

# FIVE STEPS TO LIVING MORE CONFIDENTLY

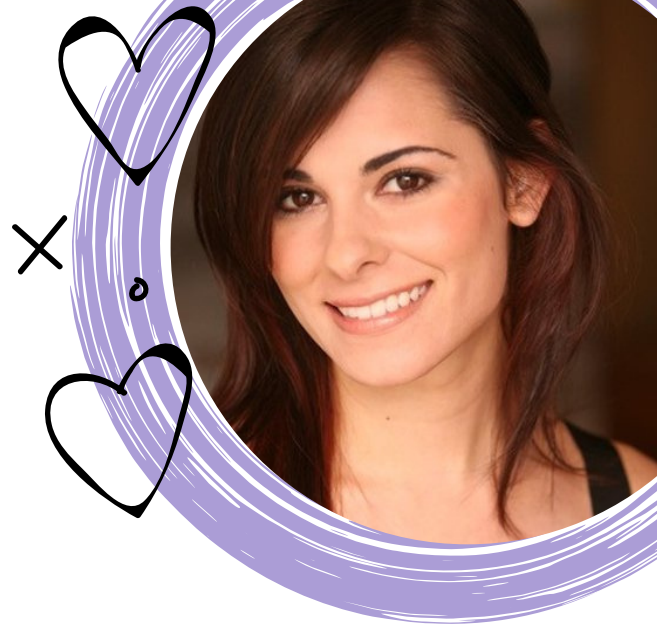
*Take back your control and live  
the life you were meant to live*

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*- one -*

# *OWN IT*

*Recognize that you are right where you are supposed to be. No one gains experience overnight. It takes time to feel really confident at anything - whether it's a new job, raising your first child, or a new hobby. By owning your current capabilities, you'll take the pressure off yourself to be a pro on day one!*



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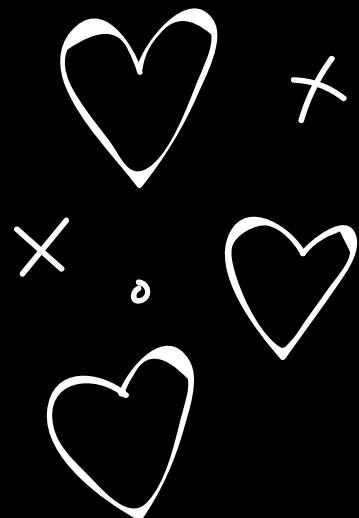
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- two -

# FACE YOUR FEAR

*The thing about fear is, it only has power if we let it have power. Avoiding fear or lying to ourselves won't make the situation any better. When we acknowledge our fears and choose to name them, we instantly make them less powerful. Be honest with yourself about what truly scares you.*



- three -

# MAKE A PLAN

*Once you know your fears, it's time to make a game plan to address them. Identify the areas that you need the most support in and find resources that can help you. It might require you to take a class or find a mentor. It's unlikely you're the first to ever face this challenge so there should be plenty of resources available.*



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# FAKE IT

*It's the one area of life where I say, it's okay to FAKE IT! Imagine you're a character in a movie. How would they handle the situation? What would they say or do? Then try it on for size. Act as if you know what you're doing. Before long, you won't be acting - you will have grown into the role.*



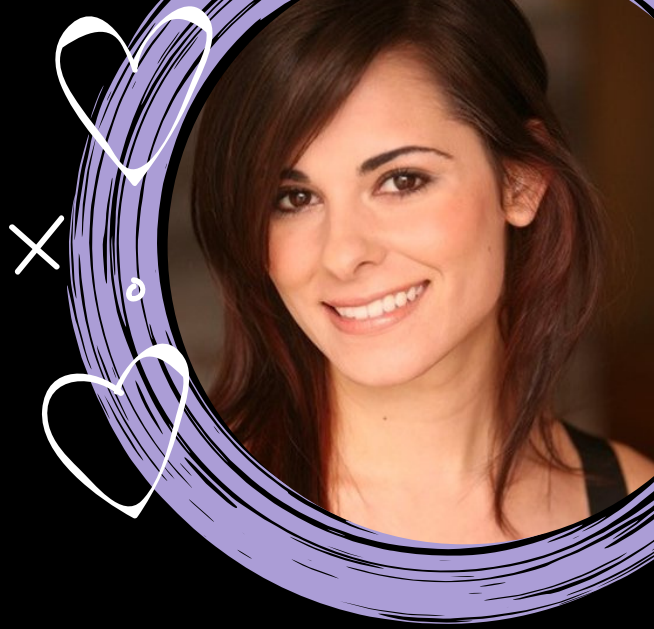
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# *POSITIVE SELF-TALK*

*There will always be someone that will want to undermine you, create doubts and sabotage your success. Just make sure it isn't you! Start with positive self-talk. Don't allow negative thoughts about yourself to creep into your mind or, worse yet, leave your mouth and sow seeds of doubt about you in others. Be your biggest champion and have others join in the chorus of praise. After all, you're a fabulous, talented, powerful, woman!*



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