

Growing your Confidence



*Tips and techniques to grow your
Confidence in easy steps*



What went wrong and what you can do to change your life.

Being 'Good Enough'

I am so pleased you have taken the first step by choosing this short course guide. Here we will work with you (yes, there is work to be done) to change your life.

In this introductory part we will look at where a lack of confidence comes from and set the starting point – which is your here and now position.

So read on, try not to be tempted to skip the further sections, and let's make change happen.

Do you feel sometimes, or all the time that you are somehow 'just not good enough'?

Right up front, I'm going to tell you this is so untrue.

You are a unique and wonderful being, an individual deserving of everything life has to offer.

You can be confident, courageous and capable of achieving anything.

But, let's go a little deeper and assuming you won't believe me straight off the page, let's look behind those feelings and look at what we can do, using proven techniques to change that belief.

So often this is the first thing people tell me; that they are not good enough, not deserving, of happiness, success, being loved – that they simply are not good enough.

It is something many women share, yet it does not have to be that way.

Where It All Began

When you were born or a very small infant you didn't think for a moment you weren't good enough.

Somewhere along the road, something or very likely, someone has been allowed to change your thinking.

They have been allowed to put that negative and destructive thought in your head and it has stayed with you affecting every decision you take, and every move you make.

It might have been a bad relationship, a harmful situation. You may not even remember the point at which your thinking changed.

Or you may remember times of pain which hurt deeply and have left you without confidence.

Perhaps it comes from childhood, from parents (remember that famous poem by Auden?). It could be at school; bullying and cruel jibes or taunts can leave scars lasting a lifetime.

Or was so much expected of you by others and yourself that you felt a failure?

Later in life relationships can take their toll, and if you suffer from a controlling or abusive partner untold damage to confidence and self-esteem can result.

Whatever the cause, we are going to deal with the here and now. Starting from where you are and helping you get to where you want to be.

That is our promise to you. To take you by the hand and guide you towards a confidence you have not felt possibly for a long time.

The real problem arises when you believe you are not good enough, or a failure, and then our thoughts have this habit of affecting our behaviours and actions.

We may not realise this on a conscious level but it is a fact – our thoughts are powerful and can be both positive or negative.

They will subconsciously change our actions and decisions for good or bad.



You may have spent years tending to hide away, afraid to try anything new, accepting that 'this is all there is to life'.

Do you often find yourself saying sorry to others without even being sure why?
Keeping quiet when you have wanted to speak out?

Perhaps even not taking care of yourself properly – ignoring your diet, not living a healthy lifestyle and not presenting your best self to the world.

All of this means life is no longer enjoyable, you are not living the life you deserve, or a life full of abundance and joy.

So, in this short course we are going to set out simple changes you can make to develop confidence, self-esteem and start to truly live life – with courage and power.

This course is about changing negative thoughts, ideas and beliefs to positive beliefs which grow your confidence and change your life.

You have made the first right choice by choosing this guide.

So, let's get started.

With love, Ellie.

*'I am not afraid, for I am learning how to live my
life with conviction in my own worth and unique
self'*

1. How change happens

Whenever we want things to change we often want everything NOW.

We want the pain to stop, or we want to feel better.

But change takes a little longer when negative ideas and thoughts have been in your mind for some time.

So let's look at reality. It is very likely you feel that you are not 'good enough' and that means your confidence is way down low.

And yet as babies we are not born believing we are not good enough or that everyone else is better, has a better life.

We learn this through experiences and those thoughts become embedded.

And because of that it takes a bit of work and some time to change those thoughts and truly, honestly and mindfully believe

Hey, I AM GOOD ENOUGH. I AM GREAT, UNIQUE AND WONDERFUL.

Think of it another way. If I told you the moon was really made of blue cheese – you wouldn't believe me? Right?

And the reason you would not believe me is because we have space technology, because man has walked on the moon, scientists can tell us what it is made of – and very clearly what it is not.

In other words we have Evidence. We have scientific research, we can see footage of man walking on the moon and this means we can believe that it is not made of blue cheese.

