

TIPS TO INSTANTLY

Boost Your Self Confidence

1

Stand in the superman pose for 2 minutes

Don't knock it till you try it!

2

Say your affirmations.

5

Listen to a song that makes you own your power.

Check out my Boss Bitch playlist on Spotify!

Instant Confidence Boost

Don't have any or want some inspiration? I got you covered.

3

Get ready in the morning. Do something--hair, makeup, a cute outfit, etc.

4

Know in your heart:

You got this.