

OFFICIAL FREE-TRAINING #2

THE CONFIDENCE MANIFESTO

Your Guide to Lasting Self-Confidence Without Faking It.

ISHITA GUPTA

Building Confidence into Your Life and Business

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The Confidence Manifesto was created especially for you. It may just be the world's greatest document ever written... because it makes you feel *that* good.

Thanks for reading.

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Editing: Matt Atkinson, [Pooja Lohana](#)
Design: [Jouna Saza](#)
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If you read nothing else, know this:

**YOU ALREADY HAVE
WHAT YOU ARE SEEKING.**

“Trust thyself: every heart vibrates to that iron string.”

Ralph Waldo Emerson

Con*fi*dence (noun)

1. Full trust; belief in the powers, trustworthiness, or reliability of a person or thing
2. A state of being certain either that a hypothesis or prediction is correct or that a chosen course of action is the best or most effective.
3. Belief in oneself and one's powers or abilities; self-confidence, self-reliance
4. Certitude; assurance

Synonyms: Faith, dependence, trust – a faith or trust in oneself

THIS MANIFESTO EXISTS BECAUSE IT HAS TO.

Because we want nothing more in life than to feel comfortable, proud, and happy with ourselves but spend 95% of our lives feeling the opposite. Whole decades are spent in fear and worry, ashamed of who we really are because we won't measure up. Believing we're unworthy, we hide our gifts because we won't do it right or someone else did it better. **Or so we think.**

Opportunities pass, we don't enter great relationships or leave bad ones, and all because **we don't trust ourselves.**

Reminder:

**You are not the imposter of
a great, remarkable life.
You are the *owner* of it.**

You don't need fixing. But your *beliefs* do. A lack of self-confidence screws up our lives, not a lack of talent, ambition, or effort. This insidious disease creeps into our hearts and destroys us. What is pain? Being nervous and insecure about who you are your entire life. Suffering? Comparing yourself to others because you don't see YOURSELF.

But there you are, all big and bold anyway.

I see you. The real you. The one who walks through the world with beauty and heart and radiance I can't find anywhere else. Refreshing and rare, comfortable in your own skin, okay with yourself at a deep level. I see your grace and compassion, your creativity. Your power. I see you *own* it. I see you natural, in your element, not trying to prove anything. I see you filled with ease. I notice when you're near me and I want to be around you.

Maybe we'll switch glasses, so you can see yourself that way too?

You must own the only life you have. You don't have options like with shoes or ice cream. You can only

a.) Live in constant fear and uncertainty and dim your light till you can't stand it anymore (which sounds painful)

or

b.) Show us the full spectrum of your glory: funny, neurotic, intelligent, impatient, quirky, kind, beautiful, lazy, gentle, willing, crazy, embarrassing, loving, angry, hardworking and everything in between.

Because the reason you feel like shit when you try to be like someone else is because you're not MEANT to be like them; you're meant to be like you. So instead of wasting time living someone else's life, live *your own* life and be proud of that.

Showing up anything less than who you *fully* are is a waste. Even if you're kinda short or slow on the uptake or tell bad jokes or take time to learn new things or not always on top of your game. **That's me on a Monday.**

It's not easy, but it's the truth. You are who you are and it's time to get comfortable with that. You'll have to eventually.

Part I

of the Confidence Manifesto and the Confidence Principles are a stream of affirmations meant to be read and soaked in by you. Swim in them until your fingers are pruned and bathe in your inner confidence. **Take a moment to do that** because you may not have done it in a while. These affirmations are *firm* – they are not flexible or pliable – they are simply the truth. Their power comes from their wording and repetition.

There's no right way to read them, only to read them again and again to yourself whenever you need them and especially when you don't. Read them out loud, recite them into your voice recorder, put them on your iPod, rewrite them, read them to your brother, your dog (he'll benefit too), whatever. However you include them in your life, do so in a way that is right for you, but please, include them. My friend told me he got a lot of mileage out of gently and lightly reading and investigating them. Do that if you want.

Part II

of the manifesto shows you how to work new tools of confidence into your life. The five exercises will be your handrails for whenever you need a boost of confidence. You can pretend I'm there, holding your hand as tightly as possible but that you're still paving the way, responsible like the good person that you are.

