



YOU'RE

pretty

CONFIDENT



Ladies Life Lounge



you're pretty confident

Ladies Life Lounge

You've made a

GREAT

decision!



Hi THERE

Welcome to

Ladies Life Lounge

We're delighted that you have taken the leap to join us and we're super confident that you'll get lots out of the investment you've made in yourself.

Believe us when we say, we know how hard it is to take that long hard look in the mirror and acknowledge what you see staring back at you. Especially when it isn't what you want and doesn't feel like the real you.

The good news is you've taken the first and hardest step. From this point onwards you'll have all the resources and support you need to create the change you want to see. Remember, whilst the path you have chosen is predominantly self-led, we're always on hand and we're only an email away. Whether you feel like you need a bit of a hug, to talk something through, or you need smacking round the face with a big wet kipper!

So... what are you waiting for? Let's get this show on the road!

Stay in touch and share your successes.
We look forward to seeing the best version of you!



WHAT
TO.....

EXPECT

In this secret you'll be addressing those self-limiting beliefs that can hold you back. You'll challenge that inner negative voice which tells you stuff like:

You can't get any further up the career ladder.

You're no good at public speaking. You're unattractive... the list goes on.

In this secret you'll wade through all of the inner negativity and address that voice head on. You'll define your purpose, your reason for being and what makes you happy.

You'll be exploring the practice of mindfulness and how that can bring about an inner calm and perspective to your daily routine.

You'll define the real you, acknowledge your self-worth and create your own confidence blueprint using our tried and tested confidence model.



what you'll need

1. Your 'You're pretty confident' journal - at all times! This is your new bible.
2. A belief buddy - recruit a trusted friend who will not shy away from giving you honest feedback, will challenge you and hold you accountable for your goals.
3. A good pinch of self-motivation and accountability.



WHAT WILL YOU DO TODAY
THAT YOUR FUTURE SELF
WILL THANK YOU FOR?

66 I DIDN'T GET
THERE BY
WISHING FOR
IT OR HOPING
FOR IT,
BUT BY WORKING
FOR IT. 99

Estée Lauder



12

how LONG

will it

TAKE ???

9

3

6

That is ultimately up to you.

We've based the journal activity on a 30-day timescale but we know that everybody learns at a different pace, so do what works for you. Just make sure you do it.

We'll give you an activity guide to follow with an approx. completion time attached to each activity, but don't think you're slacking if you take longer than this, or alternatively think you're missing something if you race through it.


If you're following the 30-day plan, then we recommend daily activity lasting 60 minutes. Plus a few minutes of mindfulness practice at the very start of your day.



LET'S GET THIS
SHOW ON THE ROAD...
THE STARTING POINT

*"Decide upon your
major definite purpose in life
and then organise all
your activities around it."*

Brian Tracey
Author & Motivational Speaker



In order to grow in confidence, you need to be truly happy. In order to be happy you need to prioritise the activities that make you happy.

So, the first question is, do you know what makes you happy? If so, do you consciously engage in the activities that make you happy? Something else to consider are your emotional and psychological needs. Are they being met or are you too busy putting the needs of others before yourself? Without this balance, both happiness and confidence could seem a long way off!

OK the good news is it doesn't have to be this way. You've taken the first step to a new you and a new found confidence. It's time to STOP and put the focus back on you. Time to figure it all out. So where do we start?

Ladies Life Lounge

**confidence
model**



Your journey to confidence!
We'll take you through it one stage
at a time starting with:

‘Work out your Why’





THE SCIENCE BIT



“People don’t buy what you do they buy why you do it” Simon Sinek - Author

Your purpose is your reason for being on this earth. It’s personal. All humans have emotional needs but your purpose is your own and no one else’s. To give you an example - when you first meet someone and ask what they do for a living they usually give a response like this:

Person A - “What do you do?”

Person B - “I’m a travel executive.”

This response suggests they know what they do but not why they do it.

If person B knew her why she may have responded something like this:

Person B - “I make peoples dreams come true.”

When a person knows their why they strive to meet it, even if (in the travel exec example) they have the family from hell sitting opposite them trying to book a holiday.

The most successful individuals know what they do, how they do it and most importantly WHY they do it.

So rather than procrastinate on what you want to do and how you could possibly make it happen, firstly decide on why... is it strong enough to keep you on track in the tough times ahead?

Our why at The Ladies Life Lounge is to create strong, empowered fulfilled women. Simple. Our why steers everything we do. Every activity we choose to engage in leads us back to it.



ACTIVITY



Suggested investment time: 90 minutes

Answer these questions to start creating your why.

Who / what do you see when you look in the mirror?

What do you believe about yourself? (Both positively and negatively.)

What values do you hold dear in yourself and others?

What is your purpose in life? What do you want it to be?

What do you want to be remembered for and what legacy do you wish to leave behind?

What have you achieved that you are proud of?

What did that teach you about yourself?

Describe the best version of you:

Well done for getting that done!

That exercise takes some real honest thinking and soul searching.

Now you can use your output to create your own vision of the future. A why wall. This will be a great tool to have displayed in your office or home. The theory is that every time you look at it you will feel inspired, motivated and drawn back to your purpose - your why.

Create a why wall

You can do it the old fashioned way by creating a physical wall using a cork board and pins or create a Pinterest board.

These activities will inform your eventual why statement.

ACTIVITY



Suggested investment time:
60 minutes



Create your why statement

This may take you two minutes, it may take a couple of days.

Spend as much time as you need in order to get it right.

Here are a few examples that we've come across to get you thinking along the right lines:

"To give people beautiful smiles."

Dentist

"To give people more time with their loved ones."

Surgeon

"To make it really easy so that people do business with me."

Sales Executive

"To inspire young minds so they can make good choices."