But when it comes to ourselves, and our minds search for evidence that says – actually you know, I'm OK, I'm good, and I'm great as I am.

You think that you have no evidence to back this up. And if you don't have the evidence why should you believe it.



So our first piece of work is to notice and take as evidence some of the good and OK things about yourself. This is the first step – and you need to write them down.

The first technique is about noticing and writing down some of those good things. You'll find the worksheet below will help you.

You can either print this out and scribble those things down as you go through the day, or you can use the word worksheet supplied separately to type up all the things you spot.

Now, you don't want to be staring at a blank page so here are some clues.

Write down anything that someone has thanked you for doing, times when you were helpful to others, perhaps names of people who like you and you like them, things you know a lot about, or something you can accomplish easily.

Perhaps a time when you persevered when something was hard (baking that special cake when you had never tried a recipe before and it turned out delicious).

A time when you joined a group activity which you enjoyed and people were pleased you were there, or something you did well.

All of these things and more can be listed using the list on the next page. And we suggest a date as well, so you can keep this going over several days – or for as long as you wish and find it helpful.



Use the separate exercise sheet and keep writing down the good things. I promise it will get easier in time.



Now, for your next exercise I want you to look at your list and find your top ten things.

You know that they are all true. And you now have some evidence that you are 'good enough', you are OK.

Everything you have listed is real.

So take as a starting point and pick out a top ten, things you *really* did well, or that you are proud of. They don't have to be major, just positive things you have done and liked that you have done.

Now what we want you to do is to memorise your list.

These are the top ten things that tell you 'I'm OK' or 'I am good enough'.

This is your list of reasons that you can believe in and which tell you that you are good, you are OK.



They are your evidence and they are there to replace those 'I'm not good enough' thoughts that can come into your mind.

Learn your list and add to it as you think of more things that have been good or have gone well or as things happen where you have done something good that day.

Try repeating your list to yourself before you sleep – in bed, with the quietness of night relax your body, and concentrate on what is good.

Make sure you know your list by heart and repeat it to yourself before sleeping. Tell yourself, 'I'm OK' - 'I am enough' 'I can'.

In quiet moments during the day bring your list to mind and remind yourself by saying it quietly to yourself, whenever you can.

Try to make this a daily habit.

Make a practice of adding to your list, and of noticing when something is good – something you have done or where you have helped someone.

This list is your daily mantra, your affirmation that you are enough, you are ok.

You are OK just as you are, unique and wonderful.

In time this really will help replace some of the negative thoughts and ideas that have been with you for such a long time.

Banish them, and if a negative thought comes to mind, use your list – repeat all or part of your list, instead of letting that negative thought take hold.

If something happens and you feel threatened, or not in control, feel useless or bad about yourself in some way use your list to hold onto the good thoughts.

Look at your list as it grows over each day and each week and notice the number of good things about yourself – adding to this list and rereading it will help keep you on track.

'Somewhere along the way someone made me feel I was not good enough. I know now they were wrong. I will not let that happen again'

We will be doing more of this conditioning over the course of a number of guides.

And that is because we are all conditioned in some way to believe things about ourselves. Sometimes by others who influence our lives and sometimes by experiences.

A lot of the time these conditioned beliefs are harmless, but often and especially with many women they are negative and destructive.

We can lose sight of who we really are, and we stop being the empowered woman we can be.

As we use this list, other things may well start to change for you. You are consciously choosing positive thoughts for yourself, instead of believing you are useless or not good enough.

You are good enough, and by following these guides or connecting with me for further support we can make those changes.

Here, I have written a short cheat sheet to guide you on how you can use your list. Feel free to copy it out or print it.

You can write those things on the sunny side from your list – or from any good things.

Don't Think this	Think This
I can't do this	I can do this because I did ... (something from your list)
I'm not good looking	I look absolutely fine
I'm boring	I'm interesting, and I know about (something from your list)
People don't like me	Many people like me including (some people from your list)
I'm not good at things	I have strengths and weaknesses just like everyone does
I mess everything up	I'm really good at (something from your list)

So far, we have looked at some tools to change the way you think.