I could recite this for you like a badass speech in a booming voice: "Happiness Chief of Staff, Ishita Gupta will now introduce The Confidence Manifesto" but it's better if you use your own voice. You are *the* badass Confidence Secretary in your own life, after all.

You are not a broken person. We are not a broken people.

You're free. You just have to remember it.

The blueprint:

Part 1: The Confidence Principles: The core beliefs that prime the manifesto. We operate with a fundamentally different set of beliefs than most people, and that's a good thing. It's important that you ready yourself to take in and be open to what you read. Though I have a feeling you're already pretty open minded.

Part 2: The Confidence Manifesto: The rules to live by for a confident life. My rule is to not do rules, but sometimes (like now) you need a good rule or two to keep you in check.

Part 3: Confidence-building exercises designed to inject confidence into your life right now.

***Resources:** A curated selection of books and websites on confidence. Feel free to skip around, but I recommend going from beginning to end. Flows better that way.

PRINT THIS OUT!

This manifesto was designed especially to print and put up on your wall. It will perk up your space and be a daily reminder of just how great you are. Shout-out to Jouna Souza for being designer extraordinaire.

TELL A FRIEND.

If this manifesto can help someone you know, tell them to [SIGN UP HERE](#) and they'll get the PDF delivered to their inbox just like you, you wise person. Because all of us should live with confidence.

THE CONFIDENCE PRINCIPLES

1. My way of life is different from others, but it is the best way for me. I know how to make the right choices, and while I get ideas from others, there is no “right” way, only my way.
2. **Confidence is a habit.** It can be learned and practiced.
3. The world operates inside a narrow box. I have a broader set of beliefs than the world.
4. I know it is my responsibility to create my life. I am not a victim of past, current, or future circumstances but a master of choice. I take responsibility and action.
5. The best things I’ve ever imagined for my life are totally within my reach. The life I want is possible and the universe is on my team to help create it.
6. **I am worth it, I like myself, and I am deserving of the absolute best things in life.**
7. Anything that strengthens me -intellectual or emotional- I’ll use to build my confidence.
8. I totally avoid or decline anything that steals my confidence and strength.

“It is the mark of an educated mind to be able to entertain a thought without accepting it.”
Aristotle

When you feel that nobody loves you,
Nobody cares for you,
Everyone is ignoring you,
And people are jealous of you
You should really ask yourself...

Am I
TOO
sexy?



THE CONFIDENCE MANIFESTO

I am as cool, smart, hip, creative and intelligent as anyone else. Even more.

I know what is best for me. I have an inner wisdom and I listen to it.

I can make this decision right now if I think it is best.

I have the strength to handle what comes my way.

I am worthy and deserve the most remarkable life I can imagine.

I help others gain confidence by experimenting with my own.

I show the world who I am without concern for its opinion. I do not live in fear of judgment.

I speak my truth honestly and humbly. I do not judge others for speaking their own.

I pursue only things that give me strength and confidence. Strength includes things that make me *feel* strong, not just what I'm good at.

I am a unique person, with my own skills, resources, and talents. I have something fresh to offer.

As long as I am here, I'll keep trying.

I am a winner, and winners never quit. Unless quitting means winning.

I have accomplished so much already. I know I will do more great things.

I know it's only up to me to make myself feel good.

I am not afraid to make mistakes. I know I'll get more confident by making them than fearing them.

I am really proud of myself.

I am always in a state of progression. Yes, indeed.

I am really grateful for who I am and where I am right now.

I step out of my comfort zone many times even though I am afraid.

I have so many blessings in my life. Let me think about them for a moment.

God I am good looking.

I make choices and know that no choice is really irreversible.

I ask myself first before seeking the guidance of others.

I take my own sweet time to figure out the process.

I am the best version of myself and know that version is pretty damn good.

THE CONFIDENCE MANIFESTO

What do I have to fear? I create my life and everything that happens in it.

I will do it anyway, even though I don't know how it will turn out.

I may need more experience, but I'll figure it out eventually. I am confused, but still confident.

My confidence is easy and graceful. I don't have to prove anything, ever.

I am as resilient as ever and bounce back quickly.

I am more powerful than my bad moods or negative thoughts. I know this and control them.

I bring light, humor, and fun to other people's lives.

