

Welcome to Your



# CONFIDENCE GENERATING TOOLKIT

QUICK START POWER TOOLS  
DEVELOPED TO HELP YOU GENERATE  
**CONFIDENCE ON DEMAND**

[WWW.SOULMAKEUP.COM](http://WWW.SOULMAKEUP.COM)

# Your Confidence Toolkit Includes:

01

## CONFIDENT SELF IMAGE CREATION

**WHAT IT IS:** Exercise to help you get aware and intentional about how you see yourself. This exercise begins with a mindset study to assess your self talk & relationship with yourself. Next, we will design your most confident you with intention. Then, we will finish by trying on this version of you so you can experience what being your most confident self feels like.

02

## CONFIDENCE GENERATING FORMULA

**WHAT IT IS:** Quick shift formula designed you to help generating confidence from the inside out. Apply this formula daily to start building a confident & secure mindset and get into the mode of taking confident action now in both life + business.

03

## CONFIDENCE TRIFECTA EVALUATION

**WHAT IT IS:** 3 step evaluation formula designed to reveal your self confidence growth opportunities with ease. This will show you exactly what needs to happen to start feeling more secure & confident in yourself right now.

04

## CREATING TIME + MONEY CONFIDENCE

**WHAT IT IS:** Power packed exercise developed to help you create and build your confidence with both time and money. This is your tool to activate & empower time + money awareness and give you back full responsibility over how you spend in each area.



SOUL MAKEUP ♥

**CONFIDENT**

**SELF IMAGE**

# PART 1

# SELF IMAGE DEFINED

## A SELF IMAGE IS:

The way you see yourself, think about yourself & opinions you have about yourself  
(aka: Your Self Concept)

Most of us spend our lives trying to control how others see us without even realizing it.  
This is called "controlling the narrative"

Creating our Self Image based on how others think will set us up for a life filled with  
People Pleasing, Perfectionism, Insecurity, Fear and Self Doubt.

## WHY DOES THIS HAPPEN?

Because you are basing who you are and how you see yourself through the lens of  
how you want to be seen in the world.

## WHY IT IS IMPORTANT TO HAVE A CLEAR & SECURE SELF IMAGE:

- When we have a clearly defined Self Image, other people's thoughts & opinions become irrelevant to you.
- You have crystal clear clarity on who you are and where you are going in your life.
- You are strategic about how you think and what actions you take in your life.

## WHERE MOST OF US GET STUCK:

Where I see a lot of women struggle is you have a self image that is defined by who  
you used to be, your past failures or rejections, limiting beliefs you have about yourself  
& by other people's thoughts about you that you have taken on as your own.

**It is very dangerous to inform your current self image based upon your past or other peoples thoughts about you.**

You always want to determine who you want to be NEXT and then start showing up as  
her daily. This is how you become future you in the now.

*Showing up as the you who already has what she wants helps you become her 10X  
faster...*



# PART 2

# MINDSET STUDY

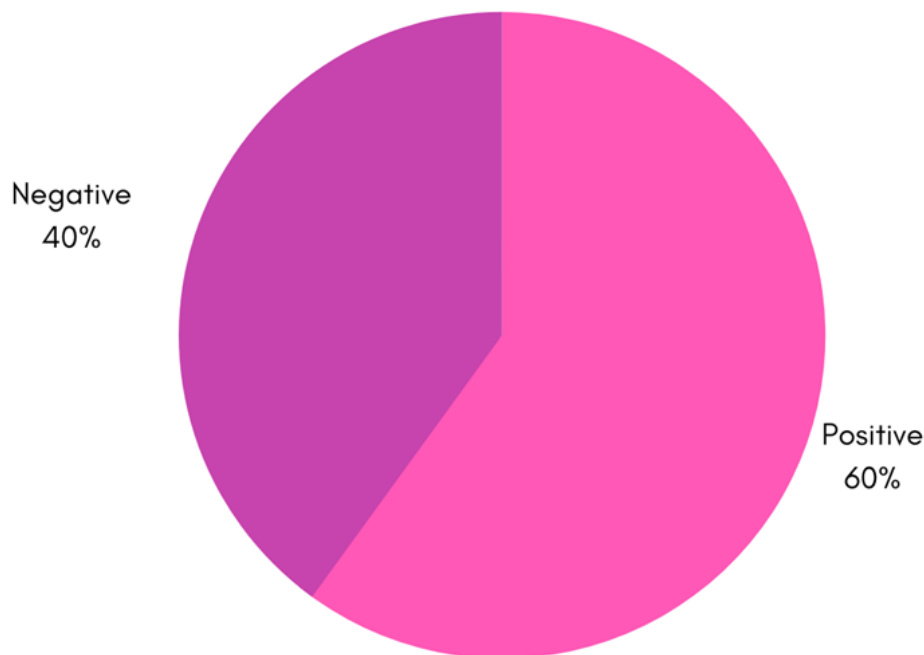
It is very important to gain an idea of how you think & speak to yourself. Your self talk and beliefs about yourself can critically impact how you look at yourself and how you show up in this world. This process will reveal the thoughts and beliefs that are holding you back in the now.

