

# CONFIDENCE + SELF-LOVE

Cultivate deep confidence + self-love in everything you do!



## LOVE + TRUST YOURSELF AGAIN!

Are you finding business and life goals really difficult to accomplish? Are you having trouble with relationships and friendships? Success in these areas comes from how we view ourselves. Learn to cultivate deep self-love and confidence in everything you do!

### WHAT'S INSIDE THIS MINI COURSE:

- Origin of low self-esteem
- Observe + Explore Feelings
- Journal Prompts
- Inner Critic Activity
- Self-Love Solutions
- Powerful Mantras

# WHAT IS LOW SELF - ESTEEM AND DO I HAVE IT?

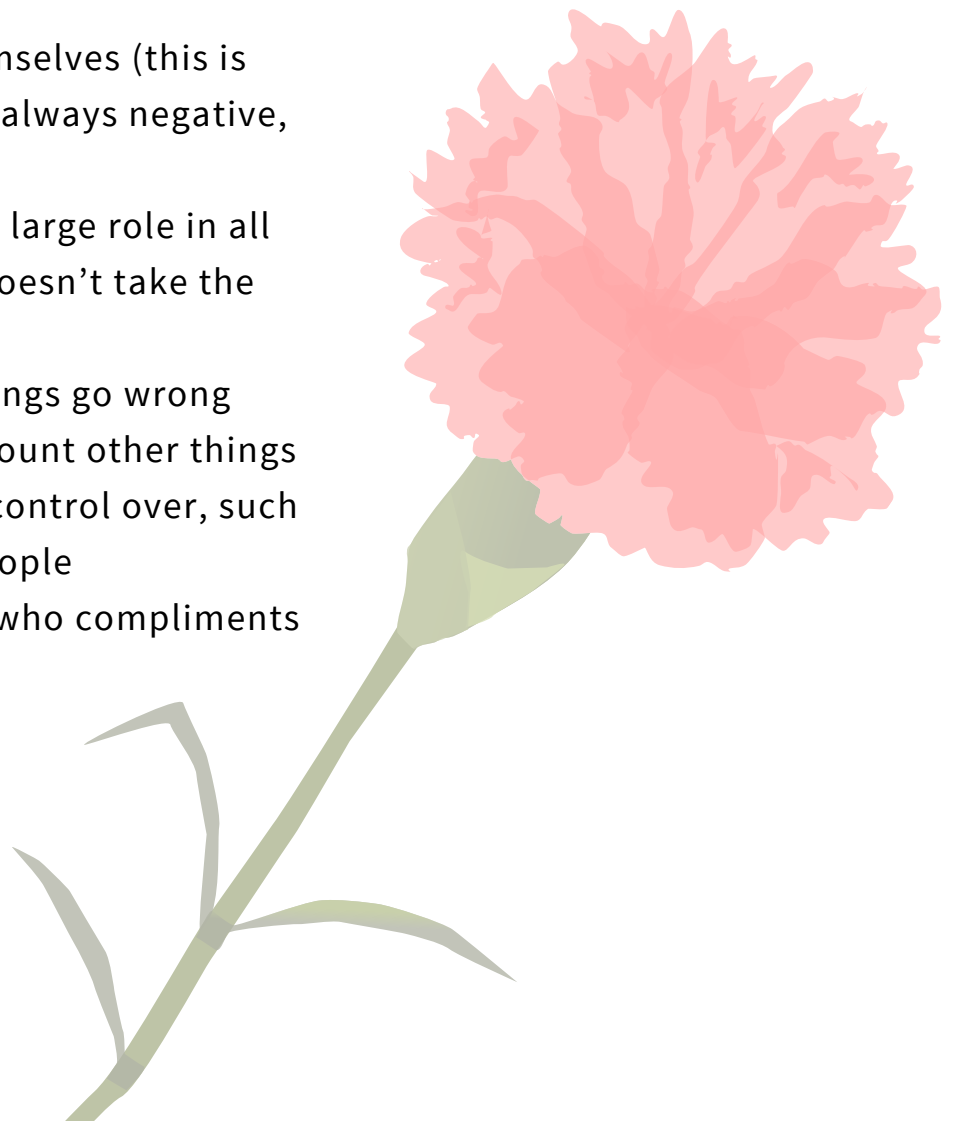
Self esteem is your opinion of yourself. Everyone lacks confidence at times, but when someone constantly thinks poorly of their self and it stops them from achieving their goals, that is when low-self esteem needs to be addressed.

