

THE *stupid simple* GUIDE TO BECOMING MORE CONFIDENT

A Mini-Guide That Actually Works

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Listen, love. Sometimes you just gotta fake it till you make it.

Trust me, I've been there plenty of times. And the only way out was to look in the mirror and lie to myself.

Lifehack – sometimes the truth hurts, so... sometimes we lie.

This guide is for anyone who doesn't have time to read a whole self-help book on how to become more confident, but needs a quick roadmap on how to put the pep back in your step and maybe the confidence to make (and hold) eye contact.

Here's the truth: if you're willing to feel a little silly and play along with some mind games, you just might find a shortcut to inner (and outer) confidence. Yes, even you, love.

So. Let's go.

Section 1: The Mind Games

We can keep it *stupid simple* if we're willing to play some mind games with ourselves.

The goal? To reprogram that inner critic and start believing in yourself.

The Mirror Method

Before your eyes even open in the morning or your feet touch the floor, smile. Remind yourself how grateful you are to be alive.

Then, when you're getting ready, smile at yourself in the mirror. Make it flirty. Add a wink. Blow yourself a little kiss.

Tell yourself—preferably out loud, but if you're not there yet, say it in your head—how gorgeous of a human being you are. How you're going to go out there today and nail all the things you plan on getting done.

Have fun with it. This isn't serious. This is play. The more enthusiastic you are, the better.

The F*ck-Up Pivot

You will fuck up. That's just part of being human.

When you royally mess something up, roll with the punches. Laugh it off.
Say: "Okay, then, maybe tomorrow I'll nail it all."

This is not permission to be careless. This is permission to be human.

The Negative Self-Talk Swap

If any negative talk creeps in during your day, call it out. Say (or think): "Nay nay, negative self. This here's a place for positivity and love now. I'm on a new journey and your nay-saying is part of the past."

Then tell yourself what a sexy motherfucker you are.

Do this throughout the day, every time unwanted or old talk pops into your head.
Replace it with the exact opposite.

Remind yourself: That was the *old* way. *This* is the *new* way.

Be patient. Be kind. You'll eventually silence that inner voice and replace it with a version that thinks you're a goddamn badass superstar.

Section 2: The Actionable Stuff

Okay, you're ready to take this out into the world. Here's what actually works.

Reframe Your Nervous Energy

Whenever you get that nervous feeling in your stomach, turn your thought process around. Instead of telling yourself those butterflies are out of nerves, tell yourself they're out of excitement.

You are excited about today's meeting. You are excited about the job interview. You are excited about the date. You are excited about the difficult conversation.

Your *body* doesn't know the difference and we have the ability to trick our *mind*. Use that ability and see the difference it makes.

Embrace Your Weirdness

Embrace what makes you you – your weirdness, your likes, your dislikes, your passions, your hobbies. Own them. Everybody is different and no one is you. That's amazing. Be proud.

When you stop apologizing for who you are, people stop questioning it. Lean in.

Own Your Presence in the Room

If you walk into a room and feel out of place or like everyone is staring at you – what are your realistic options? Hide? Leave? Shit your pants?

No.

You will stand (or sit) tall. Back straight. Head held high. Give space between your ears and your shoulders. No slouching. No fidgeting. Slow, deep breaths.

Truthfully? Probably no one cares anyway. But in the odd case they do, just fake it. They don't need to know it's *borrowed* confidence.

(Because, honestly, that's all any of us does, anyhow – fake it till we make it.)

The Power of the Subtle Charm

Don't over-smile. You want your smile to mean something – a special gift reserved for the worthy. When you meet someone, make eye contact first, then offer a warm smile. Let it be slightly delayed. It's charming, but they won't even know why they find you charming. It's so subtle. And that's the point.

And be sure to listen. Think before you speak. Don't babble. Don't rant. Don't be the one talking the most. (Unless you're up on stage giving a presentation, but that's a different story.)

Silence is magnetic when you're comfortable in it.

Remember: Confidence is a state of mind that anyone can achieve.

Quick Reference Checklist

Run through this before that big meeting, interview, date, or difficult conversation:

- ☐ Did you wake up grateful this morning?
- ☐ Did you smile at yourself in the mirror? (Extra points for a wink.)
- ☐ Did you tell yourself one thing you're proud of about yourself?
- ☐ Are you standing/sitting tall? Back straight, shoulders back?
- ☐ Are you breathing slowly & deeply? (Not holding your breath or shallow breathing)
- ☐ Did you reframe your nervous energy as excitement?
- ☐ Are you ready to listen more than speak?
- ☐ Do you remember that your weirdness is your superpower?
- ☐ Are you *prepared* to fake it if you need to?
- ☐ Did you remind yourself: You are a sexy motherfucker?

You've got this, love.

Confidence isn't something you find. It's something you build, brick by brick, day by day, smile by smile. Anyone can do it.

Yes, even you.

You got this, you sexy motherfucker, you. 
xo

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