

THE CONFIDENCE HABIT 1-2-3



**Three Easy Steps to
Unleash your
CONFIDENCE**

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INTRO

**This is a Quick Start Guide to
Unleashing Your Confidence and
Taking Your Power Back.**

**A few simple steps incorporated into
your day, with a mental openness and
commitment to doing what needs to be
done will change the way you interact
with the world!**



CONFIDENCE 1 - 2 - 3

THE CONFIDENCE HABIT

What is Confidence?

Do we all have it or is it a “those people” kind of thing?

It’s time to open the door.

And clear out the “things” that block your confidence from emerging.

Awaken and Unleash it.

It is part of who you are.



Everyone has Confidence or the ability to feel confident.

Some people aren't born with it and you think you missed out. They are already "tapping" into it, so to speak.

If you are human, you have some! The good news is, it is something that can be learned.

1

AWAKEN

Confidence or Self Confidence is the ability “to trust” in oneself. Which really means to trust in your abilities.

First, you need the desire to tap into your confidence or in our case, UNLEASH IT.

Lack of confidence shows up in such a way that you spend most of your mental time and energy thinking about why you don’t “have” it. You wonder why others around you seem to be oozing with it. Boy, are they successful or what?

Start thinking about confidence from a place of curiosity. Tell yourself that you are learning how to be more confident.



This creates feelings of excitement and interest, allowing your brain to start to open up to new ideas. In telling your brain to think about it this way, you are already creating feelings and thoughts that are more creative, self supportive and (I hope) a little more exciting. What can be more exciting than doing something that will make you feel even better than you do right now?

What can get better than this?

I hope that you too, begin to ask this question throughout your day and see how life begins to unfold for you.

For me, I can say that for the last 2 months I have been doing it and all of my challenges are working their way out in the best possible manner! I mean all!



This phrase, allows you to be more present in your life as well as invites the Universe to contribute to you. Repeating sentences such as “What can get better than this?”

will create evidence for your brain of living in a confident space.

You need to be very aware or present with the thoughts and actions you are taking to UNLEASH YOUR CONFIDENCE. As though you are doing this on purpose. Notice how the decisions you make and actions you are willing to take begin to change. Remember that feeling. That is the one you want to live life with.

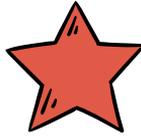


What is blocking you?

Now that is a loaded question. The best place to start for that is with another loaded question...

What are the stories you tell yourself about you? (I mean all of them)

Spend 5 minutes and take a sheet of paper and write every one down. The first two minutes are easy but the real stuff comes out after minute three .



That's when you start to rethink some of the thoughts because you think you are done.

You are not. Your brain has an average of 60,000 thoughts per day.

It doesn't take a lot of time, just commitment and discipline to doing it.

Why wouldn't you take advantage of really enjoying your life and being the best you can be in any given situation?

Some options????

Pick one of the sentences, the one that really makes you feel the opposite of confident.



Now rewrite that sentence as though it was the confident version of you. The one you wish you were. If you don't know what that looks like then pick someone that emulates your version of confidence.

Now TELL yourself when the original thought comes up that you have a new thought for that and repeat the confident one.



In the first few weeks when you are really paying attention to this you should repeat the confident one throughout the day. It helps you get used to hearing good things about yourself.

So seldom do we remember to compliment ourselves. If we know how important it is for others, is it not that important for ourselves?

Keep doing that and as you continue you will notice that the confident one will start popping up instead.

Remember, this is not like you do it once and you are done. It is one of those things that you keep doing like brushing your teeth.



TIP

Before we move to the next one, take a minute and notice your posture. Are you sitting hunched over or are you sitting with your back straight, shoulders relaxed, chest forward, head and neck at ease?

From now on make it a point when you are reading this book at least, to check your posture before you start.

2

ACTIVATE

Our Thoughts create our Feelings.

**How are you feeling? I mean really.
Especially about YOU.**

**Do you feel excited and energized or tired
and heavy?**

**It's time to learn how to take small actions
to also change the way you feel.**

**First, make a list of everything you have
accomplished in life all the way from
learning to walk, graduating high school, a
girl scout badge, your first job...
everything!**

Next, read that list - every single day.



Then make yourself a list of small goals that you can accomplish today.

Things like:

- **Eat a healthy breakfast**
- **Wash the dishes**
- **Do 20 push ups.**

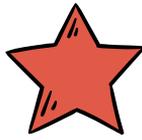
Don't overdo your list.

It is not about how many things you get done. It is about the act of accomplishment. The way your body feels when you have completed a goal. It provides validation for your brain that you are confident.



When you are tapping into your confidence it feels good because you believe in yourself and your ability. From that perspective your life can be limitless.

It's all about building strong roots.



Finally, Confidence is about having boundaries.

It is about saying to yourself that you have your own “back”.

People always think that boundaries are for other people, but boundaries are for YOU too.

You need to be in control of who you are, which requires you to take control of your mind, at all times.

Boundaries allow you to look out for your own best interests. They always need to be reassessed as time passes and as you change.

Learn to say “no” and let that mean strength for you instead of guilt.

Learn to speak up. 14



Imagine yourself as this precious being who you need to protect. Know what harms you and if you can't, you can't.

Boundaries are simply letting those around you know how to treat you.

Your boundaries are a personal and individual thing. We all have different levels of tolerance for the events that happen in life.

Know yours and be proud to have them. Always be clear with your boundaries. This shows that you respect the person you are with and most importantly You respect yourself!

Don't apologize for your boundaries.

No one lives your life but YOU.

3

ACTION

It doesn't matter how much you learn if you don't put it into practice.

What's the Point?

Yes, taking action means:

- **Creating a schedule**
- **Making a conscious effort to incorporate these little hacks into your everyday life**
- **Making your mental workout convenient**



STEP 1 - Make a video about things that are amazing about you.

Include the phrase “I am awesome!” or another one that makes you feel that good when you say it.

Play it throughout the day for at least 21 days. Listen to it in the morning and evening.

Yes, a video.

Watch yourself and compliment yourself as you watch the video.

Celebrate YOU!



STEP 2 - Spend a little time to recharge your brain - it only takes 2 minutes.

Rub two fingers together.

You can do it anywhere.

Tell your brain to focus on the feeling of the fingertips. Try to feel the ridges of your fingerprint. Notice the temperature. If a thought comes to your mind just allow it and then focus again on the sensation of touch.

Do this for 2 minutes at random intervals throughout your day. You can do this anywhere.

This is teaching your brain to listen to your commands.



STEP 3 - Step out and do things that would normally make you uncomfortable and feel insecure.

The best way is to connect to someone new and have an actual conversation with them (on zoom for now).

This is the BEST PLACE to start on the journey of TAPPING INTO YOUR CONFIDENCE.

By practicing the steps listed above, you will feel more confident, make decisions that serve you well and improve your relationships!

The TIME is NOW!

CONGRATULATIONS YOU DID IT!

**You have just begun the
journey to start living the
fullest expression of your
life.**

**Remember its a journey
and not an event.**

**If you would like to go deeper into this
work send an email to
root2riseempowerment@gmail.com
or join one of our group coaching
programs.**

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