

5 EASY STEPS

FOR

MORE CONFIDENCE

Even if you think it's impossible
for you!

Feminine Confidence
with Anne Whitehouse

5 EASY STEPS FOR MORE CONFIDENCE

**EVEN IF YOU THINK IT'S
IMPOSSIBLE FOR YOU!**

We women have intelligence, talents, gifts and competence. We have so much to offer the world and so much to achieve for our own fulfilment in life.

The trouble is that often we don't have the confidence we need to fulfil our highest potential.

If you lack confidence it holds you back in your career, in your personal life, and what's more, it can make your life a living hell.

Stress and anxiety - frustration that you don't speak up when you want to. - frustration that you allow other people to shine instead of you.

It feels as if there's no way out.

Confidence is something you either have or you don't and if you don't have that personality, you're doomed...



However, this isn't true!

Confidence is an energetic vibration. Learn to hold that vibration and you shift the energy of your life.

It's about time all women were free to express their brilliance and achieve everything they wish in their lives, and I'm going to get you started on that path today.

Although releasing the deep blocks that have been holding you back is a long journey, there are some simple steps you can take right now which will make you feel different.

Start using these quick and easy techniques regularly, and you will begin to feel more confident in your everyday life.

Let's get started!

With love

Anne

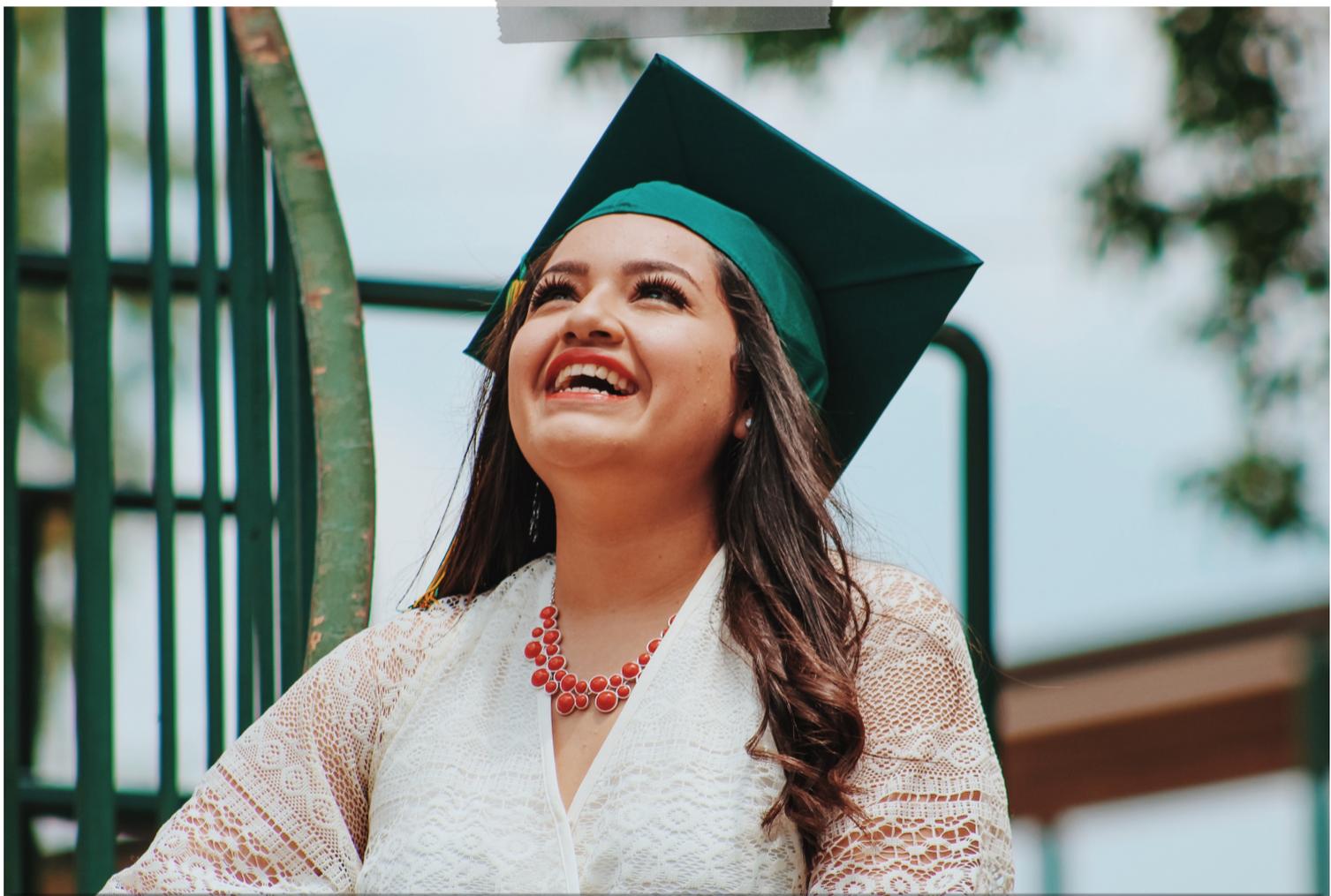


STEP #1 REMIND YOURSELF OF YOUR RIGHTS AND VALUE

The place to start your journey to confidence is to shift your mindset and start owning your true value.