I learn from my mistakes. I don't hold them against myself.

I am tremendously strong and courageous, with lots of energy.

I bring solutions, not problems; encouragement, not criticism.

I am the person people want to be around.

I ruthlessly eliminate what brings me down including people, things, thoughts, and beliefs.

I know my own gifts and don't compare myself to others.

I live in abundance and make the most of my time and resources, no matter the circumstance.

Lucky me.

I live the way I want and don't take it personally if others don't like it.

For a fact, my time will come. Actually, it just arrived.

I meet all of my high standards.

I notice what makes me feel good and strong and do more of it everyday.

I develop myself to the maximum. Boy, does it feel good.

I am not bound by habit or circumstance.

I rise to the occasion.

I know I will ultimately feel confident if I focus on it.

I pump myself up every day.

I AM CONFIDENT. I LIVE FREE.

EXERCISES TO BUILD YOUR CONFIDENCE NOW

These exercises are designed for you to examine your beliefs and habits and how they might be stealing away your confidence. **Don't underestimate them.** They've reprioritized my life and I do them repeatedly throughout the year. Do them when you're calm, with 45 minutes or more, and preferably with a hot cup of tea. Be thoughtful, dig deep, and see where you can begin to make small positive changes to build your confidence.

EXERCISE 1: THE FEEL-GOOD LIST

Write down 10 things that make you feel confident. This includes skills and abilities, stuff you're good at, to events or books or people you like. **Remember: Include things that make you *feel* good, even though they might not be things you're good at.** Don't live based on what other people tell you; *notice* and think about what makes you feel strong. Put up your list so it's in your face and visible everyday. Marvel at it all the time just because. These are activities you should do all the time. I know I feel amazing when I have a day filled with my good stuff:

1. Reading *Think and Grow Rich* before I start writing for the day.
2. Talking to Susan because she energizes me.
3. Working out, especially in the morning.
4. Talking to someone about their challenges in a way that I can help them.

Your turn to make your list!

- 1.
- 2.
- 3.
- 4.
- 5.

Whoo hoo – great list so far.

- 6.
- 7.
- 8.
- 9.
- 10.

*Because you're *that* good write another one down!

- 11.

EXERCISE 2: BREAK HABITS THAT BREAK YOUR CONFIDENCE A.K.A. THE “ELIMINATE LIST”

Now let's do the opposite of what you just did. Write down 10 things that take away your confidence. List habits, things you do every day that make or break your confidence without you knowing it, or a person, place, thought, or thing. **Often, we don't notice what makes us feel bad because we're so used to reacting to them, but over time they erode our self-confidence.** Nothing is too small or wrong to put on this list! If it makes you feel bad about yourself even a little, put it down. You'll soon begin to eliminate these items from your life.

When I first noticed the things drained me and minimized them as best I could (sometimes by deliberately avoiding them), it made a huge difference—I felt happier, the pattern of my days changed, and I felt less stressed. Instead of reacting to and having those bad things take up space, new healthier habits formed in their place – a morning run, email only in the afternoons, seeing the sun during the day, eating slowly, green juice. It didn't happen overnight, but the energy change in my environment was dramatic. **My world just felt friendlier.**

Because you're thinking about things that suck in this exercise it might not be as fun as the first, but it's just as effective and important. Don't worry, we'll attack these nasties right away in the next exercise, and you'll be surprised by what's on your list that you need to get rid of. **Soon it will be easy for you to make choices to remove these stressors without thinking about it. My list might look like:**

- 1. Stop saying “Yes” to social engagements when I really mean “No.” It's draining to force myself to go or dream up excuses when I don't want to.** Have enough guts to say No so that I feel honest and good about myself that I've made the right choice.
- 2. Stop talking to X during the week because she focuses on life's bad things.** Limit her presence to a 15-minute phone call on Saturday, ideally while walking somewhere. (It's okay to be ruthless)
- 3. Stop recycling the same thoughts in my head every morning.** Deliberately do something different to get my brain used to a new thought pattern.
- 4. Stop eating Cheetos.** They never feel good beyond the first two minutes.
- 5. Stop staring at computer screens at night, especially with Facebook windows open.** It's just like, what am I doing?

Your turn! Make your list.

1.

2.

3.

4.

*Wow—these things suck! No wonder you feel bad. Remove them from your life right now. Where do you want to start? Pick ONE thing and eliminate it tomorrow. Just notice how you feel once that icky thing goes away.

5.

6.

7.

*Gets pretty long quickly, doesn't it?

8.

9.

10.

***Bonus! You know there's one more thing that makes you feel like crap. Write it down!**

11.

EXERCISE 3: REFINING THE NASTIES

In this exercise take your top stressors from above and prioritize them to remove from your life. What makes you feel the worst about yourself? What drains your energy completely? What do you do all the time and then wish you hadn't done? Yep. Write those down. I can tell you mine right now: Facebook, reality TV, and no exercise. Boom. Whatever makes you feel under-- confident, weak, or bad about yourself, we'll remove those systematically. But we have to start with the Big Kahunas, the worst of the lot. **Your arsenal of self-confidence depends upon your ability and courage to do this.** You can no longer afford to be complacent about things that bring you down. Look at your feel-good list. Notice that none of the things you're thinking about for this exercise are on it! That's a sign! Be vigilant about what you allow into your life, be it habits, people, or thoughts, and keep yourself strong. **People (all sorts of them) will take over your life if you let them.** Don't let them! Because you do NOT want to go back to feeling fatigue, irritation, repressed emotions, and heaviness.

Write down the top stressors and list them in priority order, starting with the worst. Then write down when and how you will start to remove this item from your life. The "when" should be soon for the first three items since they affect you the most.

This is the worst:
How I'll remove it:

Deadline to Remove:

***Sayonara.**

Second worst:
How I'll remove it:

Deadline to Remove:

Third worst:
How I'll remove it:

Deadline to Remove:

Fourth worst:
How I'll remove it:

Deadline to Remove:

***See ya, sucker.**

Fifth worst:
How I'll remove it:

Deadline to Remove:

EXERCISE 4: DIVE INTO FEAR (Don't worry, just on paper for now...)

In this exercise, write down the biggest fears you have, what you're facing right now or what you've faced your entire life. Next to your fears, write down why you should feel this way. That's right, re-read that sentence. Usually, we rationalize why we shouldn't feel something when in fact we should. For example: **if you work full-time and build your business at night, you should feel uncertain and stressed out;** this is natural when you're overworked and building your dream - thinking you should feel differently only causes more stress. Another example is when we feel guilty about making too many commitments to others. The resentment we feel is natural because we've overstretched ourselves with already too much on our plate, but we feel unkind because we think we should feel good about helping others. Nope! This cross-wise thinking and feeling causes stress for us! The truth is you should feel worried or angry about not having enough time for your own life, because you need it. You don't have to feel happy about not having it. That feeling is simply an indication that you need to tweak your behaviors and be more assertive, NOT that your feelings are wrong and you shouldn't be feeling them. See the difference? **Wishing you felt good inside but really feeling angry only stresses you out even more.** We usually make ourselves feel wrong even though it has nothing to do with our feelings at all – it has to do with changing our behaviors. You're not wrong; your feelings are an indication that something needs to change!

Write down your fears and see if they **are a natural by-product of your environment or circumstances and why you should be feeling them.** Don't worry, we won't set our fears loose without thinking about solutions. The next exercise will deal with these biggies in an equally big way.

Go ahead, make your list!

You're done with the exercises now. Take a deep breath. You just did a lot of work.

These exercises were meant for you to start noticing the things that make you feel good about yourself and the things that make you feel bad. **Noticing is the first step to building confidence.** You have to know what gives confidence and what takes it away before you can start practicing skillfully. Sometimes the clues are subtle and almost imperceptible, that's why we spend time noticing. Noticing the things you allow into your life and digging into why they're there will start to really make a difference in how you feel. You'll see patterns to what brings you down and the habits or people that make you feel better about yourself. That's why I wanted you to go deep into the exercises so you could intentionally focus on things you may not normally give your attention to, but that are important. Confidence is something you can build and customize to yourself and in fact, it *is* very personal. **Do NOT allow others to tell you how to feel, how to make choices, and what to include in your life.** YOU are the steward of your ship and know your own course on the sea. The exercises are simply here to help you in troubled waters.

Here's your to-do list now that you've completed the exercises:

1. **Print out the Feel-Good list (Exercise 1) and put it where you can see it every day.** Use it when you feel low and need a jolt to remember what strengthens you. But don't just look at it, *do* something about it when you feel bad! Start with what's on this list.
2. **Print out your Eliminate list (Exercise 2) and place it so you can't see it everyday.** Under a stack of papers or inside a desk drawer. Pull this sucker out when you feel bad and check to see if the *reason* you're feeling bad is because something's coming from this list. If it is, don't stress -- it's on the list in the first place because you're going to remove it, right? We created the list so you could get to the root of what makes you feel bad and ultimately stop allowing it in your life. If what you're feeling isn't on the list, pull out your feel-good list and focus on what's written. Know that your feeling will be gone soon.
3. **Print out your Refined Nasties List (Exercise 3) and put it in a safe place where you can't see it all the time.** I don't want to look at my fears everyday and I'm sure you don't either. The good thing about this list is that every time you feel fear, pull it out and check your "Deadline for Removal." Has your deadline passed you by? If it has, you better get moving and start acting fast. This list is all about the actions you wrote down to help you through fear, so all you have to do is *do* them. Don't just read them, do them.
4. **Print out your Fear/Why I should Feel This Way List (Exercise 4) and put it with your Eliminate List.** Same spot is fine. These two lists are only to be referenced when you feel bad and need a reminder to STOP doing certain things so you don't feel bad anymore. The great thing about this list is that it does exactly what a list should: It *lists* for you all the reasons it's natural and perfectly okay to feel what you're feeling. Go with it. Accept it. Make it easy to move beyond it. Remember -- what we resist, persists.
5. **Print out your Action-Satisfaction List (Exercise 5) and put it with the other lists where you can't see it all the time.** Only use this as reference when you need to remember what actions to take to reduce or displace fear. The only list you should see every day is your Feel Good List; all the rest are there when you need them as reminders for how to get through your bad feelings and for what to remove from your life. The exercises (and other people) are simply here to help you in troubled waters.

Good Job, Captain, You're on a roll.

RESOURCES TO BUILD CONFIDENCE

Books and Websites

***Self-Reliance* by Ralph Waldo Emerson.** I've gone back to this classic many times. Somehow it brings me back to the essence of who I am and always makes me feel comfortable in my own skin. I have ideas, I'm smart, I do know what's best for me – these are my thoughts after reading *Self-Reliance*. Pick any page for a nugget of wisdom and boost of confidence.

***Think and Grow Rich* by Napoleon Hill.** I read certain pages of this book every single day. It's part of my affirmations and each day I begin with it to remind myself that what I want is real, valid, and that I can create it if I want it bad enough. It gives me the confidence to pursue tough things and keeps me coming back with lines like, "If the thing you wish to do is right, and *you believe in it*, go ahead and do it!" More please.

***Finding Your Own North Star* and *Finding Your Way in a Wide New World* by Martha Beck.** I've read these each at least three times and *Finding Your Own North Star* practically started me on my path to pursue my business. They may have cheesy titles, but are beyond powerful tools to create the life you want. I wouldn't tell you unless I tried. The first book was my go-to guide while I went through a period of enormous self-doubt about my purpose on this planet. It can be your North Star too and show you the way back to your truth.

***How Not to be Afraid of Your Own Life* and *The Wisdom of a Broken Heart* by Susan Piver.** Both books are wise and so, so useful. Just look at the titles. If a book like *How Not to be Afraid of Your Own Life* doesn't give you confidence, nothing will. Susan's books are based in Buddhist philosophy and make me feel calm, accepting, and wonderful about who I am. They show you how to relax with turbulent emotions and how to tap into an inner wisdom when you feel lonely or blue. Now doesn't that sound relieving? I feel calmer just thinking about her books.

***Anything You Want* by Derek Sivers.** This book is such a feel-good book about manifesting your dreams that it's almost too good. Some people knock Derek's "I can have it all – passion and money" attitude, but I believe it is totally possible and real. Why? Because Derek's done it and he shows you *exactly* how, literally the exact, fly-by-the-seat-of-your-pants, I'm-not-sure-what-I'm-doing- but I'm-doing-it-anyway method of how he built his business. It's inspiring because reading his book (and I've read it three times) reminds me that I *can* have anything I want.

