



# *How To Boost Your Confidence in 5 Easy Steps*

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On The Road To Embrace Your Inner  
Goddess

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## *Step 1*

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### Hold Your Head Up High

No, I don't mean look down your nose others. What I mean is correct that posture stand up straight, hold your body in what people like to call a power pose or now better known as postural feedback. Postural Feedback is the act of taking a posture of confidence, even when you don't feel so confident, to make yourself feel more dominant. A lot of the time we forget that we can be dominant, that we can be in power and that we deserve to be in power. When we stand nice and tall making our bodies lengthen it gives a sense of purpose.

I'm not sure if you wear high heels, I know I certainly didn't wear high heels for the longest time. Recently I started. It's almost amazing the difference in feeling that I get when I wear my high heels. Yes they make noise and people turn to look at you, but they also make certain body parts look that much better. It helps to elongate the body, provide a little bit of umph to the bottom and helps to keep those shoulders back and the chest out. Instant confidence booster if you can walk in them.





## Step 2

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### Smile

When you smile at another person, the physical action releases endorphins in your brain. Endorphins are amazing little things that make you feel happy and they raise your self-esteem. Endorphins are mother nature's little happy trick. Have you ever noticed that when you smile other people smile back? If they don't maybe they're having a really bad day. Did you know that it takes 12 muscles to smile and 113 muscles to make an angry face? The great thing about when you smile at someone and they smile back is that you're also transforming their feelings. You're also giving them the endorphins that are rushing to fill them with the feeling of goodness, happiness and warm. A smile can take a negative situation and help to turn it into a wonderful positive interaction. This will not only help other people's confidence when you smile at them a warm genuine true smile, but it will also help your confidence when they return that smile. People enjoy feeling happy, sometimes it's not easy to feel happy so whenever they receive a smile of warm gesture it Sparks that happiness. When you wear a smile on your face it also indicates that you're positive, that you're happy comma and the you've got the confidence to wear that smile.

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A still life composition featuring pink tulips with green leaves on the left, a black Fujinon camera lens (1:2.2 f=56mm) in the upper right, and two notebooks (one white, one orange) with a pen on the right. The background is a light-colored, textured surface.

## Step 3

### Gratitude

Gratitude is something that is becoming more and more studied as the days go on. It's so very easy to get sucked into the negative things in our world it's so very easy to get sucked into negative things that other people may have said about you or that you perceive they are thinking about you. A lot of the time people are not thinking negative things about you but because your self esteem in your confidence is low you may think that they are. Therefore we need to find gratitude in our everyday lives. This is why we need to take the negative and create it into a positive. I would highly suggest that each day you find 3 different things that you are grateful for and write them down or say them out loud. It only takes a minute and will help to find positive no matter what kind of day you had. For instance, "I am grateful for my children's health, and for the gorgeous flowers blooming in my garden and I am also grateful for my wonderful husband who brought me a coffee today to work."

"Two psychologists, Dr. Robert A. Emmons of the University of California, Davis, and Dr. Michael E. McCullough of the University of Miami, have done much of the research on gratitude. In one study, they asked all participants to write a few sentences each week, focusing on particular topics.

One group wrote about things they were grateful for that had occurred during the week. A second group wrote about daily irritations or things that had displeased them, and the third wrote about events that had affected them (with no emphasis on them being positive or negative). After 10 weeks, those who wrote about gratitude were more optimistic and felt better about their lives. Surprisingly, they also exercised more and had fewer visits to physicians than those who focused on sources of aggravation."

(<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>)

How does this help you find your inner goddess your asking. Well let me tell you! When you are happier and more confident she begins to blossom without you even realizing it. She starts to open up and become more and more apparent.





## Step 4

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### Self-Care

Self-Care is something that we are often reminded about in social media, or commercials, but that self-care is so highly commercialized that it doesn't tell you what self-care is. Self-care can be a variety of different things. Maybe your self-care is bubble bath and a book, whereas someone else's is a vacation away. Mine is simply a hair cut, and/or eyebrow wax which I may do once every 6-10 months. Life is busy and I get that. But at some point, you must put you first. At some point if you don't, negativity begins to slither in and you start to become aggravated at things that shouldn't bother you, and you will resent the people around you and you will become unhappy. Embracing your inner Goddess means you must give her a foothold in your life. You have to think about you once in awhile. You must take care of your hygiene, your health and your mental wellness. Have you ever had a hair cut you loved and felt like you could slay the world, or even an amazing hot bath that left you silky smooth and relaxed? Self-care is key in the journey to finding and embracing that inner goddess.





## *Step 5*

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### Owning It

This is probably one of the hardest things. Owning it! that's right girls you have to own the fact that you're unhappy , you have to own the fact that you do not feel attractive, and you have to own the fact that you have suppressed that inner goddess . Accept that the past is the past and that you are not going to be tied down by the excuses that you have been using for so many years. Own the fact that what other people have said that is negative about you is not true. Own the fact that you are on a journey of self-discovery and be unapologetically ok with that. Embrace that you are now going to find out who you are, that you are gorgeous, and that you are going to get what you want from life. Own the confidence that you are entitled to and rock that damn thing like you would a little red dress, cause girl now is your time!

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