When we are put down by others, hurt or crushed, we take on on lies about our self-worth.

These act like poison, undermining our confidence.



The way you feel about yourself and the world is created by your subconscious mind, and not your conscious mind. Your subconscious mind has believed all those lies.

What does this mean? Well this means you aren't using the right information!

Very likely your subconscious still thinks you're a little girl - small, vulnerable - and thinks other people have the right to punish you!

It's time you gave yourself an update!



Take a few minutes now to remind yourself of who you are...an intelligent adult woman with the right to choose your own life, give an opinion, and be treated with respect and equality.

Everyone else in the world is just a human being. They aren't God! They are your equal.

Now remind yourself of everything you've achieved in your life. All your qualifications, gifts, wisdom, accomplishments, competence, virtues. Imagine you are writing a CV to the universe!

Take a good look at it - sit with it - more than likely you'll be astonished at just how much you have to offer to the world.

You are a woman of enormous value, and you are the equal of every other human being on the planet. Nobody has the right to take that away from you.

THIS IS THE TRUTH!!

YOU'RE AMAZING

From now on, each morning, remind yourself of how amazing you really are. It only takes a couple of seconds, but it shifts your mindset to radiate your value into your day and into your life.

STEP #2 STOP CRITICISING YOURSELF

I'm sure you've heard of the Law of Attraction...

The energy you put out into the world attracts people and experiences of similar vibration.

So, ask yourself this:

Are you treating yourself as you want to be treated?

Most women certainly aren't. Far from it!

We get up in the morning, stress about our appearance. We look in the mirror and tell ourselves we look old, ugly and fat.

We beat ourselves up because we haven't been able to juggle everything in our lives and get everything done.

An opportunity comes up at work, and instead of putting ourselves forward, we automatically think we can't do it because we're not good enough. Then we beat ourselves up because we have held back again.

We put everyone else's desires in front of ours - our partner, our children, our parents, our colleagues.... etc etc

The list goes on and on.

The result - we are giving a strong message to the world and everyone around us. We don't deserve to be loved, appreciated, respected.

We are filling our bodies and our lives with messages that we aren't good enough. If we do this, other people read it from us energetically, and they'll subconsciously believe we aren't good enough!

So, every time you catch yourself putting negative energy into your body by criticising yourself, telling yourself you aren't good enough, that you're less than someone else, STOP YOURSELF.

Immediately tell yourself the opposite message.

As you get into the routine of doing this, you'll become aware of all the self-criticism you've been subjecting yourself to - I expect you'll be shocked at just how much there is. I was astonished at the amount I criticised myself!

Each drop of self-criticism is like a drop of poison. Now you can start to undo all that damage.

Tell yourself that you are more than good enough. That you're attractive. That you're intelligent. Competent. That you can easily do what you need to do.

**There's a two-fold effect. It shifts your mindset from putting yourself down to boosting your self-esteem
AND**

It completely changes the message you're projecting to the people around you.



Anne has been my mentor, guide and teacher from those dark days and led me to a point where I know the way forward. She has transformed my life and I am exceptionally grateful to the universe for bringing her into my life when I needed her the most.

STEP #3 ACTIVATE YOUR POWER CENTRE

Now that you're taking action with your mind, you can start on the energy of your life too. It's time to start changing the energy of your life.

To increase your confidence and radiate your true power in the world, you need to activate the centre of power in your body, and fill it with positive energy.

You're now going to activate your power centre.

1. Sit down and close your eyes. Then breathe deeply into your abdomen. Imagine that you are breathing the air right down into a point about 4cm below your waist. This is your creative power centre.



2. With each breath feel the energy getting stronger and stronger. Imagine it expanding, making all your cells tingle with energy. Imagine that you are creating a ball of light and power there.
3. Now imagine that ball of light expanding outside your body getting bigger and bigger.
4. Focus on that energy centre and feel how brilliant and expansive it is. Allow that strength to flow right through your body. Let it fill you with courage and brilliance.

Do this often, it only takes a minute.

The more you fill yourself with this energy and activate your power centre, the safer and more confident your mind and body will feel.

When your body and mind feel more anchored and more powerful, all those stress responses that have undermined you will begin to reduce.