Youth Worker

"To put a ding in the universe."

Steve Jobs



your contribution

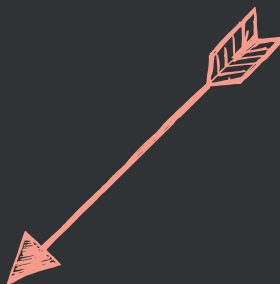
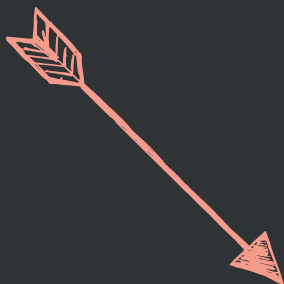
to...



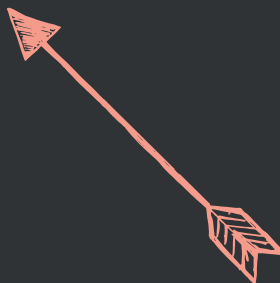
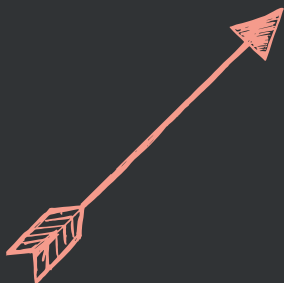
so that...



your impact



**CRITICAL
CHOICE
TIME**



What goals do you need to set to achieve your why?

How can you leverage your positives and strengths?

How can you mitigate or accept your perceived negatives or weaknesses?

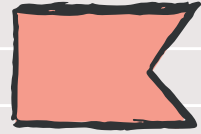


What I've learnt that
I'm going to apply...





What I will stick
2 fingers up to...?





**KNOW
YOUR
NEEDS**





Now that you have your why sorted out we need to ensure that your psychological and emotional needs are being met, otherwise happiness (and therefore confidence) will always be a stranger.

It may feel that on paper you have a pretty good thing going on... a decent career, a few quid in the bank and happy kids... yet underneath there is a sense of non-fulfillment.

You are not alone!!!

The worst thing you can do is ignore it and pass it off as silly.

Don't.

It won't go away.

So why does this happen?

It could be down to a number of things. It could be because you're stuck in a rut or you've never given it much thought. It might be because one (or more) of your human needs are not being met. So, it would be pointless to invest a load of time working on your confidence until we figure this bit out.

Our emotional needs influence our deepest motivations and effectively determine how we go about prioritising our decisions and actions throughout our lives. In fact, every single day of our lives we are unconsciously striving to meet these "needs" with varied success.

Every day you make certain decisions and take actions that happen as a result of how you think, feel and the beliefs you have about yourself.

Most of the time you probably don't even give these actions a second thought, let alone question why you did them. That's okay, until now. To increase your confidence level, you need to establish what's missing. Are there patterns to your behaviour. Why do what you do? It's time to give real thought to what you do and why it's really important to work on it.

Believe it or not, there are only six reasons why we do what we do... all of our stories are built around them.



THE SCIENCE BIT

Tony Robbins - The Six Human Needs are not goals, desires but emotional “needs” that we work to satisfy on a mostly unconscious level of awareness. When these needs are met at a high level you experience a great deal of happiness and fulfilment in your life.

On the other hand, when these needs are not met at a high level, you will tend to feel unfulfilled and dissatisfied. However, because all this happens on an unconscious level of awareness, you probably don’t even realise why you’re feeling this way.

Your life seems okay on the surface; however, something is just not right. Nothing you do seems to make you happy, and life in general just seems as though it’s missing important elements that you can’t seem to identify.

ACTIVITY



Suggested investment time:
60 minutes



Sit down and take 30 minutes to watch : Tony Robbins TED talk.

(This video is over 10 years old, however, it remains in the top 3 viewed TED Talks of all time!)



- Write down your initial reactions to the video.
- What struck you most about what you heard and your own needs?
- What does this mean for you and your understanding of your own behaviour / actions?
- What could be driving your current behaviour?

Important to know: People will give up their goals and dreams (their why) to meet their human needs.

For example: You may really value honesty but if being honest means giving up your status as the top performer in the group then you will possibly lie to save face.

If certainty is one of your top needs and you have a comfortable 9am to 5pm job close to home, you may give up your dream of going freelance. Don't fall foul of this. Be aware of it and challenge your thinking.

Human needs: re-cap. Look over these descriptions, understand them, think of yourself and how you currently fulfil this need...

Certainty / Security

A survival need. To avoid pain and grab comfort where we can. To avoid certain damage means avoiding death. Every human being has a deep need to feel safe, secure and certain. One healthy way to fulfil the need for certainty is to develop a strong faith in yourself that allows you to know that you can handle whatever comes your way. An unhealthy way to fulfil this need is to stay in a job or relationship that does not serve you simply because you know it. This works on a short term basis but it's not sustainable. It will negatively impact the direction of your life and eventually lead you to look for fulfilment and certainty in other areas e.g. smoking, drinking.

Uncertainty / Variety

We also have a need for variety, difference and excitement. If everything was certain and always the same, we would get bored and uninspired. One simple, positive way to fulfill the need for variety might be to cook a different meal every week, or take on a creative project at work. Go on holiday to a different country every year. A negative way of fulfilling this need might be to jump from job to job, or from one short term relationship to another.

Significance

We all need to feel special and unique - like our voice matters and what we do counts. An unhealthy way to fulfill this need might be to bully or tease people and tear them down so you feel better than them. You could buy expensive, fancy things that you can't afford in order to feel special. A healthy way to fulfill your need for significance might be to write a book or start a business. To volunteer in your community or to consciously lead your family.