Practice, practice, practice. Now we will take things a step further.

We have worked on thoughts. Now we are going to look at changing what you DO.

Deep breath. You have done well to come so far, so let's move on.



2. Being Confident.

We all have an inner self, with our private thoughts and feelings and stuff that we don't share or don't easily share.

We also have an outer self; this is the self that we present and project to the world outside.

And it is this outer self that people will judge us by, how we stand, how we talk, what we wear. What we say and how we say it.

We judge initially, by appearances. And that is scary.

Because if you believe you are not good enough there is a very strong likelihood that you will project that as your outer self.



We have been working on how we think about ourselves; now we need to learn the tricks that people who seem really confident use all the time.

In a nutshell the trick is simple. Talk, walk and think confidently and you will become confident. Let that sink in for a moment.

Walk with confidence, talk with confidence, think and act with confidence and you become confident.

So, if we are to change your outer self, then we need to make some small changes, perhaps some bigger changes, to let this new inner confident self shine through.

It will take practice, I know that, truly I do. And over time you will learn some additional tricks that work just for you.

*'What lies behind us and what lies before us are but
tiny matters compared to what lies within us'*

Waldo Emerson

For now, let's look at the basics.

How do you present to others? Have a think about what you usually wear, about how you stand, and about what you say and importantly how you say it.

It will help if you can learn to observe others, perhaps learn to copy some traits from someone you see as being self- assured, confident and in control of their life.

So take a note of what others wear, how they stand and how they speak – as well as what they say.

Learning from Confident People

First, let's look at how confident people stand. Notice there is nothing apologetic about how they stand.

In fact, because they stand straight and tall (even if like me they are barely five foot) they often seem taller than they are. They stand as if they are confident enough to be noticed.

Second, look closely at how confident people hold themselves and how they move.

Not exaggerated moves, but you will notice there is no slumping in a chair, no shuffling around or standing at the very edges of the room, hiding in corners or trying not to be noticed.

There will be much more on body language in further guides, or by working with me directly, but for now, we are looking at those all- important first steps.

Notice that confident people make eye contact with whoever they are speaking to – they don't dip their head or look away but instead look you straight in the eye.

The bowed head, and sideways looking might have worked for Princess Diana, but for most people it will say 'I am a shrinking violet with no confidence'.

Confident people will look directly at the person they are addressing and will make eye contact at every opportunity.

I want you to listen to how confident people speak. They are not hushed, sometimes quite loud and always clear. Very often they will speak fairly slowly letting their words sink in.

They don't gabble or rush to get everything out at once. You feel they know that the other person or persons will listen until they finish so they have no need to rush.

One way to take note of this is to listen to some of the radio interviews.



The interviewer will often have to speak quickly because they are trying to obtain as much information as possible in a short timeslot for their programme.

But listen to the interviewee; some will appear flustered and not confident, because they will rush their words and stumble as they speak.

We might think to ourselves they are confused, or unsure. The confident ones though often will speak slowly, with purpose and seem to command attention.

These are people who are often described as measured or as having gravitas.

They know what they are speaking about, and they speak with confidence. and listeners will assume they are experts in their field and put more credibility and weight on their words than those of the mumblers and gabblers.

It is an interesting exercise.

What you are going to do is to slowly work towards these changes in behaviours and how you act so that you are seen as confident.

In other words, the real you will be there for all to see, bold, confident and self-assured.

Always remember that the vast majority of people are not permanently confident, not like this all the way through and their inner self may have doubts and negative thoughts too.

What they have done is to learn to act with confidence and project an outer self and that is what changes the way others react and behave towards us.

This is what we are aiming for you; to be able to act with confidence and project an outer self that can face the world.

One where the world can see an empowered woman within you.

Again, it is about practice, and doing these things until they become second nature. Be patient and keep practicing.

'I am learning to sail my own ship and set my own course in life'

Here is another cheat sheet to remind you and to help keep you on track.