RESOURCES TO BUILD CONFIDENCE

***The Artist's Way* by Julia Cameron.** What can I say about this book? It's changed my life and I've read it and done the exercises at least five times. Julia's compassionate style of writing is remarkable, and I don't often use that word. She is so specific and gives such vivid examples from her own life that it feels like you're sitting with her in your living room, a hot cup of tea in your hands, a fireplace warming you. It is a STAPLE for writers, creatives, artists, entrepreneurs, people who feel a lot (whatever that means), addicts, psychiatrists, and people with a heart. So all of us, essentially. If you can't find yourself in one of those categories, still *read this book*.

***Journey to Self-Realization* and *Man's Eternal Quest* by Paramahansa Yogananda.** I've read most of Yogananda's works since I was introduced to him about seven years ago and since then his principles have become my fundamental way of life. There is no other spiritual philosophy, except parts of Buddhism, that come as close to my heart and personal values, and speak to me as deeply as his. I read and look to his works for guidance during challenging times, but also every single day for clarity on how to keep my life on the right path. The right path for me. I've gone to the world's largest spiritual conference based on his organization, Self-Realization Fellowship, and even entertained becoming a nun in the order at one point. That faded fast, but it's hard for me to articulate just how deeply my life has changed because of his teachings. If I could pick one influence from this list or any list actually, I can say without a doubt that his work has taught me the most, and if you're spiritually inclined, you'll love his work. If you're not, stick to the practical and highly effective techniques for living a good life that he writes about. You won't be disappointed.

***The War of Art* and *Do The Work* by Steven Pressfield.** Both books by Steve are fantastic motivators to do the many things you're currently procrastinating. But they're more than just kick in the pants wisdom to get your work done; they make you realize *why* you need to do your work – write, paint, exercise, live better. Reason: You were put on this planet to manifest the best part of who you are and if you don't it, no one else will. *War of Art* has a permanent home in my desk drawer and I pull it out multiple times during my work week.

***Start Where You Are, When Things Fall Apart, The Wisdom of No Escape* by Pema Chodron.** Pema is like Yogananda. Every book of hers has saved my life at some point in time, and every word is humble and unpretentious. She's been there before – Pema's felt it and isn't afraid to reveal her experience, not talking *at* you, but showing you that she's been there. As a Buddhist monk, she works with tough emotions and shows you how to still feel calm. Pema is honestly one of the most relieving authors I've read. She'll force you to take many deep breaths if you're going through a tough time.

RESOURCES TO BUILD CONFIDENCE

***The Art of Power* by Thich Nhat Hanh.** This book is about creating and using power in your life, and how power has nothing to do with ego, celebrity, legacy, or impact at all – it has to do with respect, peace of mind, and the ability to be in the moment. Thich Nhat Hanh is a favorite of mine and his other brilliant works are *True Love and Peace is Every Step*. If you want to learn how to channel your power, how to be the person people think is kind and beautiful, read *The Art of Power*. Thich will show you that it's all about being yourself and loving what you already have. I underlined pretty much every sentence in this book.

***Let Your Life Speak* by Parker J. Palmer.** This book is as real as it gets. Depression. Vocation. Finding your passion and making a living from it. Comparing ourselves to others. Learning our weaknesses. Parker covers it all in this book that *will* change you if you let it. The instant I read it, I interviewed Parker for the magazine because I wanted to hear more about his life – I'd never heard someone explain vocation like he did and it sounded like exactly what I was looking for - something I loved that I could also make a living from. The phrase "life-giving" was coined by him and it's the perfect word to describe the choices I want to make. Parker's book is best encompassed by Buddha's quote "Better than a thousand hollow words, is one word that brings peace." Yep, this book has thousands of the good words.

***Man's Search for Meaning* by Viktor Frankl.** This classic is read by millions and I now know why. When I first read it I had to put it down every few pages to grasp Frankl's circumstances within the book, surviving a concentration camp during the Holocaust. The lesson from his harrowing experience that he shares is no matter how intense the situation, you always have the choice whether to let it destroy you or lift you up. I don't know how he survived after losing literally everything he loved, but he managed to not only navigate his life inside the camp but give meaning to his experience to help others. If you can read this book, it is a gift that you will think about for a long time after. It will show you how strong you are, and that even in matters of life and death, you have a choice to use your experience for good.