## Typically, a person with low self-esteem:

- Is extremely critical of themselves
- Downplays or ignores their positive qualities
- Judges themselves to be inferior to their peers
- Uses negative words to describe themselves such as stupid, fat, damaged, ugly or unlovable
- Has discussions with themselves (this is called 'self talk') that are always negative, critical and self blaming
- Assumes that luck plays a large role in all their achievements and doesn't take the credit for them
- Takes full blame when things go wrong instead of taking into account other things over which they have no control over, such as the actions of other people
- Doesn't believe a person who compliments them

“

*Your value doesn't decrease based on someone's inability to see your worth*



## WHERE DOES LOW SELF-ESTEEM COME FROM?

- Unhappy childhood where parents (or other significant people such as teachers) were extremely critical or non-supportive.
- Poor academic performance in school resulting in a lack of confidence
- Ongoing stressful life event such as relationship breakdown or financial trouble
- Poor treatment from a partner, parent or caregiver, for example, being in an abusive relationship
- Ongoing medical problem such as chronic pain, serious illness or physical disability
- Mental illness such as an anxiety disorder or depression.

Self-Love and confidence is so important because it's the **backbone to our happiness and success in everything we do**. If we constantly use others as our mirror, our confidence will **fluctuate daily**. If we build an inner love of ourselves, this will carry us through the toughest challenges that arise in our lives.

We are going to practice working on tackling our Inner Critics that feed us lies about who we are and then we are going to dive into the source of the feelings we have and how we can overcome them and change our perspective. Ultimately, remember to **treat yourself with the same sense of compassion that you would a close friend**.

“

*If you're searching for that one person who will change your life, look in the mirror.*



## OBSERVE + EXPLORE YOUR FEELINGS: YOUR INNER CRITIC

Your Inner Critic comes from those painful, early life experiences when you have been hurt physically, spiritually or emotionally. As you grow up, it's easy to unconsciously adopt and integrate a pattern of destructive self-talk. It may be all you've known for a very long time, **maybe even your entire life.**

When we fail to first identify then separate from those issues, we allow them to impact our behavior. Your Inner Critic sabotages your successes, your relationships and halts your true potential for greatness. **Your Inner Critic can hold as much power as you let it hold.** It can be loud, overbearing, degrading, dismantling and down-right disgusting. Your Inner Critic wants you to stop moving forward and to retreat back into your comfort zone.

**Maybe your Inner Critic starts early in the morning when you first look in the mirror:**

*You're so unattractive.*

*You're fat.*

*You're lazy.*

*You're ugly.*

*You're disorganized.*

“

*The more you love yourself, the less nonsense you will tolerate.*



## YOUR INNER CRITIC CONTINUED

### Maybe your Inner Critic meets you at work:

*You're not good enough.*

*You're average.*

*You are mediocre at everything, excellent at nothing.*

*Does anyone even notice you?*

*You bring no real value to your job.*

### Maybe your Inner Critic jumps in between your relationships:

*He/she doesn't really love you*

*You're hard to love/unlovable.*

*No one cares about you.*

*It will never last.*

*You are broken/damaged.*

*You're too much to handle.*

*These negative messages are not the truth. Your Inner Critic can **trick you into thinking that you are not capable of reaching your goals and can push you to be self-critical and self-destructive.***

Regardless of what happened in your past, the messages from your Inner Critic are **not true**. View your Inner Critic as a separate entity. It is not your personal belief system. It is merely a microphone blaring negative messages to you like a soundtrack playing from old experiences that are **completely unfounded with any truth**.