Don't do this	Do this
Slump in your chair	Sit up straight, shoulders back
Hunch over	Walk tall, keep your chin up
Mumble	Try to speak slightly louder, and clearly
Talk too quickly or 'gabble'	Slow down and pause while speaking
Look down (think of the word downcast), or look away from people	Smile, and make eye contact with people; speak directly to them
Shut down conversations or use closed questions	Ask questions to start conversations, show interest in the other person

'Act as if what you do makes a difference. It does.'

W James

OK, so we have covered quite a bit.

These are the essentials to help you think and feel differently about yourself.

First try to change your thinking and how you feel about yourself, and then you can begin on how you act and what you do to become more confident.

The more you can act and convince others, the more you will believe yourself that you are that confident person.

Can you do this?



The answer is an unequivocal YES.

You certainly do have it within you to be the empowered, confident woman you were meant to be.

This is about releasing your true, authentic self perhaps long hidden even from yourself.

You don't have to do everything at once. Start slowly, make small changes Go back to your list often.

Make sure you have your top ten list with you, to look at when you feel low.

Say it over to yourself if you feel intimidated or have one of those days when you feel like hiding away.

We know what those days can be like – and that is when we remind ourselves that we are OK – we are good enough.

You probably already know someone who exudes confidence and you could start noticing the way they act and interact with others.

Learn from what they do.

You are not trying to change your whole personality into something you are not or would not want to be.

It's unlikely you will be the next talk show host or film star.

And you may well not want to be the absolute centre of attention at every party. But you also do not want to be the wallflower that everyone ignores.

Finding your own way with quiet confidence is important.

It has to be right for you.

But you also so not want to go through life with low self esteem and no confidence.

Being yourself and being true to yourself is what opens the door to taking control of your life and living the life you love.



3. Final Thoughts

You don't need to be perfect.

You don't need to be super successful.

None of us are perfect and most of us are not super successful.

But you can be happy and popular with true friends.

You can be successful in your own way and on your terms.

The happiest people I have met in this world are those who are content with themselves as they are.

They don't seek to compare themselves with others, they won their own identity and way of life.

The phrase 'comfortable in your own skin' means just that.



Happy with yourself, as yourself.

'I have energy and power within me; I can change my life'

Please don't try to be perfect.

And don't be hard on yourself or blame yourself if something doesn't turn out as planned – just remind yourself that you are good and unique and you.

Perfect doesn't exist so don't go chasing something that cannot be.

Be your best self and love your life.

If you have got this far then you are doing well already. Keep at it.

'I am not perfect, but I am pretty damn good'

Here is a final checklist

Focus on the good ideas and thoughts about yourself – not the bad ones.	Fill your list with all the things you like about yourself and keep adding to it. Learn it, recite it and use it to change the bad and negative ideas and thoughts you have about yourself.
Walk and Talk with confidence	Very, very few people have a confident inner self all the time. Those who appear confident and look confident know what to do to present their best outer self. Copy those actions. The more you look, walk and talk confident the more confident you will be.



Always remember there is no such thing as perfect. No one is perfect. Do what you can that is right for YOU.	Don't blame yourself or give yourself a hard time because something you did is not perfect. And don't set a goal which is completely unrealistic.
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So, here's the Plan.

Download and use the Personal Planner sheet to set out your plans and goals. Be honest with yourself and be realistic.

This will give you a good start and help you to stay on track. Feel free to add to it and write comments all over it.

Then download and use the Personal Review sheet.

This will help you track your progress. And it also makes it easy to see how far you have come.

Go back and reread this short guide as many times as you wish. And keep that list going.

You Can Do This.

With love

Ellie

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A word of caution: what no one can promise you is that you will have a future perfect life. Confidence, self-esteem, self-worth and empowerment are all elements which enable YOU to determine and live life to the full. No one can guarantee that your life will magically become perfect. The outcomes you achieve are dependent upon how you embrace the support, tools and techniques in all our guides, courses and other materials and how you put these into practice.