

# Ways to Build Confidence:

## 1. Be the person you need.

Compassion starts in the mirror. Say the things you WISH someone would say to you.

IF YOUR FRIEND WAS IN THE SITUATION YOU ARE IN RIGHT NOW AND FEELING BAD, WHAT WOULD YOU SAY TO THEM?

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Now, put your name on it and say it to yourself. In the mirror. For reals.

## 2. Silence that inner b\*tch.

Call her "Karen" if you want. Make yourself laugh. Anytime that inner bitch says "you're fat, you're ugly, you're not good enough..." Say to her: "You wanna talk to the manager, KAREN?" She is a lying b\*tch. Shut her up. Get mad about it! She doesn't get to decide who you are. YOU DECIDE.

WHO DO YOU WANT TO BE?

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WHAT DOES THAT INNER B\*TCH SAY TO YOU THE MOST:

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WHAT ARE YOU GOING TO SAY TO HER/HIM WHEN SHE STARTS IN ON YOU?

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## 3. Use music!!!

Choose a theme song! You feeling a little "Enter Sandman" today? Or maybe a little David Guetta? If you're manifesting a bad ass husband or wife, get ideas from My Love Playlist on Spotify. Try "When Love Takes Over" or whatever lights your fire and make that your alarm so you hear that the first thing when you wake up. Have a dance party!

## 4. See the 4-year-old version of yourself and talk to yourself as you would talk to her.

What would you tell her? *You're doing great, you're so kind, you're so pretty. You are so smart. What happened wasn't your fault. Everyone has bad days. Every one makes mistakes. We're all just learning every day and getting better and better!*

WHAT DOES THE 4-YEAR-OLD VERSION OF YOU NEED TO HEAR?

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## 5. Find your gift.

We all have a secret super power. What's yours? What makes you unique? What is something that you're really good at? We all have lots of gifts and lots of things about us that make us unique.

WHAT'S THE ONE THING YOU LIKE MOST ABOUT YOURSELF? WHAT IS YOUR GIFT?

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## 6. What's a "rule" you have about yourself that isn't serving you?

You have to be a certain weight? Your nose isn't the "right" correct shape? Who said that is true? What would make you believe that? Prove it wrong. Every single body is different and we were all made individually this way on purpose. There are no mistakes.

CURRENT BELIEF THAT MAKES YOU FEEL BAD:

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PROOF THAT THIS IS WRONG:

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## 7. Be a student forever.

We're all learning all the time every day if we want to! If you do something or say something you wish you hadn't—great! All of us do that all the time! What can you learn? What did you have to believe to feel that way? Prove that belief wrong.

WHAT I LEARNED TODAY:

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## 8. Find one way to serve.

Make one phone call to mom, buy one Starbucks drink for someone else. Spread compassion and love to someone else!

DO IT NOW:

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## 9. Make one goal. Make it quantifiable. Take one step toward it today.

That's it. One step. One win. Focus on it. "Read more" isn't quantifiable. Read one book this month is. If it's 300 pages, then you know you need to read ten pages TODAY. Read them right now! "Drink more water" isn't quantifiable. "Drink one gallon per day" is quantifiable. Buy a gallon jug, drink 16 ounces of water right now. "Exercise more" isn't quantifiable. "Walk 30 minutes per day" is quantifiable. "Increase my reps to 16." "Add 10 more pounds during squats." Everyone's body is different, so make a goal that's specific to what YOU want to accomplish.

Make one little promise to yourself that you know you can do. Teeny. One thing. Focus on the progress. Whatever your goal is, focus on taking one step toward it.

GOAL:

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ONE STEP I WILL MAKE TODAY:

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Your beliefs control everything you say, and everything you do. Transforming current limiting beliefs is a daily practice, just like learning an instrument. How are you going to learn how to play the cello if you don't practice every day? The only reason why I know how to play the cello is because I practiced cello every day for 15 years. The only reason I can't play anymore is because I stopped practicing. The only way you can learn something is to practice. So practice kindness in the mirror. Not just one time. Practice today. Then practice again tomorrow. And you'll get better at it!

*The only difference between winning and losing is just not quitting. -Walt Disney*

*Mrs. KAREN STANLEY.com*