You'll be taking the spiral in the positive direction instead of the negative one.

What's more the people around you will also feel the difference in you.

STEP #4 USE YOUR WISDOM

When you're stressed or worried about something this is because your mind and body perceive it as dangerous.

These fears are your subconscious mind's knee-jerk reaction.

Once a fear reaction starts, this produces the usual cascade of stress hormones in your body which make you feel worse and worse. Argh!

This is the trouble though - it's a knee-jerk reaction. It's the reaction that got programmed into your system when you were probably very young - at a time when you were vulnerable, easily scared and you didn't understand what was genuine danger and what wasn't.

Now, you're in a completely different situation. You're an adult woman with years of experience. You know what real dangers might be in a situation and what might really happen.

So, next time you have a situation which usually triggers anxiety, fear or stress, take a moment to connect to your inner wisdom.

Close your eyes, take a few deep breaths and activate your power centre. Now ask yourself this:

“As the experienced, adult woman I am today, what is the real danger in this situation? What’s really going to happen?”

If there is an aspect of you that’s still tied into the child’s reaction, imagine your adult self explaining to the child that the danger isn’t real.

Hold that understanding, and let it soak into your mind and body, replacing that old reaction with the new adult version.

What does your subconscious think is going to happen? 99 times out of 100 it will be totally over-reacting and imaging huge disasters and dangers which are either impossible or extremely unlikely.

Use your analytical mind and your logic. What does your intelligence tell you? What is the probability of something terrible really happening? Even if something challenging or unpleasant happens, remember that you are an empowered adult. You can deal with it competently. It's not the end of the world. You won't destroyed.

If there is an aspect of you that’s still tied into the child’s reaction, imagine your adult self explaining to the child that the danger isn’t real.

Hold that understanding, and let it soak into your mind and body, replacing that old reaction with the new adult version. By focusing on the truth of this, you will begin to replace those extreme knee-jerk reactions that have cause you so much stress without you realising it.

Feel your anxiety reducing.



“I’d struggled with confidence my whole life. I’m a lawyer and need to talk to clients on a daily basis. I found it so frustrating and agonising – my stress levels were sky high and it was beginning to really affect my health. After working with Anne I came to understand that I learnt the pattern of giving my power away back in my childhood as a survival mechanism, and I’ve just repeated the same thing over and over in my life. We released the trauma and fear from my childhood, and I don’t know how it happened, but it really shifted something deep inside me. I now find that I can speak easily and I feel competent and no longer stressed. It’s been absolutely life-changing for me. I’m deeply grateful for this programme with Anne.”

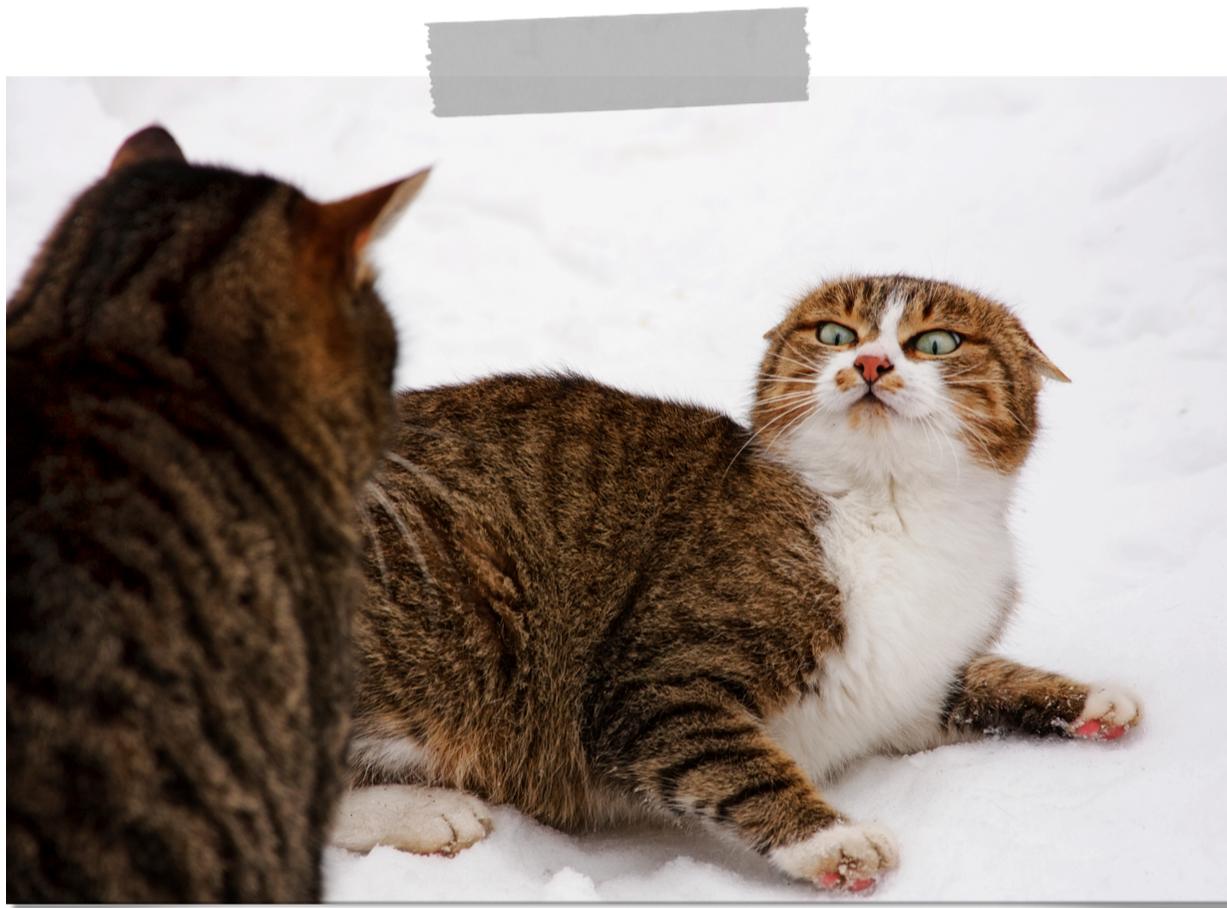
STEP #5 BE THE LION NOT THE ANTELOPE! (STOP BEHAVING LIKE PREY)

