

## *Week 4: Confidence 10-24-22 Notes*

When you hear ‘confident woman’ most people will automatically have the image of someone they resonate within their mind. This person is easily noticed, they portray success and they radiate happiness. They are your perfect picture of ‘confidence’.

But what is it about these people that makes them confident?

As with most traits, there are certain habits of confident women that you can apply to your life to boost your confidence and in turn increase the happiness you have within yourself.

You don’t need to have them all to be confident, but you would be very hard-pressed to find a confident woman who didn’t have a number of these common traits.

### **1 – She Questions the ‘Norm’**

Rarely will you find a confident woman who just goes with the flow, never questioning what she is told, what the ‘norm’ is, and just being remarkably average.

I’m not talking about the women who argue every point, or even the women who find zen in allowing life to unfold in the ‘flow’ – but more so the ones that never question ‘why’.

Why are you doing what you’re doing? Is it because that’s the way it’s always been done? Is there a better way?

She isn't afraid to say 'actually, no that doesn't work for me, let's try it this way'.

And even further to that, she isn't afraid to say 'actually that didn't work, let's try something different again'.

## **2 – She Reserves the Word 'Yes' For When She Really Means It**

We all know that one person (maybe it's even you) that says yes to everything!!

She doesn't want to let anyone down and she doesn't want to disappoint anyone. But in doing so, she ends up always doing for others and not for herself.

Sound familiar?

'No' is a difficult word for a lot of people to say. That's because it is direct and definitive.

A 'no' is a closure of a conversation and is a powerful word that can hurt when used incorrectly.

A confident woman knows that saying 'no' to others often means she is saying 'yes' to herself.

And when you say 'yes' to others, you have to mean it.

Because it usually means you'll be giving up something for yourself (time, energy) and when you do say yes, you mean it.

That's why a 'yes' from a confident woman means so much.

### **3 – She Uses Positive Words In Her Conversations**

A business mentor of mine once explained to me how important our words are. His example was to do with simple words we use in our everyday conversations.

Rather than saying 'don't forget' he explained to say 'please remember' instead. We are far more likely to respond to positive words than negative ones.

A confident woman uses positive words in her conversations to build herself and others up.

She doesn't have to put other people down in order for her to feel good about herself.

A conversation with a confident woman will leave you feeling inspired.

I often relate this back to how I would talk to my best friends or a family member... if I wouldn't talk to them in such a negative way, then I won't talk to myself or others in this way either.

## **4 – She Has Clear Goals and Action Plans to Achieve Them**

A confident woman understands that while goals are important, they don't mean anything unless you have an action plan in place to achieve them.

It's all well and good to sit here and say 'my goal is to earn enough money so I can quit my job', and that's awesome.

But unless you have a plan in place as to how you're going to achieve it, your goal is nothing more than a dream.

Goals, action plans and tracking are all areas a confident woman understands and uses well.

## **5 – She Knows That Confidence Is Far More Than Appearance, But Knows The Benefit of Her 'Power Outfit'**

Everyone has at least one outfit or one item of clothing that helps them to feel confident, powerful and like they could take on the world. Their Power Outfit.

And while we know that confidence is far more than appearance, we also understand that any little boost in confidence we can get, even if it comes from a perfectly tailored pair of pants and killer heels, is worth it.

While we often think of women wearing a power outfit as being those in leadership positions, every woman has her own version of a power outfit that makes her feel like an absolute boss.

For some, this could be a flowing boho dress, and for others, it might be their favorite jeans and cons... there's no 'right' power outfit, it all comes down to how you feel in it.

## **6 – She Displays Confident Body Language**

Picture Wonder Woman... just with more clothes on and less wind machine blowing her hair around.

Seriously though, there is a lot of psychology behind the benefits of the power pose and a confident woman uses this to her advantage.

Even when she's not feeling super confident that day, she knows that she can fake it til she makes it with a power pose.

In addition, you will rarely see her slumped over or cowering in a crowd.

A confident woman stands tall, makes eye contact when she is talking to them and smiles, because she believes in herself and is confident in her own skin.

She understands that the right body language can portray so much confidence (even in situations where she's feeling a little overwhelmed) and this is the sign of true confidence – being able to use her knowledge to get her through any situation.

## **7 – She Has a Good Understanding of Her Own Personality – Including Her Strengths and Weaknesses**

Understanding your own personality can be key to your success.

