time and space, suffering will follow—unless we stop, and return here.

Teaching

Confidence is not about being loud or fearless—it's about alignment with your true nature: a unique, divine, infinite being.

It's the energy that comes when your actions match your truth.

Every time you take a small courageous step, you show your subconscious: “See? I can trust myself.” That's how confidence grows—through evidence, not theory.

As one of my favourite mentors says: “True freedom is the absence of resistance to what is.”

So stop resisting who you are. Practice standing tall in the present moment. Practice choosing your voice over the old story. Practice being unapologetically you.

Because the confident woman is not out there somewhere—

✨ She is already here.

Closing words

And remember...
Love has no agenda.
You are a product of Divine Love.
That's what you are.
That's why you are here.

*I'm so excited to continue
working with you, please
reach out to learn more.*

Yours, Tatyana Gosh

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