Connection & Love

The need for love and connection is universal. If you don't feel a sense of connection or camaraderie with your workmates, it can make your workday very challenging. If you don't feel loved and treasured by your partner, you might not stay in that relationship for very long without a change.

Growth

These last two needs can be described as spiritual needs. You have a need to grow and expand as a human being, expand your consciousness, expand your knowledge, expand your reach, success and achievement in the world. You might fulfill this by learning a new skill, reading extensively or remaining curious.

Contribution

You also have a need to give back, make a difference, use your growth, knowledge and uniqueness to impact the world in some way and to leave a legacy. Whether it's the world of your family, your community or the whole planet - each of us has a need to contribute and to give back.

which 2 needs do you value most?

This determines your direction in life.

**“You are the one
that possesses
the keys to
your being.
You carry the
passport to your
own happiness.”**

Diane von Furstenberg

How well do you meet your needs?

- What three things do you currently enjoy doing and are always motivated to do? For example: I love the feeling I get when I've completed a really hard run that sees me beating a previous time or distance.

- 1.
- 2.
- 3.

- Go through the six needs evaluating how much the above activity fulfils those needs for you on a scale of 1-10? (10 being this totally fulfils this need.)

Certainty / Security
Uncertainty / Variety
Connection & Love
Significance
Growth
Contribution

Notice how this activity will likely fill most of those needs well.

- What activity do you currently struggle to do, something you 'should' do, but never feel an inner drive to actually complete?

- Rate how well that activity fulfils your six needs on a scale of 1-10?

(10 being this activity totally fulfils this need.)

Certainty / Security

Uncertainty / Variety

Connection & Love

Significance

Growth

Contribution

- You will find that the activities you struggle to complete are those that don't fulfil a couple of your core needs. (They will be below a 6/10 on more than a few needs)
- You can make them more appealing by asking yourself: How could doing this activity fulfil this need for me?
- Evaluate your life more broadly by asking how well an area of your life fulfils your needs e.g. How well does my relationship currently meet my needs? How well does my current financial situation? How well does my career?

When evaluating your life more broadly, if you find that there are areas of your life that are really low at meeting your needs (under a 6 out of 10), you will be feeling pain and stress in those areas.

Then you can ask:

What action could I now take to give my defined **areas** more **need**?

e.g: What action could I now take to ensure my finances are more certain? What action could I now take to give my **relationship** more **variety**?

evaluate your needs...

Area of life / Activity:

1. Certainty /10 Action I could take to improve this:

2. Variety /10 Action I could take to improve this:

3. Significance /10 Action I could take to improve this:

4. Connection /10 Action I could take to improve this:

5. Growth /10 Action I could take to improve this:

6. Contribution /10 Action I could take to improve this:



Suggested investment time:
90 minutes



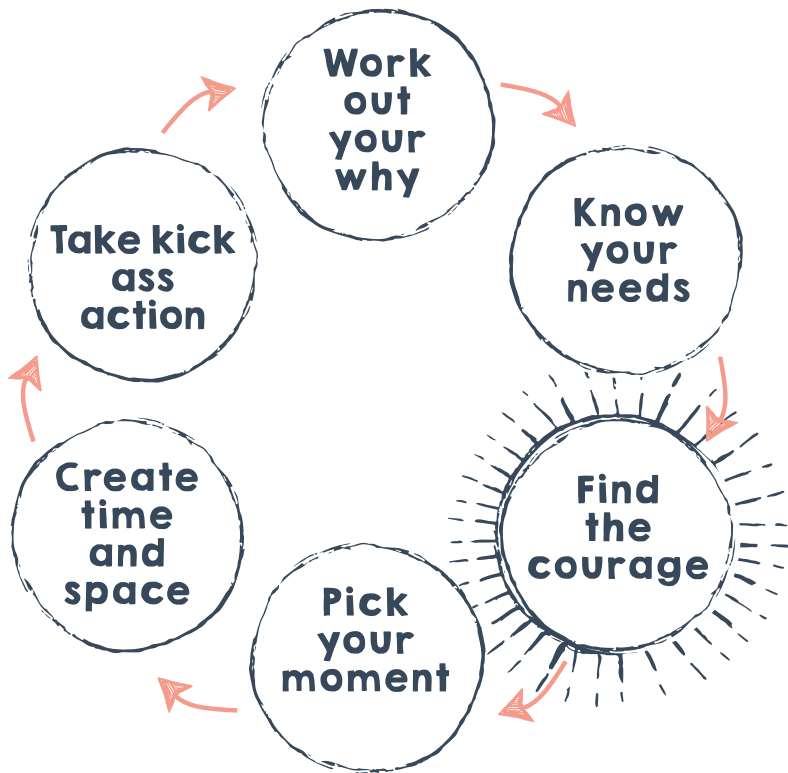
ACTIVITY



What **THREE** actions will
you set yourself around
improving your emotional
needs?

Make sure that at least two of
your goals fulfill your Growth need.

Remember: Progress in life =
happiness & confidence.



the inner

VOICE

Don't confuse this
with instinct or conscience.

It's different.

This is your critical inner voice
we're talking about here.
The one that focuses on the negative.

For example;

"I'm no good at being on my own."

"I'm better off on my own."

"I can't run, I'm no good at it."

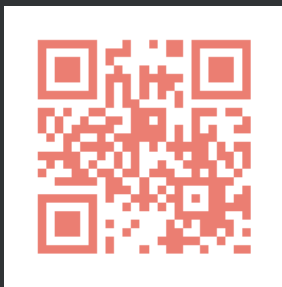
"I could never look good in a dress."

"I'm not attractive."

The Science Bit

So where does this inner voice come from? It usually comes from our early life experiences which we process and take in as ways to think about ourselves. Often, many of these negative voices come from our parents, peers and siblings. Children pick up on the negative attitudes that people (especially parents) have towards them and also to themselves.

