



# *The Confidence* **MANIFESTO**

by Sandra Mateu, Gitana Styling

Confidence is the feeling or belief that one can rely on someone or something.

The Confidence Manifesto is composed of 10 affirmations for a more confident you. Read this manifesto out loud every day, every beginning of the week or when you need to.

When you are scared to start a project, read the manifesto.

When you feel like you can't keep going, read the manifesto.

When you have made a mistake and feel like giving up, read the manifesto.

When you have lost faith in what you are doing, read the manifesto.

## *10 affirmations to a more confident you!*

1. Do what you love. If not in this lifetime, when?
2. You can do anything you set your mind to. Put your mind to work and create the life of your dreams.
3. Love yourself no matter what. We are all learning all the time.
4. Be your own kind of beautiful. We are all unique and that is beautiful.
5. We were born to be real, not to be perfect. Say no to perfection.
6. Stop comparing yourself with others. No one is you and that is your super power. There is no competition.
7. There is plenty for everyone. The universe is expanding all the time. Your stuff has your name on it.
8. Failures are always wins. You can always choose to learn from your mistakes and keep moving forward.
9. Your mind will believe what you tell it. Choose to feed it with faith and love.
10. Action breeds confidence. Take action and you'll be stronger and more confident every day.

*Let's take a moment to reflect!*

In what areas of your life do you need more confidence right now?

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List one action you can take for each area to start gaining more confidence today.

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*Remember, you've got this!*



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[www.GitanaStyling.com](http://www.GitanaStyling.com)*