Revisit some of the messages below that your Inner Critic may try to instill in you.

“

*I'm not  
beautiful  
like you,  
I'm  
beautiful  
like me.*



# JOURNAL PROMPTS + ACTIVITY



## LOVE + TRUST YOURSELF AGAIN!

### Step 1: Write to Your Inner Critic

Think about and write down other messages you hear from your Inner Critic that are not listed above. Write them down as “You Statements” in the second person. (Example: Turn “I will never be successful” into “You will never be successful.” This practice will allow you to see things from an outside perspective and not as true statements. This may also make you notice how hostile this internal voice can be.

“

*You are  
NOT  
your mistakes!*



# JOURNAL PROMPTS



## LOVE + TRUST YOURSELF AGAIN!

How do those messages impact your leadership? Your life?

What would life be like without your Inner Critic? How would you feel?



“

*FLY*

*First  
Love  
Yourself*



# JOURNAL PROMPTS + ACTIVITY

**LOVE + TRUST YOURSELF AGAIN!**

## **Step 2: Respond To Your Inner Critic**

After this exercise, you won't be responding to this Inner Critic any longer, so let's take the time to acknowledge this negative voice one last time. Write a farewell letter to your Inner Critic. In this letter, write "I statements" while using realistic and compassionate self-talk.

### **Example:**

Inner Critic: "No one believes in you, and you won't ever accomplish anything amazing."

**Example Response:** "I may have believed you in the past when you told me that no one believes in me and that I will never accomplish anything amazing. I now understand that those messages weren't based on truth. The absence of supportive people in my life growing up did not mean that I was not worthy of being supported. I believe in myself more now than ever before. I have incredible, amazing goals, and I am fully capable, smart and strong enough to accomplish them!"

→ **Address all of the critical messages that resonate with you in your own letter.** You can use standard letter greetings and salutations to really make it formal like below:

Dear Inner Critic,

Farewell,

X\_\_\_\_\_.

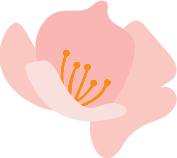
# JOURNAL PROMPTS + ACTIVITY

LOVE + TRUST YOURSELF AGAIN!

## Step 3: Release Your Inner Critic

Imagine that critical voice in a cage inside your head. That voice has been taking up prime real estate there for way too long, and it's time to give it the boot. Now that you can identify the voice and have confronted it, you are empowered and have freed yourself from it.

You may hear from this voice again every once in a while until you have strengthened the habit of ignoring it. Until then, just stop the voice and redirect your thoughts to your "I Statements" like the ones you wrote above. Always be louder and clearer than your Inner Critic.



**This activity may bring up a lot of emotions for you. Embrace those emotions, don't resist them. Let yourself feel everything that comes to you. You have to feel it to heal it.**



# JOURNAL PROMPTS

**LOVE + TRUST YOURSELF AGAIN!**



Did this letter turn up some harsh realizations that you may have had about yourself? If so, which ones?

How has this activity shown you how you currently treat yourself?

Now that you have shut down this negative voice, how do you feel now?

What is the first thing you will accomplish now that you are free of these limitations?





# CONFIDENCE + SELF-LOVE MANTRAS



Mantras are repetitive sounds used to penetrate the depths of the unconscious mind and adjust the vibration of all aspects of your being. Mantras are vibrated through chanting aloud, mental practice, or by listening to them.

## How Mantras Work

- Chanting mantras stimulates the endocrine system. The act of your tongue pressing against the palate of the mouth stimulates the hypothalamus, thalamus, and pituitary. When you recite a mantra, you hit the palate with your tongue. In the palate, there are 84 meridian points: 64 in the hard palate and 20 in the soft palate. This vibration emanating from the hypothalamus directs the actions of the pituitary gland and governs the endocrine systems. It is also in charge of releasing chemicals and hormones throughout the body and to the brain. This vibration releases chemical hormones that balance the body and have healing effects.
- Chanting mantras help focus your attention. Often when we sit down to meditate our mind jumps from thought to thought, making it difficult to focus our attention. Chanting distracts the mind from frivolous thoughts, helping to anchor the mind in concentration.

