

8 STEPS TO A SUPER CONFIDENT SUMMER!



ONE: Look in the mirror. Try to fall in love with what you see. You may not be bathing suit ready and that's okay. Just pick out one thing you like about yourself and highlight that! Say for example you have great legs and you feel good about them. Get yourself some pool side dresses

that show them off, pick out some fun shorts that highlight them. Get some great lotions that keep your legs smelling great and shiny. Take yourself on hikes and walks to beef them up even more. Be grateful for them! Get excited and proud of your legs. Your hair, your teeth, your shoulders. Whatever your one thing is, have a SUMMERTIME love affair with it.

TWO: Embrace being uncomfortable. We can't always be good at everything or have it all figured out but we can find the joy in things that are uncomfortable. It can be such an exciting adventure. When you can handle the uncomfortable things that life brings, it gives you a sense of calmness in the craziest of storms. People are always attracted to that person because they offer a sense of strength. Can you imagine how it must feel for Hilary Clinton to be running to become the first female president of the United States. Something about that really speaks to me as a women in business for myself. I am challenging myself to not be afraid of doing something that hasn't been done before or out of my comfort zone. Why not try a new class, sign up to a new volunteer opportunity, take your kids on a small road trip and learn something new with them, switch sides of the bed with your significant other. Shake up things in your life, get uncomfortable and see how that creates some confidence in you this summer!

THREE: Create your calendar. Sometimes when we don't know where we are going, we don't have that sense of assuredness that we feel we need to be calm and confident. So take out your calendar and start filling yours up. Call up an old friend you haven't seen in forever and book a lunch at a place you have been dying to try. Summer is always a good time for a fun road trip with friends, or a great time to have friends over and try a new recipe. Take a class for a new language or create a list of books you **MUST** read this summer. Here are a few of my favorites. Put it on the calendar. There is something about seeing a full calendar with things to do that gives you a sense of pride and confidence. Also, when you always have something to look forward to next, you kill the FOMO vibes and have a constant sense of excitement about you. How awesome is that?



FOUR: Confident Smiles. Put a smile on your face at all times! Even if you have to fake it till you make it, smile at everyone and everything. Smile at your coffee mug in the morning if you have to. If you are out and about, smile at the grocery store, smile at the people next to you in line at the airport, smile at everyone you come across. Smiles are everything!

SEVEN: Enriching and Empowering conversations. Have you ever had a friend or a mentor that you could just talk to for hours? Where you get really deep and the conversation is exciting and empowering. Have more of these! I think it's important to surround yourself around people who light you up, see the best in you and have your back. I literally live for these conversations and I LOVE being this person for my coaching clients. They give you a feeling of connection like you aren't

alone in the world. Make more time for these people in your life. Perhaps take a trip to a local winery with one of these friends and make a super fun day out of it.



SIX: Let your love flow. One way to spread love to people is through food. I love to have people over and cook for them, something about preparing food for another creates a bond between you, its a sharing of love. This gives a sense of family, togetherness and its totally a beautiful thing. Having a sense of connection to others gives you a feeling that you belong and are needed. As women this is essential for our wellness. You don't have to be the best chef or the ultimate hostess to do this ([see some easy recipes here](#)). My sister and I love to make extra special breakfasts and lunches together. It's just a small thing but it makes our whole day feel exciting and fun.



SEVEN: Find your element. My element is water. Anytime I can be around it, I feel better about everything. I feel so confident because I am in my zone. If yours is heights, take a trip to the tallest building in your town and look out from the top and take in the view. If you love the earth, go to your local park and read a book and have a picnic. Whatever you feel you need to really connect with nature, I highly suggest doing it. It will give you a sense of balance, restore your wellness and give you a glow.

EIGHT: Invest in your sanctuary. Now of course I add this to the list because I believe in the importance of a space that supports you in being the best version of yourself. A space that helps you create the life you dream of. I just took on a new [E-design client](#), see here, who hired me to help her create a master bedroom that is like her and her husbands favorite hotel because they are ready to start their family and have a baby. She believes in the power of her environment and is changing up her space to help her achieve her dreams. What would a newly styled up home office be like for you? Or a backyard patio for dining outdoors with family and friends? Whatever you want to create for yourself, use this summer to invest in your nest!