

ASSUREDNESS.

Life is challenging + self-talk is important to help get you through the toughest of times. This goodie will help you gain the confident + assurance to push through each day.

Confident

To be self-assured. Feeling or showing certainty, positive, self-reliant, self-possessed.

Self

A person's essential being that distinguishes them from others, especially considered as the object of introspection or reflexive action.

@msstacylloyd

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There you have it, SELF, it is up to you to embody confidence, it is an inside job. Just like your happiness it's up to you to believe in yourself in order to develop confidence.

CONFIDENCE IS

Confidence is an action

Confidence is self-assuredness in motion

Confidence is doing your part and being at peace knowing God will meet you where you lack

Confidence is on the inside + exudes on the outside

Confidence is to leave a lasting impression on everyone you meet

Confidence is saying what needs to be said with love + dropping the mic

Confidence is owning you, the true the essence of you

Confidence is living authentic

Confidence is self-love

Please don't let the media and the public at large fool you, they don't dictate how you feel about yourself.

CONFIDENCE IS NOT

Confidence is not a mood
Confidence does not waiver
Confidence does not worry
Confidence does not emulate others
Confidence is not based on outward adornment

“And let not your adornment be merely external-braiding the hair, and wearing gold jewelry, or putting on dresses; but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God.”

Peter 3:3-4 (NIV)

Supreme Confidence-If you have confidence, you feel sure about your abilities, qualities, or ideas. The highest degree or quality.

There is confidence and then there is SUPREME CONFIDENCE. I believe the supreme comes from The Supreme. God has to be in the mix for true confidence, supreme confidence. You can only find validation from Him, you can only know the true essence of who you are + who you are created to be through Him. And when you tap into that Godfidence, it's lights out honey.

*"I was once afraid of people saying, "who does she think she is?"
Now I have the courage to stand and say, "This is who I am."*

Oprah

*True confidence
is to walk in
the peace of
knowing who
you are and
why you came.*

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CONFIDENTLY SPEAKING

WHAT CHARACTERISTICS
OR QUALITIES DO YOU
NEED TO BE CONFIDENT

WRITE 5 THINGS THAT YOU
LOVE ABOUT YOURSELF

WRITE A LIST OF PERSONAL
AFFIRMATIONS TO BUILD
YOUR CONFIDENCE

VISUALIZE + SET YOUR
INTENTION ON HOW YOU WILL
BECOME SELF-ASSURED