For example: If a child hears her mother talk about how fat she looks then the child may internalise these thoughts and use them to measure themselves in later life.



Our inner voice.

It's a bitch sometimes. It only pipes up when it has something negative to say. It's entire mission in life is to make you miserable. However, it is not you. You are an observer of this voice. It is important to acknowledge that this inner voice is with you for life. You will never rid yourself of it - however, you can tame it.

We will take your inner voice through a five stage taming process. It goes like this:

- 1. Identity** - your inner voice is not you. It's important that we treat her as someone else, so we will give her an identity.
- 2. Notice her nonsense** - our first job is to spot and notice what she says and when.
- 3. Breathe and go home** - FFS remember to breathe and centre yourself in the here and now. Your inner voice likes to drag up the past and use it to predict the future.
- 4. Choose to play** - give yourself the power to choose and make that choice to play about with your options.
- 5. Purposeful Practice** - master the method and hold an attitude that your life is forever unfolding. Living a fulfilling, enjoyable and confident life is an ongoing moment-to-moment process.

ACTIVITY



Suggested investment time:
30 minutes



Use this activity to work through the first four stages of the process.

Stage 1 - Identity

As your inner voice does not represent the real you, it helps to give her (or him) an identity of her own. That way you will find it easier to separate your inner voice from your true voice.

Here is one of the Ladies Life Lounge inner voices. Her name is Felicity.





Use the space below to draw
(or print out and stick in)



an image that visually represents your inner voice
and give her a name.

MY INNER VOICE IS CALLED

.....

Stage 2 - Notice her nonsense

This is all about pulling those limiting beliefs from your sub conscious mind into the conscious and dealing with them for what they are... in the here and now.

Here's what Felicity often says:

- * **You can't do that.**
- * **What makes you such an expert? There's people far better than you.**
- * **Your legs are like tree trunks, they look awful in a frock.**

Go back to activity 1 and re-visit how you answered question 2.
What negative beliefs do you hold about yourself?

Using the negative beliefs that stop you from achieving your why statement as a starting point, write down the things that your inner voice regularly says to try and sabotage you:

Negative beliefs

1.
2.
3.

Stage 3 – Breathe and centre yourself

It's funny, but often when we're in a state of conflict (which is exactly what happens when our inner voice engages us), we tense up and **forget to breathe**.

You don't need us to tell you that oxygen is quite a vital ingredient to survival so **breathing is a must**.

Joking aside, breathing affects your disposition. We don't mean to sound contrived here... but there are a few simple points worth mentioning which we've noticed that people can forget or get wonky over the years.

Breathing involves liberal and lively movement of the abdomen! Whoever came up with the saying "breathe in" when you want to get through a very narrow gap was a complete pillock! If you've ever blown up a balloon, the science is simple.

When you breathe in you take in air meaning your abdomen should expand, not shrink. (Tip: **learn to belly breathe**: when you breathe in let your tummy fill and swell right out, as you breathe out, allow your tummy to slowly return to normal. There should be NO sucking of tummies in!!!).

If your tummy goes in and your chest goes out when you inhale, then you only fill the upper part of your lungs - this is how your inner voice likes you to breathe as it will make you feel **threatened and anxious**.

This is only useful in real life or death situations when the amygdala in your brain enters into fight or flight mode.

It shuts off your bodies sensory preceptors and blocks emotions so your awareness becomes concentrated on your intellect in order to make the right fight or flight decision.

We actually **want and need** our bodies to feel the emotions and be aware of our senses at the same time as concentrate on our intellect as it's this combination that allows us to be centred, in the here and now, with our true self so we are fully able to engage in stage four of the process which we will move onto now.

Practice your breathing and being centred. What do you notice about yourself? Acknowledge the feelings in your body and how present you are in the here and now you are.

Stage 4 - Choose to play

This stage is dead simple... but not easy.

You need to know that before we start.

The task at hand here is to allow yourself the option to make a choice and to play about with some options.

Let's just take an inner voice statement as an example:

"I can't do that."

The first job would be to make a choice. This can be done by "playing" with the words:

"I choose not to do that."

It can then be "played" with a little more into:

"Until now, I have chosen not to do that."

Here, responsibility has been taken for the choice and the options played about with. There is now opportunity and possibility to be able to do whatever "that" is. Notice how the inner voice is not argued with or aggressively challenged. That's what your inner voice wants you to do - to engage with it. It knows you will never win. This way, there is no conflict, we simply open up the avenues for another way.

Over to you. On the opposite page take each of your three negative beliefs and work them through to provide a choice and to play with the options.

Over to you.

In the space below take each of your negative beliefs and work them through to provide a choice and play with the options:

1.

.....

.....

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2.

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.....

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3.

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Stage 5 - Purposeful practice

Rinse & repeat!

This stage is all about mastering the practice of Stages 1 - 4. It is an attitude towards your inner voice - remember that it will be with you for life and your job is to be skilled at taming it. It will work hard to play with you forever. Rise to the challenge and be in charge.



In addition, another technique you can use is to focus on and use the positive beliefs you hold about yourself. I bet these were harder to come up with, right? Did you have to ask other people what qualities they see in you in order to answer this question?

Write down three positive beliefs you hold about yourself:

1.

2.

3.



Suggested investment time:
60 minutes



ACTIVITY

HOW

...can you use these to
challenge the negative
beliefs you have?

ta dah! list

At the end of every day write down three things that you did brilliantly, the impact they had on you and anyone you came into contact with.

Three things I did brilliantly today:

1.

.....

.....

.....

2.

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.....

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3.

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.....

.....

THE IMPACT THIS HAD WAS...



How did it make me feel?
What is the emotion attached to this?

LOOK IN THE MIRROR & ADDRESS

(write your inner voice's name below)

.....

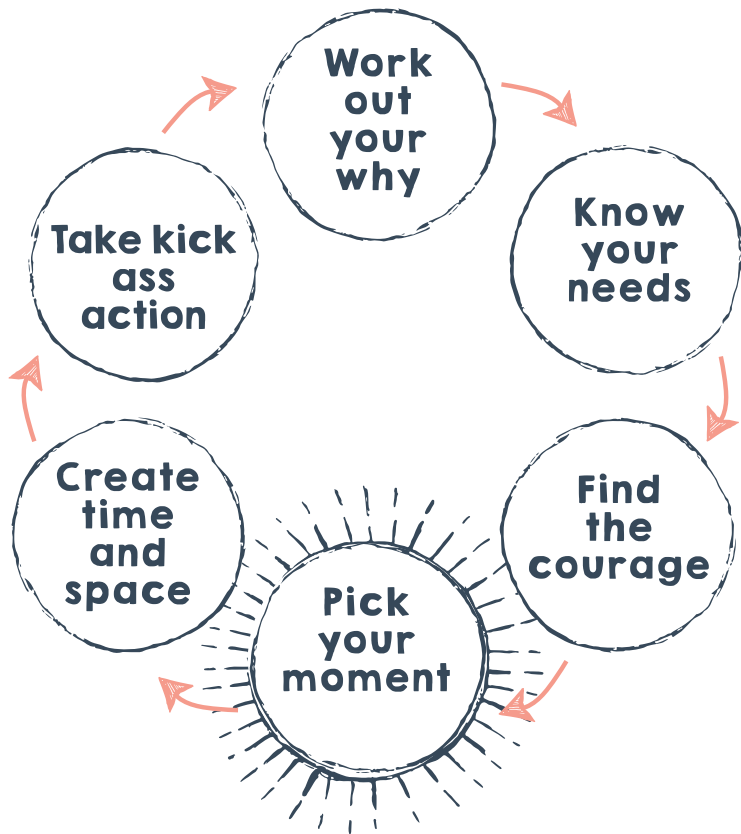
with what you have just written...



Say it several times and then stick 2 fingers up to her.

Feels good right?

Take pride in the fact you've made a difference to someone today, especially if that someone was you. In fact, if you're feeling bold enough, vlog them and post them to our Instagram/Facebook page!





THE SCIENCE BIT



The power of focus says if you want to achieve with excellence, then you should focus on 1 - 3 things at a time only. If you're working on anything between 3 - 7 goals or objectives then you should be prepared to settle for mediocrity.

Any more than 7 and bloody good luck to you!

So let's stick with 3.
3 is the magic number after all.

Let's get serious for a moment. Now you've figured out a few things based on your why, your human needs and those positive beliefs you hold about yourself - what actions will you take. What are you going to do and when?

Once you've settled on the three things that are most important to you then we can get stuck into goal setting. And there's an art to goal setting. The good news is we can keep it simple with only four steps:

Step 1 - Craft the goal.

Step 2 - Crystal ball it.

Step 3 - Get this show on the road.

Step 4 - Make it happen.

STEP 1. craft the goal

Craft the goal

We're not going to bore you with the corporate crap on setting SMART goals but it is important that your goals are specific and clear, tangible and motivating.

So... for each of your three topics, craft them into some firm goals in the space below. Here's an example that you can use as a template to help you if needed:

To increase my fitness from a Fitbit cardio score of 36 to 40 by doing three sessions of exercise per week for 30 minutes. I will celebrate my fitness achievement by completing the Tough Mudder Course on the 16th September 2019 in a time of XX:XX.

What?

From X to Y?

How?

Celebrate by?

Crystal ball it

The best way to describe this is... would you drive a car by looking only in the rear view mirror? Probably not because you're likely to crash. The same applies to goals. Whilst you need to see how far you've come, what sets you up for greater success is identifying the predictors of success ahead of time.

As a basic example - a lot of sales people are targeted by how many sales they convert each month so that is what they track – how many sales they've made so far. Some people are leaving their success to chance and hence are typically unsuccessful or scraping by and stressed. On the other hand, the successful people focus their efforts on the predictor of their success. (Aka: the more warm leads I generate, the greater the likelihood of my success.) They work hard to generate an abundance of leads and put their focus there as opposed to chasing the few sales they may have.

The way to do this is to identify people who are hugely successful at the thing that you want to achieve. Examine them and identify the 80/20 activities that they do to achieve their success. (By 80/20 we mean the activity that takes 20% of your time & effort but gets you 80% of your results.)

In our fitness example the crystal ball activities would be the type of exercise we do in those 3 x 30 mins:

1. What would get us optimal results in the shortest space of time - HIIT sessions.
2. A kick ass playlist to keep us motivated.
3. Maybe some new workout gear that is both practical for the activity and makes us feel good.

STEP 3 & 4.

get this show on the road
and make it happen

Get this show on the road

This step is all about tracking progress. Sporting events would be a bit boring if we didn't keep score. It's important to make your own scoreboard that can track your progress in a really visual way.

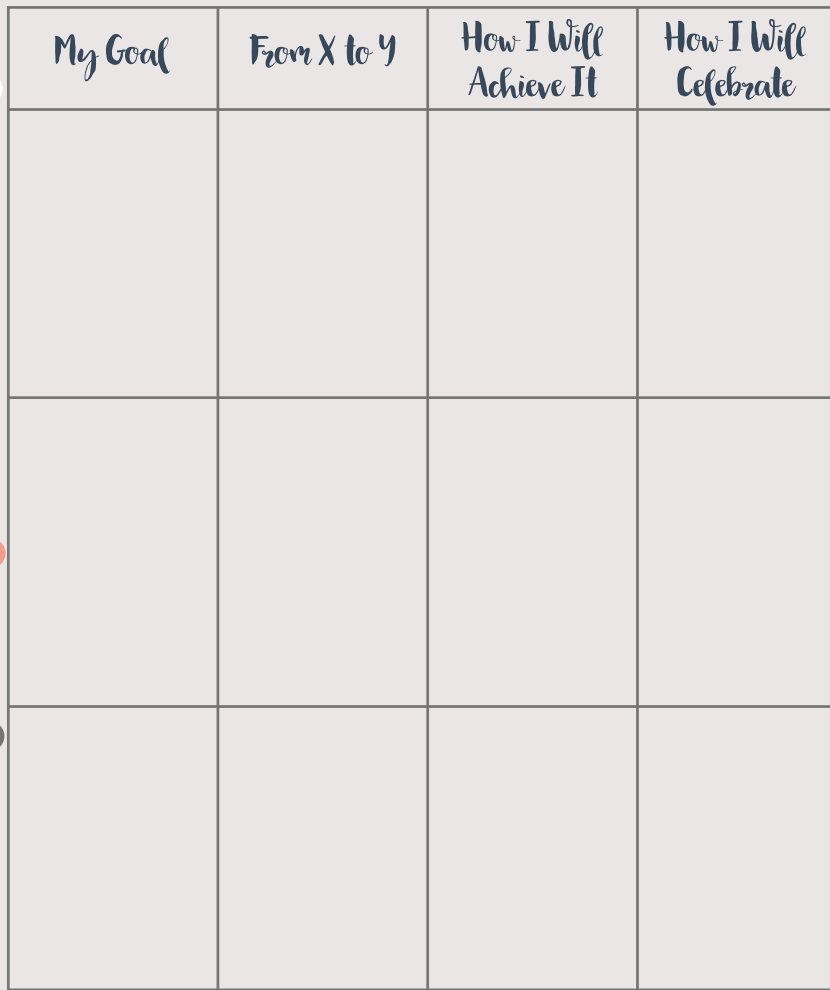
In our fitness example, this may be a simple traffic light or thermometer style chart that shows progress or the fitness score in my Fitbit. I could track my improvements in terms of running time or distance.

Make it happen

Simple. Generate your accountability.

Find whatever way necessary to ensure you stick to your plan.

This might involve the person you have appointed as your belief buddy...



My Goal	From X to Y	How I Will Achieve It	How I Will Celebrate

ACTIVITY

STEP 1. craft the goal



ACTIVITY

STEP 2. crystal ball bit

My Goal	Predictors of Success

STEP 3 Get this show on the road

Get out the glitter and glue to make your scoreboard.
Shove it on Facebook/Instagram for us to praise you!

STEP 4 Make it happen

Another important tactic is to have someone on your side. Someone you trust. Someone who will give you frank and honest feedback, push you when needed, and give you a massive HIGH FIVE when you succeed. Time to recruit a belief buddy!



WHO?

WHY THEM?

ACTIVITY

{ STEP 3 & 4

get this show on the
road and make it happen

WHAT AM I ASKING THEM SPECIFICALLY TO DO?

.....

.....

HOW WILL THIS HELP ME?

.....

.....

HOW WILL I KNOW IF IT'S WORKING?

.....

.....

MAKE IT HAPPEN!

Get on the phone now and ask them to be your belief buddy. Also think about explaining why you've chosen them, what you're asking them to do, how it'll help you and agree how they will hold you to account.

CRITICAL CHOICE TIME

Simple.

On a scale of 1 - 7, circle how serious are you about making this happen? Are you serious or are you messing about?

1 - I'm messing about 7 - I'm going to smash it!

1 2 3 4 5 6 7

PICK YOUR MOMENT

Take kick
ass
action

Work
out
your
why

Know
your
needs

Find
the
courage

Pick
your
moment

Create
time
and
space

CREATE TIME AND SPACE

At this point in the secret we think it's important to put time aside for you. To 'just be'.

What does that mean? Well it means stopping, taking a moment to breathe and reconnecting with yourself. Why? There is a growing body of evidence to suggest that our hectic, chaotic 21st century lives are actually causing us a great deal of harm. Cases of anxiety, stress and depression are on the rise because, amongst other factors, we fail to slow down and take time to understand our thoughts and emotions.

Ask yourself: "when was the last time you took time out to focus on just you?" No one else. Just you.

You might say that you like doing things for other people, you don't have time for yourself, it feels good to be needed. Well guess what? In order to genuinely help others, you firstly have to help yourself. It's the 'put your own oxygen mask on first before helping others' type scenario... in order to find true self fulfilment you have to work on you.

So here we introduce you to the practice of...

MINDFULNESS





THE SCIENCE BIT



In her very open and frank book 'Frazzled' Ruby Wax shares her long battle with depression and how studying for her MA in Mindfulness at Oxford has helped her understand her thoughts and feelings as they happen. This has enabled her to deal more effectively with her mental illness.

So you may have heard the term 'mindfulness' but what actually is it?

It's noticing everything in the moment. The birds singing, the sun on your skin, your breath, a child's smile...

We lead very hectic lives. Lives that our primitive brains struggle to process yet we rarely give ourselves a little time to stop. We unconsciously expect our brains to keep up with us.

Professor Mark Williams (former director of the Oxford Mindfulness Centre) tells us that paying more attention to the present moment, to your own thoughts and feelings and to the world around you, can improve your mental wellbeing.

"An important part of mindfulness is reconnecting with our bodies and the sensations they experience. This means waking up to the sights, sounds, smells and tastes of the present moment. That might be something as simple as the feel of a banister as we walk upstairs. It's about allowing ourselves to see the present moment clearly. When we do that, it can positively change the way we see ourselves and our lives."

Practising for just a few minutes a day is said to bring benefits such as:

- * Improved mental focus *
- * Effective decision making *
- * Lower stress levels *
- * Improved mental focus *
- * Improved memory *
- * Improved performance *
- * Greater self-acceptance *

Lightbulb moment

Do you see the potential positive impact that practicing regular mindfulness could have to your happiness and self-confidence?

Any practice which takes only a few minutes a day and helps us create a happier, healthier relationship with ourselves gets a big thumbs up from us! So, let's start small and understand what mindfulness can do for your self-acceptance and ultimately, your confidence.

P.S. If you're really interested in learning more about mindfulness then you might like to know that we explore it in more depth in the secret, 'You're pretty fit'.



ACTIVITY



Suggested investment time: up to 5 minutes, daily

We're going to start small and build up over time.

This exercise is taken from 'The Mindfulness Journal' by Corinne Sweet.

It is entitled: 'Start the day'.

"A mindful start can help you focus and prepare for the busy day ahead. In the morning, give yourself extra time to get ready".

When in the shower, allow yourself to feel the water on your body. Let the heat awaken your muscles and imagine your cares are washed away with the water. Smell your shower gel and let the fragrance invigorate you. Briefly turn the temperature down to cool and set your skin tingling.

When you finish showering, appreciate the feel of the dry towel against your wet skin. Be aware of how clean and refreshed you feel.

Add on to this when ready:

Take the time to eat breakfast slowly without the TV, your smartphone or the radio on. Whatever you chose to eat, savour every mouthful and appreciate the texture of the food.

Check what you need before you leave the house. Try not to rush this. Stop and smile. Step outside the front door and make your way to work, focused and ready to face the day ahead.

After each practice just make note of how you feel and how or if this changes over the course of the next 30 days.

The Ladies Lounge mindfulness practice:

"I really love to feel warm. I love heat. I love a hot bath. I love to feel the sun on my skin. The warmth of the sun's rays is a pleasure I ensure that I indulge in whenever we get nice weather. I love to sit in the garden with a cup of tea, close my eyes and let the sun cover me in its warm glow. Not only does this have great health benefits (big injection of vitamin D) it soothes me. Never do I feel more connected to myself and the world as when I close my eyes, and let the sun shine upon my skin. It's my own, private sanctuary when nothing else matters. It's when I notice my breathing relax, become regulated and when any anxiety I'm feeling, ebbs away"

The Ladies Life Lounge x

Lessons learnt:

Making mindfulness part of my daily routine has given me clarity on...

.....

The benefits I have noticed are...

.....

Morning practice has stopped me from doing / thinking...

.....

Mindfulness practice has made me appreciate...

.....

The next step in mindfulness practice is...

.....

SUGGESTED **FURTHER READING**

We really like these books and highly
recommend them.

A Mindfulness Guide for the Frazzled, Ruby Wax.

Mindfulness - A practical guide to finding peace in a frantic world, Mark
Williams and Danny Penman.

The Mindfulness Journal, Corinne Sweet.

Wake Up: Escaping a life on auto pilot, Chris Barez-Brown.



**"IF YOU THINK TAKING CARE
OF YOURSELF IS SELFISH,
CHANGE YOUR MIND. IF YOU
DON'T, YOU'RE SIMPLY
DUCKING YOUR
RESPONSIBILITIES."**

- Ann Richards

take KICK ASS action!

This is the penultimate stage in completing the confidence model. This is where you construct your case for confidence.

You are going to create your own **kick ass confidence blueprint!**

My why...

The best version of me when my human needs are being met is...

What I look like when I'm at my best...

What I sound like at my best...

How I feel at my best...

What will people say about me...

What impact will I have...

What it isn't...

What I don't look like...

What I don't sound like...

How I won't feel...

What people will say about me when I'm like this...

What impact will I have when I'm not confident in this situation...

My triggers for inner voice appearing are...

My coping strategy for when my inner voice appears...

Getting your belief buddy in on the action.

How can they support and hold you accountable for implementing your blueprint?

5 Top tips for 'how to look confident' from body language expert Jan Hargrave:

1. Align your shoulders.
2. Curb the fidgeting.
3. Steeple your hands when standing.
4. Eye contact.
5. A firm handshake.

ACTIVITY

area 1

Consider three areas or situations in which you currently lack confidence and would like to work on.

Using your blueprint, populate the answers and measure your current behaviour against it. Do this every time you put yourself in that situation.

Tip - you have to put yourself out there and practice what you've learnt. Practice and gaining feedback from your belief buddy will only serve to increase your confidence.

Feedback received from my buddy...

How I looked (body language observations)...

The impact I had....

Actions to take in my next practice session:

1.

2.

3.

ACTIVITY area 2

Consider three areas or situations in which you currently lack confidence and would like to work on.

Using your blueprint, populate the answers and measure your current behaviour against it. Do this every time you put yourself in that situation.

Tip - you have to put yourself out there and practice what you've learnt. Practice and gaining feedback from your belief buddy will only serve to increase your confidence.

Feedback received from my buddy...

How I looked (body language observations)...

The impact I had....

Actions to take in my next practice session:

1.

2.

3.

ACTIVITY

area 3

Consider three areas or situations in which you currently lack confidence and would like to work on.

Using your blueprint, populate the answers and measure your current behaviour against it. Do this every time you put yourself in that situation.

Tip - you have to put yourself out there and practice what you've learnt. Practice and gaining feedback from your belief buddy will only serve to increase your confidence.

Feedback received from my buddy...

How I looked (body language observations)...

The impact I had....

Actions to take in my next practice session:

1.

2.

3.




critical
THINKING
point

Lessons learnt

what has changed?