# CONFIDENCE + SELF-LOVE MANTRAS

- Chanting mantras is an effective way to release emotion. Emotion that is not accepted represents an aspect of the self that is being judged. This emotion causes sensations in the body that you either crave or have an aversion to. Either way, you are reacting and reinforcing the pattern. Chanting is an excellent way to let go of the reaction to the sensation through the throat and heart chakras; in essence, releasing the emotion through self-expression.
- Mantras align your vibration to create awareness. The vibrations from mantras have the power to rearrange your molecular structure. Each sound has a distinct vibration, and as a result, each mantra has a different effect. All sound affects your molecular structure. Furthermore, all your thoughts, feelings, words, and actions impact your consciousness. Think about how certain music puts you into a particular mood. Or consider how you feel when there is a lot of noise or when someone is yelling. Mantras are designed to adjust your experience through the subtle vibrations they cause in your being.
- Each mantra is designed to have a distinct effect. Mantras adjust your vibration, aligning your awareness with aspects of the self and the infinite. Everything you seek is within. When you feel that you are not experiencing something, it is because you are not tuned into its vibration. When you are vibrating something, you are tuned into it. For example, if you are vibrating love, you will see it everywhere. If you are not, this vibration lacks. This is also how you are attracted to people and how you can experience that alignment with your karmic vibration.

# **CONFIDENCE + SELF-LOVE MANTRAS**



**I AM ENOUGH**

**I ACCEPT AND LOVE MYSELF IN EVERY STAGE OF MY JOURNEY**

**MY BODY WORKS HARD FOR ME EVERY DAY**

**I AM LOVED**

**I AM SAFE**

**I AM BEAUTIFUL, INSIDE AND OUT**

**I RADIATE HEALTH AND HAPPINESS**

**EVERYTHING IS WORKING OUT FOR ME**

**I MAKE VERY GOOD DECISIONS**

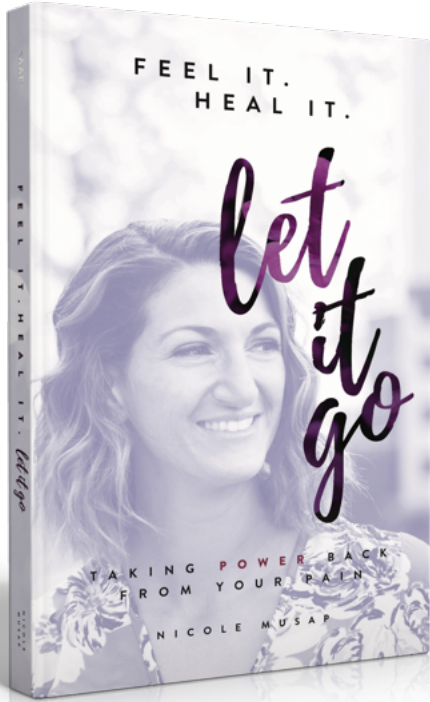
**I AM HEALTHY / I AM HEALING EVERY DAY**

**I AM WORTHY**

**I AM STRONG PHYSICALLY, MENTALLY AND EMOTIONALLY**

**I WILL ONLY ACCEPT RESPECT**

# THANK YOU!



[Buy Now](#)

Thank you for going out of your comfort zone and taking this course on Confidence + Self-Love. Remember that knowing something is only half of the battle. We must APPLY that knowledge to our lives in a consistent manner to see lasting results. You are half-way there and I know you have what it takes to cultivate a happier, healthier life bursting with meaning, value and inner peace!

For much more on this topic and related topics, please check out my book, "Feel It. Heal It. Let It Go: Taking Power Back From Your Pain" now available on Amazon and where all books are sold.

Love + Light,  
Nicole Musap



I would love to connect with you on social media as you travel through your journey!

