

How to Skyrocket your Self-Confidence

The Ultimate Guidebook

Hello beautiful person!

I created this guide to help you see yourself for who you truly are and skyrocket your self-confidence.

In my own life, I used to hate the way I looked. I hated walking by mirrors, eating in public, and wearing a swimsuit. It even got so bad that I wouldn't post pictures online of me out with friends because I hated how I looked so much!

One day I finally got tired of hating my body and my appearance. So I did a TON of research on fashion, self-confidence, and how to finally love myself.

I began to take some steps and started to like the way I looked. I began to take pride in my appearance. I began to become more confident in my everyday life. I even was able to walk by a mirror and finally say "I look good!"

I want you to have rockin' self-confidence. You are amazing and you deserve to not only feel good every day, but also have the confidence that you need to reach for every opportunity and every goal that you dream of.

I look forward to introducing you to the new, improved confident version of...you!!!

-Hannah Martin

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Step 1- How to be confident from the outside-in. How appearance and posture can boost your self-confidence.



Tip #1

1) Take a bit more time in the morning to do your hair, makeup, groom or paint your nails, and pick out an outfit that you love. This will pay off all day and you'll look and feel great about yourself.

Some quick confidence boosters:

-Brush (and floss ;) your teeth, and pop some mints throughout the day: fresh breath is a constant confidence booster.

-Take a couple minutes to style your hair, it'll make you feel great about yourself and make you look polished and professional!

-Painting (or grooming) your nails. (Chipped nail polish or dirty nails will make you feel not-so-hot).

-If you wear makeup, take a minute to apply some quick mascara and some lip color (even if you are in a hurry). If you have more time on your hands, put on some eye color and some blush and bronzer. Doing my makeup, even when I don't feel good in the morning, can instantly boost my mood and make me feel great when my makeup is lookin good! :)

- Wear your favorite outfit and the colors that feel best on you!
- Wear a nice accessory that you like (a cool watch, ring, bracelet, earrings, necklace, etc.) One of the best investments I made was purchasing some cool rings- when I look at them, they make me smile! :)
- Wearing a perfume or cologne that smells great on you!



2) Using confident body language will help you feel great about yourself!

Simple things such as standing up straight: shoulders back, head up with a big smile on your face will boost your confidence tremendously. When you stand with confident posture and have a smile on your face, you not only look more confident and approachable, but you'll feel great, too.



Step 2- Confident from the inside-out. Changing the way you see yourself by shifting your thoughts.



In addition to the previous steps, working on my mindset really helped me change the way I feel about myself. In fact, these steps helped me go from “I hate my body” to “Hey, I look good today!” These helped me reframe the way I see myself long-term and start to improve my confidence from the inside-out.

How I did this was:

1. You need to talk to yourself the same way you would want your best friend or significant other to talk to you. Basically, start talking to yourself in a kind way. Think of it this way: if you had a friend who always talked to you the way you talk to you: (i.e. you look fat today, I hate how your hair is frizzy, you look bad in that outfit, etc.) how long would you still be friends with that person? Exactly. You would cut them out as soon as possible.

So stop talking to yourself in the same tone of voice that would make you cut ties with that person.

Honestly, most of the thoughts I used to think, I wouldn't even say those things to my worse enemies.

And that's why my brain hated me. Because I used to bully it, without ever saying anything nice to myself.

So, I began to find what I like about myself, and compliment that about myself when I looked in the mirror, instead of finding something to criticize. Instead of saying, "I hate how I look so ugly," I would say is, "What I do like about my appearance is my biceps. I've been working hard at the gym, and I think they look good." Or, instead of saying, "Wow, I look fat today," I would say, "Hey, I love my hair, I think it looks great today!"

It might feel uncomfortable, unnatural, or uneasy at first to say nice things to yourself, but just keep trying it and keep finding what you like about yourself, whether that be your sense of style, the way you put together an outfit, your athletic body, your cool hair, your awesome eyes, or anything that you like about yourself. When you start saying nice things to yourself, you will start to adopt a more confident mindset and start to love yourself.

2) Repeat in the mirror 5 times a day "I love myself." This worked like magic for me. Just saying this, even if you don't feel it at first, will help you shift your mindset. If you find that you are having a lot of thoughts about *why* you don't like yourself, write it down and get the emotions out. Then keep repeating "I love myself" 5x a day, it will start to become true. (This drastically helped me learn to like my body more within one week, so that's why I highly recommend it.)



3) If there is something about your appearance that you don't like, you have 2 choices on how to fix it and still keep your self-confidence:

A) If it is something you can change, go for it! I have found that setting healthy goals about your appearance is one of the best ways to start to feel confident about yourself.