***Discover You Now* by Tina Su.** A thoughtful guide to finding your purpose and passion in life. Tina is one of the smartest online entrepreneurs I know. The fact that she writes about personal development, business, writing, productivity, love and relationships (basically anything I'd ever want to read) is a serious plus in our friendship. Her blog, *Think Simple Now*, has grown to be one of the most popular online for confidence building and personal development. Go there now if you want to read useful, tip-packed articles.

RESOURCES TO BUILD CONFIDENCE

***The Strengths Finder* and *Strategy of Desire Worksheet* by Danielle**

Laporte. These PDF's are part of Danielle's book, *The Fire Starter Sessions*, out this April. I've followed Danielle's work from the beginning about four years ago and have not stopped read since. Her blog, *White Hot Truth*, has given me some of the best business and life advice that I've been able to implement *right away*. She speaks from personal experience which always makes a difference. She's savvy, unapologetic and can teach you a great many things if you're ready to listen. Plus she writes about love and business, which is right up my alley.

***Become Your Own Business Advisor* is my friend Hiro Boga's blog.**

I learned of Hiro's guidance and healing through my blogger friends and knew I liked her spirit when I read her work. Then I heard her voice. And you haven't heard sweet relief until you've heard Hiro's voice. I've had a few sessions with her that have changed limiting beliefs I didn't even know I had, and she reveals things to you that you didn't realize you wanted to know about yourself. She molds your business with your internal life and makes sure you're aligned in both.

***The Passion Experiment*, the blog of my colleague and friend Amber Rae.**

Amber is one of the few people I know who follows her strengths, energy, and what makes her feel good *no matter what*. And I'm glad to know her because of it. Rarely does she do something that doesn't jive with her internally and if she does, she's honest about it and shares the lesson she's learned. She coaches people through to help unlock their passion and do work they love, and if you're looking for your passion, go to her. It's like she's got passion radar or something.

***Tender Logic*, the blog of the lovely Navjit Kandola.** Not only does the title sum up the warmth and smarts that you'll get on her site, but I love how the design makes me feel – open, refreshed, and playful. Since I met Navjit last year, I've interviewed her for *Fear.less* magazine, spoken to her numerous times, and put her in a product I'm launching later this year. Stalker alert! You can tell I want to be around her and it's because she is real, refreshing, and gives you a dose of intuitive insight that I just haven't found anywhere else. Go to her blog, do a session with her – you will feel closer to who you are at your core because of it.

***The chapter of your life where you didn't know what to do if you felt doubtful, fearful, or insecure, is now OVER.** This manifesto just closed it. Now you know whenever life's burdens knock at your door and you're afraid to open it because some tough stuff might be coming for you, remember this here manifesto. Remind yourself of the natural confidence that is *always there* inside of you. It is not manufactured, it is innate. Deep within you, partner. Draw from it when you need a fresh reserve of strength, use it for those unfriendly neighbors.

YOU MADE IT.

REFERENCES

The “Am I too sexy quote” (which i *love*) at the front of the manifesto came from somewhere on the Internet. I know that’s vague, but I searched for the original source forever and couldn’t find it. I even googled variations of “Am I too sexy purple buzzard” and still, nothing. If you google and find the source, tell me and I’ll update this reference. I found the phrase circling the net and laughed so hard each time I saw it, that I knew I had to share it with you. Your welcome.

The Emerson quote is from the book, *Self-Reliance* by Ralph Waldo Emerson.

The Aristotle quote is from brainyquote.com, the ultimate website for quotes. I’m sure it came from one of Aristotle’s brilliant works, but I don’t know which one. Perhaps some better Googling techniques are in order for me...

I used Wikipedia and Dictionary.com for the definition of confidence at the beginning of the manifesto.

The manifesto was written in Word, designed partially in Word and then in InDesign, and hosted on my website (fearlessstories.com.)

For inspiration, I referred to Tina Su and Danielle LaPorte’s work. I mention them both in the resources.

What can’t you do with the Internet, I tell ya.

“Above all else, to thine own self be true.”

Shakespeare