This one absolutely changed everything for me!

Imagine a herd of antelope on the plains of Africa. They are always super-alert looking for any sign of movement which means potential attack.

When you're feeling vulnerable with someone, inferior and in danger, you're actually doing much the same thing as that antelope.

You're putting all your attention on the other person.



Not only is this giving your power away, but it is giving an energetic signal to everyone else around you that you are subservient and they have power over you. This is not good!

Our evolutionary instincts are still at work even in the modern civilised world! BUT we can change this energy, and so change the result.

The solution is so simple, it's almost laughable.

Take your focus and attention away from the other person. Literally bring your mental focus back to yourself. Imagine bringing that point of focus towards you until you're focusing on your own body.

If you find it difficult to start with, focus on different parts of your body, your arms, chest, shoulders, head, etc. This has the effect of bringing your power back to you. Hold that focus!!

Now that you have this focus, remind yourself again of your value, your rights and your power.

Practise this technique and you'll feel more and more confident in your interactions with other people.



HERE'S YOUR SUMMARY:

#1 REMIND YOURSELF OF YOUR RIGHTS AND VALUE

#2 STOP CRITICISING YOURSELF

#3 ACTIVATE YOUR POWER CENTRE

#4 USE YOUR WISDOM

#5 BE THE LION NOT THE ANTELOPE!

These steps are all simple and easy, and you might not realise how powerful they are. But trust me - if you start incorporating them into your daily life, you will begin to shift not only for mindset, but also the energy that's creating your world, AND the way you feel in your interactions with others.

The journey towards empowerment and confidence is about turning around the negative energies that you've been creating for a whole lifetime. It's not about making huge shifts in one go - these just aren't sustainable. It's about retraining your energy system to get out of the negative spiral and start creating the vibrations that will attract the feelings and life you desire and deserve.

If you're ready to take things further and really get past your blocks, then I'm offering **free confidence breakthrough sessions now**. Find out more on my website now - because now is your time to shine!

With love

Anne



Anne helps talented women to break through their inner confidence barriers, so their self-esteem skyrockets and they feel relaxed and safe. This is when their potential begins to blossom in their personal and professional lives.

The bigger the challenges you've been through, the higher you can fly and the more inspirational you can become.



I signed up with Anne 15 years after the attack. I had thought I'd put the rape behind me, but the truth is I'd just suppressed it. I'd started my own business, employing over twenty people, and was pretty successful I thought, but then my stress began to skyrocket. I began to suffer terrible panic attacks, migraines, nausea and dizziness. Some days I couldn't get out of the house because of the anxiety. My work began to suffer and I knew I had to do something. After the first intensive session with Anne I felt as if a huge weight had lifted from me. After this we addressed my feelings of anger and resentment about the attack. I had thought I'd never be able to let these things go, but I found a new understanding and have been able to. My physical symptoms have subsided dramatically. I feel relaxed and my sleeping is better. I'm now back at work and ready to take my business to the next level. I'm so grateful I invested in myself with Anne.

This content remains the property of Dr Anne Whitehouse and must not be copied or redistributed in any form without written permission from the author.