

Crown Guidance

stop performing, start becoming

Confidence

"Confidence doesn't mean being the loudest. It means trusting yourself enough to stand steady, even when no one else is."

- Marisa DeVicaris

Confidence isn't loud - it's steady. It grows when you keep small promises to yourself, when you honor your worth, and when you stop shrinking to make others comfortable. Confidence comes from within, and it doesn't ask for permission.

Picture this: You're in class and the professor asks a question. You know the answer, but part of you hesitates because you don't want to sound wrong in front of everyone. Confidence isn't about shouting to be heard - it's raising your hand anyway, trusting yourself enough to speak up. Each time you follow through, that steady trust in yourself grows stronger.

Ask yourself:

- *When was the last time you surprised yourself with your own strength?*
- *What's one thing you can do this week that your future self will thank you for?*

These are the kinds of questions that spark real conversations - the kind that push you to trust your voice, own your worth, and step forward without needing anyone's permission.

Your Crown Reminder: You don't need permission to trust your own voice.