## HOW TO:

Study your thoughts for the next 5 days. Fill out the pie chart below with your daily breakdown of thought. Did you have 75% negative thoughts and 25%, was it 50/50? Note your % findings per day.

Then – In the notes section, record any reoccurring thoughts that come up that create negative emotion (fear, doubt, insecurity, etc.) for you.

## EXAMPLE:



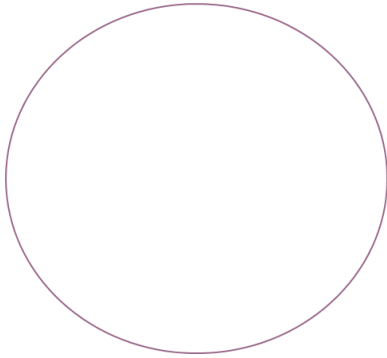
## YOUR TURN:

Fill in the Blank Chart Below With Your Positive/Negative Thought Breakdown & record what thoughts came up in the notes section for each day.

# PART 2

# MINDSET STUDY

## DAY 1:



POSITIVE THOUGHT %: \_\_\_\_\_

NEGATIVE THOUGHT %: \_\_\_\_\_

### DAY 1 NOTES:

---

---

---

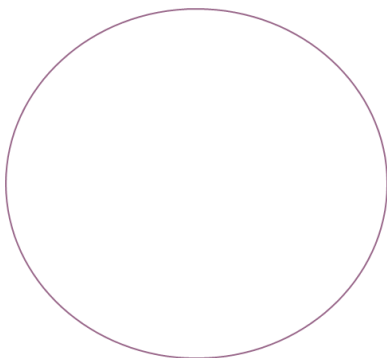
---

---

---

---

## DAY 2:



POSITIVE THOUGHT %: \_\_\_\_\_

NEGATIVE THOUGHT %: \_\_\_\_\_

### DAY 2 NOTES:

---

---

---

---

---

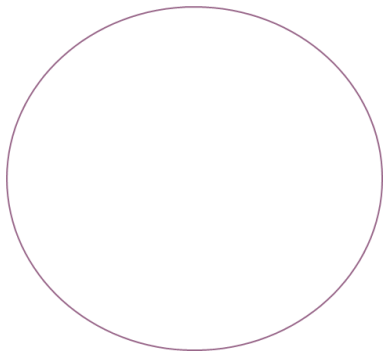
---

---

# PART 2

# MINDSET STUDY

## DAY 3:



POSITIVE THOUGHT %: \_\_\_\_\_

NEGATIVE THOUGHT %: \_\_\_\_\_

### DAY 3 NOTES:

---

---

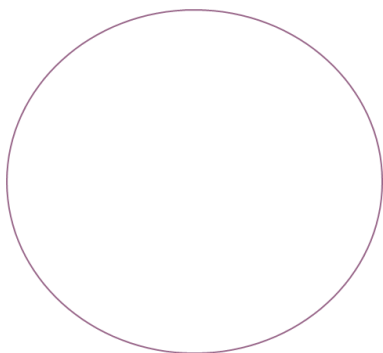
---

---

---

---

## DAY 4:



POSITIVE THOUGHT %: \_\_\_\_\_

NEGATIVE THOUGHT %: \_\_\_\_\_

### DAY 4 NOTES:

---

---

---

---

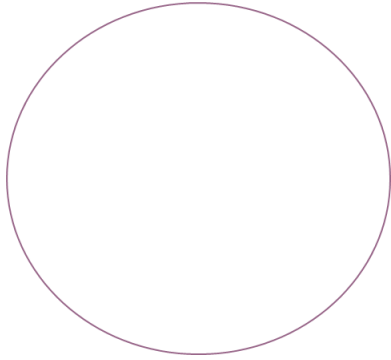
---

---

# PART 2

# MINDSET STUDY

## DAY 5:



POSITIVE THOUGHT %: \_\_\_\_\_

NEGATIVE THOUGHT %: \_\_\_\_\_

### DAY 5 NOTES:

---

---

---

---

---

---

---

## 5 DAY MINDSET REVIEW:

THOUGHTS I DISCOVERED THAT I WANT TO CHANGE (*LIST ALL THOUGHTS YOU WANT TO WORK ON*)

NEGATIVE THOUGHTS:

WHAT I WANT TO THINK INSTEAD:



## PART 3

# CURRENT SELF IMAGE

WRITE DOWN ALL OF THE CURENRT THOUGHTS & BELEIFS YOU HAVE ABOUT YOURSELF (DON'T STOP WRITING UNTIL YOUR BRAIN IS SILENT)

Other people's thoughts & beliefs of me...

