

CITYHEELS LLC

THE SHE CODE

Starter Kit

A confidence, movement, and mindset guide for the woman ready to reconnect with her body and step into Her.

Inside this kit: your self-check, movement homework, confidence prompts, and weekly She Code tracker.

Created for CityHeels students and newcomers who want more than choreography. This is your first step into strength, softness, discipline, and self-trust.

Use this before your first 1:1 lesson, during your training plan, or anytime you need to come back to yourself.

What Is The SHE Code?

The SHE Code is the CityHeels starter framework for becoming the version of yourself who moves with confidence, protects her peace, and commits to her growth. Because apparently confidence does not arrive by magic in a glitter envelope, so we are building it with structure.

The 3 Core Codes

S - Self-Connection	H - Healing Through Movement	E - Embodied Confidence
You learn what your body needs, what your goals are, and what makes you feel powerful.	You use movement to release tension, rebuild trust, and stop living only in your head.	You practice posture, presence, strength, and expression until confidence becomes familiar.

Who This Is For

- The woman who wants to feel confident but does not know where to start.
- The beginner who feels nervous about dancing, rhythm, or being seen.
- The woman returning to herself after stress, heartbreak, burnout, or self-doubt.
- The student ready to build strength, body control, sensuality, and discipline.

Your Starting Point Self-Check

Circle or highlight where you are today. No lying to yourself, gorgeous. The clipboard is not impressed.

Area	1 - Needs Support	2 - Growing	3 - Confident
Body confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Balance in heels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rhythm/timing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Choreo memory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Core strength	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flexibility/mobility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-expression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consistency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My top 3 goals for my 1:1 lessons are:

The biggest thing holding me back right now is:

Your SHE Code Starter Practice

Do this 2-3 times per week for 10-15 minutes. It is simple on purpose, because human beings love making consistency unnecessarily dramatic.

1. Ground + Posture Reset

Stand tall. Feet hip-width apart. Shoulders relaxed. Chin neutral. Take 5 slow breaths and soften your jaw.

2. Ankle + Balance Prep

10 calf raises, 10 toe lifts, 20-second single-leg balance each side. Hold a wall if needed.

3. Core Wake-Up

20-second plank or dead bug variation. Repeat twice. Focus on control, not speed.

4. Confidence Walk

Walk forward and back for 2 minutes. Think: slow, grounded, lifted chest, controlled steps.

5. Expression Drill

Choose one feeling - soft, bold, playful, powerful - and move your arms, hips, and gaze with that energy for 60 seconds.

6. Reflection

Write one sentence about what felt easier and one sentence about what needs more practice.

Homework Video Submission Checklist

- Film in good lighting with your full body visible.
- Submit 30-60 seconds of practice footage.
- Include one specific question you want feedback on.
- Be open to professional critique. We are improving, not spiraling.

Confidence Prompts

When I feel disconnected from my body, I usually need...

The version of me I am becoming moves like...

One belief I am ready to release is...

One thing I am proud of myself for this week is...

My body deserves patience because...

Affirmations

- I am allowed to begin before I feel ready.
- My confidence grows through practice, not perfection.
- I can be soft and powerful at the same time.
- My body is worthy of care, patience, and celebration.
- I am becoming Her one choice at a time.

7-Day SHE Code Tracker

Use this tracker for one week before or during your lessons. Tiny checkboxes, big accountability. Humanity survives another day.

Day	Movement	Stretch	Journal	Water	Confidence Win
Mon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Thu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

My biggest win this week was:

Next week, I am committing to:

Your Confidence Contract

I commit to showing up for myself with patience, honesty, and effort. I do not need to be perfect to be worthy of growth. I am allowed to learn, restart, ask questions, and take up space.

Name:	Date:
Signature:	My word for this season: