

CREATE A LIFE
YOU LOVE

12 EASY & EFFECTIVE WAYS TO

BOOST YOUR CONFIDENCE

GENNA CLARK COACHING 

FOR WHOLEHEARTED WOMEN WHO WANT MORE FROM LIFE



Hello there! If you've got low or shaky self-confidence, you are not alone. Confidence-related issues and imposter syndrome show up at some point in almost all my coaching clients, whatever their walk of life. But there are lots of simple tips and tricks that anyone can use to get life-changing results, even without a coach. All it takes is commitment and regular, daily action, and you'll start to notice changes in days – the more you do, the greater your result.

Supporting women to show up and play bigger in their lives, while stepping into their confidence and purpose is really important to me. I know 1:1 coaching isn't possible for everyone, so this freebie is one small way I can help. I'd love to know how you get on – if you are willing, ping me an [email](#) whenever suits you!

Best wishes

Genna

Confidence comes from the Latin for 'with full trust', so having self-confidence is literally 'with full trust in self'. That makes so much sense when you think about it, right?!

In its simplest form, self-confidence is connection to our authentic self – by that, I mean self-love, self-awareness of the best of ourselves and acceptance of our shadows, too.

Here are my 12 starter tips for easy and effective ways to boost your self-confidence.

The only magic ingredient to this recipe for success is that you *MUST take regular and consistent action to see lasting results*, or the old doubts will creep back in. Choose one or two a week for 5-10 weeks to build new habits and see the transformational difference in yourself!

#01 DO SOMETHING NEW EVERY DAY

GET OUT OF THAT RUT!

As we experience less variety, our world and confidence shrink. The reverse is also true.

Do something new every day for a week and you'll feel your whole comfort zone stretch a bit. If possible, occasionally choose things that excite and intimidate you in equal measure. But it's fine to start small – the important thing is to start at all. You can do this; one step at a time.

#02 NOTICE SELF-CRITICISM

NIP THAT GUTTER TALK IN THE BUD

Research shows that most people criticise themselves much more readily than they praise themselves. Unfortunately, the impact of the criticism is much longer lasting than the praise. Once you start beating yourself up, it can become habitual.

It's time to break those habits! For one day only, make a written note every time you become aware of any self-talk or thoughts you have that could be considered self-criticism. I guarantee you'll be shocked! Whose voice do you hear? It's quite often an authority figure from your youth. At the end of the day, I want you to reflect on – what's the impact of this on you? On your life? What self-talk do you need to nip in the bud from this point on?

#03 CHAMPION YOURSELF DAILY

2-4-6-8, WHO DO WE APPRECIATE?

For one week, before you get busy with your day, write 10 'I am...' statements that are positive and true (even if only in a modest way) about yourself.

Again, it's so easy to criticise ourselves; it's time to redress the balance and start your day with your head and attitude in the right mindset.

#04 CELEBRATE YOUR WINS

MAKE IT IMPORTANT TO PAUSE TO REFLECT AND LEARN

It's very common for people with low confidence to skip over their successes and wins, convincing themselves that it's arrogant or indulgent to enjoy them. But that's a huge mistake!

Reflecting on your wins not only feels good and builds your self-esteem in the moment; it also creates a body of evidence to show yourself that you can succeed; provides personal learnings to spot patterns that lead to successful outcomes; and builds self-trust over the long term.

Celebrating your wins every day, no matter how big or small, will positively impact your self-belief and self-confidence, longer term.

#05 FEED YOUR BRAIN & SPIRIT HEALTHILY

A DOSE OF THE GOOD STUFF A DAY KEEPS THE LOW CONFIDENCE AT BAY

Get hungry for what inspires you and makes you feel good. Personal growth and confidence are not destinations – they are lifelong journeys.

Surround yourself with supportive people and influences, listen to growth mindset and optimistic podcasts, and read personal development books, feel good fiction or inspirational biographies.

It's so simple, but when you have positive messaging seeping into your brain every day, something starts to shift.

#06 MAKE SELF-CARE IMPORTANT

BECAUSE YOU'RE WORTH IT

When you make self-care important, you are saying that your needs are important; that you are worthy. The bottom line is that you can't have grounded confidence without it.

Compassionate people (and women in particular) often dismiss self-care as unimportant and indulgent, but that's simply not true.

You aren't a machine and your life isn't thankless – make sure you carve out some time for yourself to recharge, honour yourself and unwind every day. That might be something like a spa day, or it could be as simple as making yourself sit down once a day with a cuppa and a book, a walk in nature, time for sport, a chat with a friend, or even a soak in the bath.

This is not indulgent time: this is essential investment time.

#07 SEE YOURSELF

REFLECT BACK WHAT YOU LOVE

What do you say to yourself when you look in the mirror? If you're like 80-90% of women, I'm guessing it's often something negative...

The negativity bias that is built into all of us means that we are more likely to believe one negative piece of feedback than 10 positive things that are said to us, or that we say to ourselves.

Start cutting down those negative comments by putting a note on your mirror that prompts you to look yourself square in the eyes and say, "Three things I appreciate and love about you are..." and then finish the sentence.

#08 MORNING MANIFESTING QUESTION

SET YOURSELF UP TO SUCCEED

For a week, before your day gets going ask yourself "How am I going to be confident today?" And then do it.

Feel your confidence grow by making it more present in the vocabulary and thinking in your life.

#09 EVENING ENLIGHTENMENT QUESTIONS

LOCK IN THE LEARNING

These work well with the morning manifesting question and are based on Tony Robbins's Power Questions.

At bedtime ask yourself these questions:

- 1) How was I confident today?
- 2) What about that was confident?
- 3) How did that make me feel?

This is about shifting your focus to new awareness and recognition of confidence in your daily life, by asking powerful questions.

#10 USE YOUR BODY

OWN IT, WORK IT

Our bodies have a huge influence over what we communicate to ourselves and others. If you slump, you are communicating fatigue or defeat. If you smile, you feel inviting and joyful.

A trick a lot of people use when they want to feel confident is the power (or superhero) stance.

To access it, assume the physical position of a superhero – hands on hips, shoulders back, standing tall, chest out, smiling. Breathe into it. Embody it. Feel it shift your mood and what's possible, then carry the essence of it with you into the next situation.

#11 VISUALISE WHO YOU WANT TO BE

SET YOUR INTENTION

An easy way to do this is to journal – write for a solid 30 minutes (without overthinking, without judgement) about who you are becoming, who you want to be, and what is possible in that new state of being. What will be the impact on your life? On your loved ones? What's your dream?

You've heard the phrase "What you focus on grows"? I often say to my clients that our brain is our genie – it does it's best to make whatever we believe and focus on come true.

Give your brain your own personal North Star to aim for – the North Star that calls you forth and makes it all worthwhile.

#12 COMMIT TO ACTION

THE MOST IMPORTANT BIT!

Procrastinating is a trap to keep you stuck in the now and in the status quo. If you wait another week, all that happens is that you are one week older.

The truth is that to invest in and sustain your confidence, you also need to take regular, consistent and confident action (no matter how small) in order to keep growing. See point #01!

You need to take action daily! AND it will be worth it.

So, let's get started; which ONE action will you commit to take TODAY, that is an investment in your confidence and your future?

Today, I commit to take this action: I will _____

And the impact on my life will be: _____

What's possible for you now? What do you really want? What's next...?

Spread the word!

Do you know anyone who would benefit more confidence, purpose and joy in their life?
If so, then please let them know they can sign up for free goodies from me at

www.gennaclarkcoaching.com

Thank you!

Genna



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YOUR MOTIVATION IS HERE AND NOW