A confident woman knows her strengths and weaknesses and knows how to use them to her advantage.

Perhaps she is able to convey her message best when talking but really struggles with writing her thoughts down.

Simple fix – record what you want to say and have a transcriber write it out for you.

Perhaps she knows she is far more patient at around 10am when she has had time to have her coffee, respond to emails and write out her task list for the day.

Fantastic – she knows not to book any meetings until after that time.

Taking a personality test can help you become even more confident in who you are, and learn to be more accepting of your weaknesses.

She also draws on her life experiences to help her understand herself more, and knows that working on herself is the most healthy work she can do.

## **8 – She Creates Her Own Success without Feeling The Need To Tear Others Down**

You will never hear a confident woman say ‘well I did that better than you’ because she knows that her own success has nothing to do with others’ failures.

Her successes are her own, she works hard to achieve them and understands that others' successes are the same.

Comparison isn't a trap she falls into (too often) and she is happy to help someone celebrate their own success, even if she hasn't achieved hers just yet.

She knows there is a right place and a right time for her success, and that life balance isn't about a 50/50 work/life ratio, but more of a life that's calm and right for her. If it's not the right time for her, she understands and knows that there will always be a next time.

## **9 – She Focuses on the Positive and Leaves Negative Behaviors (and People) Behind**

Being around a confident woman is like having a massive injection of positivity thrown into your day.

She has no time for the Negative Nellies of the world and removes them from her life.

She has this wonderful ability to see the positive in any situation and leaves you feeling inspired.

Sure she has her bad days everyone does. And she isn't 100% positive all the time, because that's just impossible.

But she strives to see the positive in the world and surrounds herself with positive people and positive things.

## **10 – She Understands The Importance of Self-Care**

A confident woman knows that the first person she needs to take care of is herself.

Because if she can't take care of herself, then she cannot take care of anyone else.

She schedules regular self-care activities – even if it means getting up half an hour earlier just so she can sit and drink her coffee while it's still hot.

Self-care is the backbone to success in every way.

A confident woman knows there's no point in grinding herself to the bone in order to achieve her success because it's not sustainable.

While she may not like it, she is also okay with speaking up when she needs help and when she needs to take some time out.

## **11 – She Steps Outside of Her Comfort Zone**

Whether you're an extrovert, an introvert, or somewhere in between, stepping outside of your comfort zone can be tough. But a confident woman knows that nothing great was ever achieved within your comfort zone.

While it might take her some time, and some serious build-up to making it happen, a confident woman is still okay with stepping outside of her comfort zone every now and then. In fact, she encourages it.

She knows that stretching her limits is the only way she will grow and she is confident in herself when doing so.

A confident woman, and confident people make the world a better place.

She has the ability to need no one, depend on herself and achieve great things that benefit not only her own life but everyone else's too.

It takes hard work, self-awareness and effort to become this kind of woman, but it is so worth it.

Confident women lift others up and help them shine brighter than ever before.

They create an environment that leaves you feeling inspired and motivated to be better than what you were yesterday.

A confident woman makes room for growth and change in her life and encourages growth within the lives of others.

She makes mistakes, she struggles and she doesn't always achieve all that she desires, but her courage to keep trying makes her worth admiring.

The world needs more confident women it's what will finally allow us – as humans – to take our power back.

We will no longer need someone else to determine our success or how we should feel about ourselves.

We will realize that it's okay to say NO and that we don't have to feel guilty for making a decision that doesn't include everyone else. A confident woman is a powerful woman, but she isn't a mean one.

She wants you to be the best version of yourself as she works to be the best version of herself.

She wants you to take her hand and march forward in courage, even if she isn't always confident in herself.

A confident woman is not perfect – but she knows that everyone makes mistakes, and it doesn't make them an evil person.

Most importantly, a confident woman understands that it is okay to not be confident all the time and knows that she will have the occasional bad day.

She will admit that she is struggling and she will ask for your help because she knows that life isn't easy and there are times where we need a little support.

## **How To Be A Confident Woman**

Confidence doesn't just happen, it's not something you magically have, and a lot of the time, it takes work, and a level of self reflection in order to be confident. While these habits will help you and they are habits of a confident woman, true confidence comes from within. It comes from believing in yourself. And to do that, you first have to love yourself.