

MY 7 POWERFUL TIPS FOR

FINDING YOUR CONFIDENCE AT MIDLIFE



INSPIRATION FOR MASTERING MODERN MIDLIFE

CATHERINE GRACE O'CONNELL



TABLE OF CONTENTS

Introduction

1

Mirror Talk

2

Strike a Pose

3

Get Grounded

4

Tell Yourself a New Story

5

Use An Affirmation

6

Dress the Part

7

Lay Your Shield Down

Have You Joined The Tribe?

INTRODUCTION

Midlife is the Perfect Storm

Welcome to the new paradigm of Midlife & Beyond! It's not a crisis ... it's an awakening and an opportunity to look inside ourselves and stand in our collective power. We are the first demographic in history to have health & vitality, wisdom & life experience, and the ability to create a purposeful life, all at the same time! Midlife is a time of rewiring, inspiring, and awakening to relevance. It's a f**king Superpower!

Yet, we are prone to accepting society's expectations for us that are generations old and cliché. To rise like the Phoenix, we have to help ourselves cast away the limiting beliefs we've clung to so that we can become the women we truly desire to be. It is not always easy to recognize and change patterns that hold us back and do not serve us.

You might be tempted to say "Sure, easy for you to say ... but what do you know?" My patterning included sexual abuse, emotional abuse, life threatening illness, and ended in a complete lack of confidence and a belief that I was ugly, should be silent, and had little value. It was so bad, living didn't really seem like a good solution. I fell into despair.

That seems like a long time ago, in a galaxy far, far away. The process of healing and rebirth was difficult and took time. I had much help along the way. But the true healing and power came from working on self love and acceptance. I wanted to distill that process down to 7 powerful tips that you can use on a daily basis to reconnect with yourself, build your confidence, and embrace the amazing woman that you are.

Let's put your cape on and help you fly!





1. MIRROR TALK

How do you start your day? Do you look in the mirror and begin criticizing yourself or do you tell yourself you are beautiful? Confidence begins from within. Every negative thought we have chips away at our self esteem and our self confidence. A mirror is a wonderful tool to begin an exercise in self awareness. Every morning, become aware of your thoughts. Choose to use the mirror as an opportunity to see yourself in a whole new way. Challenge your thoughts. Know they are only thoughts, not a reality. You create your reality. Take a moment and look directly into your eyes. Tell yourself that you are beautiful. Tell yourself empowering thoughts. Expect resistance. The more negative thoughts you have about yourself, the more awkward this will feel. Be gentle with yourself. It's a process. Confidence begins from within. It begins with you.

"Stop saying these negative things about yourself. Look in the mirror and find something about yourself that's positive and celebrate that!"

Tyra Banks



2. STRIKE A POSE

Changing our energy changes the way we feel about ourselves. Try striking a “Power Pose.” Place your hands firmly on your waist. Channel your inner Superwoman. Pull your shoulders back. Put a daring look full of Fierce attitude in your eyes. Your energy will instantly begin to shift into a more confident space. When we take up space and feel more expansive, we project more confidence. Looking confident makes us feel confident. Remember the term, “shrinking violet?” Don’t be a shrinking violet as that only collapses your internal energy. Strike a power pose and watch your energy and your confidence expand from within. Own your space!

“Movement, like posture, tells the brain how it feels and even manages what it remembers. As walking becomes more open, upright, and buoyant, our memories about ourselves follow suit.”
Amy Cuddy



3. GET GROUNDED

The more grounded we are in our physical bodies, the more energy we have to project. If we are stressed and living in our minds, we have less energy in our physical bodies, and less energy to feel our most confident. Spend time barefoot in nature or try using visualization to come back into your body and give your mind a rest. Without being fully grounded, we cannot be fully present. When we feel spacey or ungrounded, we cannot feel our most confident self. To be our most expansive self, we must be fully grounded in our physical bodies. Grass or snow ... it doesn't matter! Take your shoes off and walk outside. Feel with your feet and get connected!

“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.”

John Muir

I am not.

That is what I have spent the past year saying every day, and I didn't even realize it.

Did I mention that I'm not a sharer of my personal experiences because who cares and

I'm not that interesting?

It was on the flight home that I began to put the mosaic of the weekend's experience

together and found clarity. The weekend was about rewiring and inspiring, so I decided

to share my experience at FierceCon with you. And I also want to share something else.

Starting today, I am not going to waste one more day worrying about what I am not.

4. TELL YOURSELF A NEW STORY

The way we talk to ourselves is far more important than standing up for ourselves. What story are you telling yourself about yourself? Is it an empowering story? The stories we tell ourselves are the seeds of our future selves. If we live in an inner world filled with disempowering stories, stories based upon low self esteem, it isn't possible to feel confident. Try telling yourself a story about the woman you have always desired to be. Be her now. Live from that space. Believe you are confident and you will be. Believe you are worthy and you will be. Believe you are beautiful because ... Sister, *you are!*

“The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can.”

Neil Gaiman



5. USE AN AFFIRMATION

An Affirmation is something we tell ourselves over and over again. Over time, it gets stored in our subconscious and we begin reciting that phrase to ourselves unconsciously. Like a mantra, a positive affirmation has a way of clearing negative energy. A positive affirmation will help you fill that space with positive energy. Create a personal one for yourself! It can be whatever you choose such as “Today will be the best day of my life!” or “I love myself unconditionally.” Any time you have a negative thought, try saying the affirmation to yourself and watch the negative thought dissipate as your energy shifts and you begin to feel more positive. Confidence requires a foundation of positivity. When we feel more positive, we feel more confident.

“Nourishing myself is a joyful experience, and I am worth the time spent on my healing.”

Louise Hay



6. DRESS THE PART

The way we look affects the way we feel. This has nothing to do with cost. One of my favorite outfits set me back \$8! Fashion is creative self expression. This is about you! What we wear sends a message to the world about who we are. Think of yourself as a character in a play ... YOUR play! Learning to build confidence is like taking on a new role in life. Clothes are one thing. Style is another. What outfit do you wear that you love, you know the one you always feel your best self in? Create your own unique sense of style. Enhance those parts of yourself that you love. Use fashion to express who you truly are and as a means to build your self confidence. No one can fill your shoes but YOU!

“It's important to find what really suits who you are, because style isn't only what you wear, it's what you project.”

Carolina Herrera



7. LET YOUR SHIELD DOWN

Vulnerability is courage. When we allow ourselves to be vulnerable, when we allow our shields to drop and our hearts to open, we allow others to see us as we truly are. True vulnerability is magnetic. Self acceptance is a prerequisite. When we build walls around our hearts, walls that are no longer necessary to protect us, we keep people away. We keep our authentic self hidden from *ourselves*. Being confident means owning who we truly are. We cannot hide behind a mask and be confident at the same time. The greatest moment in your life will be when you go back to that mirror and realize how cool you really are! Cool is ageless.

“Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness.”
Brene Brown



LET'S MASTER MODERN MIDLIFE TOGETHER!

You are not alone! There are over a billion women around the world at Midlife & Beyond that share your challenges, your hopes, and your dreams. Together we will shape the future for the better. The Forever Fierce Revolution is a Facebook group that believes in support, inclusiveness, compassion, empowerment, and celebration. Mean girls are not allowed!

JOIN THE TRIBE WITH THE KIND VIBE