Make sure you are doing it for the right reasons. For example, if you want to lose weight, make sure it is something *you* want for yourself as a positive goal, instead of wanting to lose weight because you feel outside pressure or feel like you won't be accepted the way you are. How this looks is, if you say, "Hey, I would really like to lose some weight and get fit, I think I would feel better about myself," that is an example of a positive motive, where, "I'm so fat. How could anyone love someone that looks like me? I need to lose weight," that would be an example of a negative motive.

But, absolutely, if you have something that you want to change that will make you feel better about yourself, go for it! For me, I have found that putting in work and effort into my appearance has helped me feel really good. Going to the gym to get fit, eating healthier to try and lose some weight, investing in teeth whitening, and doing other things to improve my appearance has boosted my self-confidence tremendously.

B) If it is something you can't change in the immediate future or, can't change at all, you need to take a firm stance and accept that about yourself.

- a) Sometimes, there are things that we just can't change about ourselves. When something bothered me about my appearance, I've found that this mindset helped tremendously:

The thought pattern that will help you beat this is: "This is something about myself that I can't change, so I'm going to have to accept it, and others are too. They are just going to have to deal with it."

For example, I used to have really bad acne as a teen, and I couldn't always cover it with makeup. I was finally fed up with feeling bad about myself for something I couldn't yet change, so I just said to myself, "You know what, this is something I can't change right now, and I'm tired of hating myself. I am a nice person and have a great heart, and if my friends can't see past my acne and see who I am on the inside, then I really don't want to have friends like that in my life. This is who I am, and they can take it or leave it."

Honestly, I had never felt better about myself than when I made that statement and felt confident even on the days when my acne started flaring up. And guess what? My friends stayed because they loved me for who I am on the inside. You'll find that same is true for you.



Bonus: How to be confident in a stressful situation such an interview or audition!

- 1) Prepare, prepare, prepare! The more prepared you are, the better you will feel and the more confidence you will have.
- 2) Remember to breathe. Taking deep breaths will help you feel more relaxed and stop your body from getting stressed, which will help you feel more calm and confident.
- 3) Before the audition or interview, write down one positive thing you can say about yourself, and repeat that in your mind at the audition right before you go on stage or in the interview room. Anything like "I'm going to do great!" "This is going well" "I'm happy to be here doing what I love." Thinking something positive during a stressful situation will boost your confidence and will stop any thoughts of worry or stress in its tracks.

Also, psychologists have shown that thinking something positive can actually make you look more positive!

They say that the thoughts in your head actually can show in your facial expressions in something called *micro-expressions*, which other people can easily pick up on. That's why,

when you're stressed out, the people you love will always ask you what's wrong, even if you haven't said anything, because they can read your facial *micro-expressions*. This can work to your advantage in any situation: if you just start thinking something positive about yourself or the situation, it will show in your body language and make you look ten times more confident on the outside, as well as make you feel better about the situation on the inside.

I tested this out and it works! I noticed that when I get nervous when I meet a new person, instead of getting worried about what they will think of me, the phrase I'll say is "I like meeting new people. This person seems cool." WOW this has helped my social anxiety tremendously and people have been very warm towards me! It's because I am appearing more confident and friendly simply because I am thinking a kind, positive thought and it is showing in my body language!

****Let's try it. Write down one positive phrase that you will use at your next event:****

Here's some examples:

- I'm a great fit for this job!
- I am a great employee and any company would be lucky to have me!
- I'm awesome!
- This is going so well!

- I'm doing great at this audition!
- I am so glad I get a chance to do what I love!
- I am a great dancer!
- I have a beautiful singing voice!
- This is so much fun!
- An audition is a place to practice my craft, and I'm doing great!

Your turn! :)

The positive phrase I will use at my next event is:



Awesome job!

You are an amazing, wonderful person, never forget that! It might take some getting used to at first, but you will notice that you will soon become more confident and see yourself for who you truly are (hint: you're great!)

I'm looking forward to hearing your success stories and seeing your confidence shine!

Also, if you want to take the next step and work on boosting your confidence in specific areas of your life: romantic relationships, friendships, fashion, or business, feel free to email me for a complimentary one-hour strategy session!

Areas in which I help people revolutionize their lives:

- 1) Finding love by being the best versions of yourself and attracting your soulmate <3
- 2) Making friends and increasing your confidence in social situations, even if you have social anxiety.
- 3) How to effortlessly become more outgoing and get noticed in school and at work.
- 4) Self-image and how to love and feel great about your body!
- 5) How to master your mindset and finally be happy and confident effortlessly!

I'd love to help you skyrocket your self-confidence today! **Click here to book a complimentary session with me:** <https://www.amindworthfightingfor.com/confidence-bootcamp/>