



YOUR FREEDOM EVIDENCE BANK: THE FRAUD TO FREE™ TOOLKIT

Start Building Your Blueprint
For Authentic Authority



Fraud
To **Free**

BY VANETTA MORRISON

DISCLAIMERS

Your Freedom Evidence Bank: The Fraud To Free™ Toolkit by Vanetta Morrison.

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WELCOME

This toolkit is your first practical step on the **Fraud To Free™** path. Impostor feelings thrive on vague anxieties and subjective fears.

The antidote? Cold, hard evidence.

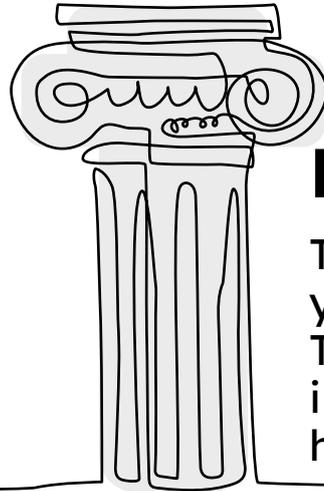
Ditch the doubt and deal in data.

Your Freedom Evidence Bank is your personal vault of objective proof – the undeniable facts of your competence growth, and achievements. Use this template to start collecting proof now and build the powerful habit of consulting facts, not just feelings.

INSTRUCTIONS

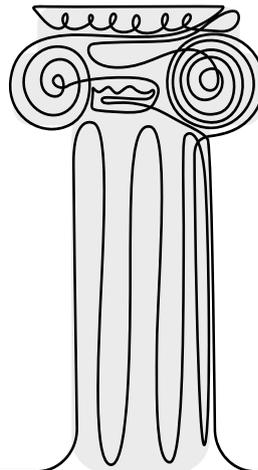
- 1. Collect Continuously:** Make it a habit! After positive feedback, a passed exam, or mastering a skill - add it immediately.
- 2. Be Objective:** Stick to facts. What actually happened? What was the specific feedback? What was the measurable result?
- 3. Consult Regularly:** When self-doubt hits, physically open this document. Read the evidence. Counter the Inner Critic's fiction with documented facts.
- 4. No Win Too Small:** Especially early in your career, document small wins - mastering a specific technique, getting positive verbal feedback, contributing a good idea in a group project. It all counts.

PILLARS



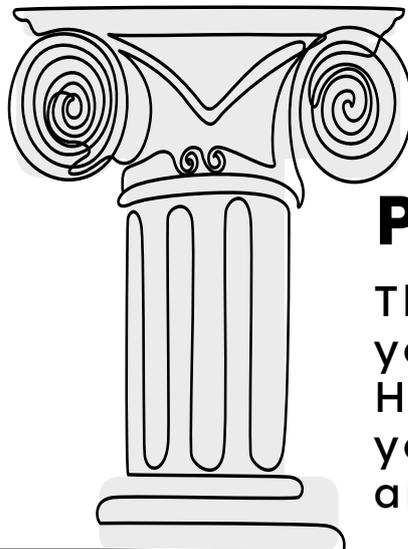
Pillar One

This is about your **achievements**. This is where you identify what you have accomplished



Pillar Two

This is about your **abilities**. This will involve listing your skills and strengths



Pillar Three

This is about your **accreditations**. Here you identify what you have learned and are qualified for



ACHIEVEMENTS

List your concrete results, milestones, and positive outcomes, e.g. 'Passed x Module, Received 'Exceeded Expectations' on Placement Report Completed Essay/ Dissertation Chapter, Volunteered at X Event.

Write one achievement per row.



ACCREDITATIONS

List formal and informal learning, qualifications, certifications, training, e.g. BSc Module: Anatomy, Basic Life Support Cert, Placement Competency: Medication Admin, Attended Workshop on X, Online Course in Y

Write one accreditation per row.

TIPS FOR

GATHERING EVIDENCE

- 1. Save Emails:** File positive feedback immediately.
- 2. Request Specifics:** When someone says "Good job," ask "What specifically did you appreciate?"
- 3. Note Verbal Feedback:** Jot down positive comments from tutors, mentors, peers, or patients right after they happen
- 4. Track Your Progress:** Keep note of skills learned, modules passed, milestones reached.
- 5. Review Regularly:** Look back at old assignments or reports for evidence you might have missed.



YOUR NEXT STEPS

Building your Evidence Bank is a powerful first habit. The full **Fraud To Free™: The Blueprint** course provides the complete F.R.A.U.D. Framework™ and the entire system to build sustainable authority, navigate challenges, and truly own your career from day one.

Thank you for using this toolkit.

If you found this toolkit useful,
please share your experience
with us and others via email
and our social networks.

fraudtofree.com

info@fraudtofree.com



Fraud
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