What has changed? How has your confidence increased through application of your blueprint?



CELEBRATE YOUR RESULTS!

Want to see how far you've come in just 30 days?
Here's the part when you find the evidence that you're now...

'pretty confident'

This activity is the opposite to the beginning of this secret when you actively looked for the evidence that you weren't.

Review goals

Tell your story to the Ladies Life Lounge community - Vlog/Blog.

Tell us the ups and downs, the wobbles and what got you back on track.

Your confidence rating when you started and when you finished.

Belief buddy feedback.

Tell us:

What's different about you now?

How do you think/approach situations differently?

How has your 'why' served you?
How will it continue to serve you?

{ FINAL ACTIVITY }

WRITE A LETTER

Write a letter to
your future self.

Put pen to paper and write a declaration of self-love.

Consider all the activity that you've engaged in over the last 30 days and what more you're hoping to do.

Tell your future self what progress you have made, about the choices you have made, and the strength and confidence this has given you.

It's a celebration of how far you have come so give yourself a really big pat on the back.

You're amazing, so tell yourself that in your own words.

Think about including:

How has your why evolved?
What are you doing now?
How do you feel? Look? Sound?
What are your strengths?
What have you achieved?
What are you most proud of?
What have you overcome?
Who has benefited?
What do you still want to achieve?
How will you do this?
Congratulate yourself on how far you've come.

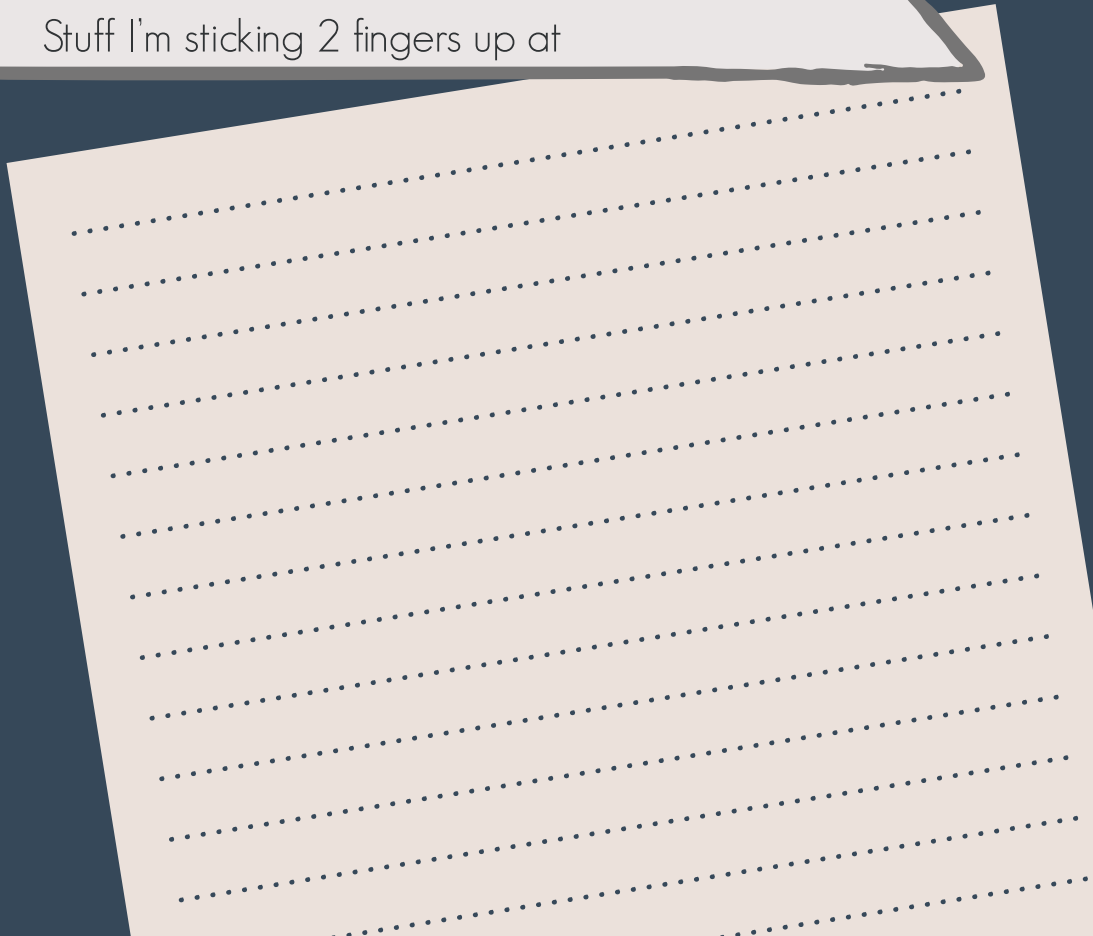
Seal the envelope, address it to you, and put it somewhere safe.
In one year's time find the letter, open it and read it. Bask in your
achievements and acknowledge how far you've come.



WEEK 1 REVIEW

Lessons learnt and

Stuff I'm sticking 2 fingers up at



WEEK 2 REVIEW

Lessons learnt and

Stuff I'm sticking 2 fingers up at

[illegible]

WEEK 3 REVIEW

Lessons learnt and
Stuff I'm sticking 2 fingers up at

A sheet of white paper with horizontal dotted lines for writing, set against a dark blue background. The paper is slightly tilted and has a torn edge on the right side. There are 12 dotted lines in total, providing space for notes or a review.

WEEK 4 REVIEW


Lessons learnt and

Stuff I'm sticking 2 fingers up at

[illegible]

**“Your time as a
caterpillar has
expired...
your wings are
ready.”**

www.salmon.com



We're so proud of you.
You're pretty confident.
Go conquer the world!

Ladies Life Lounge