My thoughts & beliefs about me...

Things I tell myself about myself everyday...

My inner mean girl tells me I am...

She also says these things are impossible for me...

## PART 4

# CREATING YOUR CONFIDENT SELF IMAGE:

### REWRITE YOUR STORY:

Who are you & how do you show up in this world as a LEADER OF YOUR LIFE/CEO/BUSINESS WOMAN/MOM/DAUGHTER? Write down whoever and wherever you want to be in your life and note everything that comes to mind below.

How do I want to feel everyday (list all feelings that come to mind)...

What is possible for this version of me everyday?

What does she NOT do everyday? (ie: waste time, gossip, beat herself up, avoid making decisions, stay late at work, put herself last, say yes to things she wants to say no to, eat unhealthy, etc. – list all things that you no longer want to be a part of your day-to-day)

# PART 5

## **TRYING ON & EMBODYING**

Try on your new confident self image for 1 week. You don't have to tell anyone you are doing this. It is for you to see how stepping into this version of you would feel. See how you show up differently when you embody the future confident self you are creating right now.

### **FUTURE ME NAME:**

Start by naming this version of you (Tip: Pick a name that describes future you. Example - Million Dollar Me, Confident Me, CEO Me, Debt Free Me or any name that makes you feel empowered, confident and motivated to become her)

**DID ANYTHING SHIFT FOR YOU WHEN YOU EMBODIED YOUR FUTURE SELF ENERGY? IF YES - WHAT SHIFTED?**

**HOW DID YOU FEEL WHEN YOU TOOK ACTION AS FUTURE YOU?**



SOUL MAKEUP ♥

**CONFIDENCE  
GENERATING  
FORMULA**

# WHAT IS CONFIDENCE?

*When we consult the good old dictionary, here is how confidence is defined...*

**Confidence:** the feeling or belief that one can rely on someone or something; firm trust: the state of feeling certain about the truth of something

**Self Confidence:** a feeling of trust in one's abilities, qualities, and judgment

*But what does this actually mean right?*

**Confidence** is based on your belief in your ability to do a skill

**Self confidence** is your belief & your trust in yourself

**Confidence** is based on the **past** because you have created proof that what you want to do can be done...

**Self Confidence** is **future** based & built by generating belief ahead of time (even when you don't have proof)...

**The foundation for your confidence is built upon self belief & trust.**

When you lack confidence & self confidence, it is because somewhere within you, you lack belief & trust.

Also, people are not born with confidence. Generating confidence is a skill anyone can learn. And once you learn how to generate it on demand, it becomes a natural feeling that evolves into a way of being & ultimately becomes a state of mind.

## **My Personal Take On Confidence:**

Confidence is having your own back no matter what. It is the feeling that helps you try again. It is trusting yourself even when everyone is questioning you. It is belief & faith in your abilities. It is being who you have always known who you were meant to be both personally & professionally.

It is what allows you to befriend yourself & feel safe in your own skin. It is what disempowers the need for external validation. It is putting on your oxygen mask first to give you the care you need - guilt free. It is your permission slip to come first.

It is feeling so secure that you are never threatened by someone else. It is what gives you the courage to show up as a leader in her power & unapologetic truth. It is showing up daily and doing the things you desire without holding yourself back. It is your ability to feel any emotion. It is what empowers trust in the outcome.

# THOUGHTS THAT DISEMPOWER CONFIDENCE

*We unknowingly limit ourselves all day long without even realizing it. The confidence limits begin in our inner monologue.*

*Here are a few examples of thoughts that when played on repeat in your mind will begin to diminish your confidence over time.*

*Notice if these thoughts show up for you & what feeling you feel in your body when you think these thoughts (ie: doubt, fear, insecurity, anxiety, stress, impatience, pressure, defeat)*

- » I don't know how
- » I need more experience
- » I am not good enough
- » I don't have time
- » I can't
- » What if they judge me?
- » What if I get it wrong?
- » I don't belong
- » I don't deserve this
- » I am not worthy
- » I'm not ready
- » She's better than me
- » I could never live up to her
- » Nobody cares
- » It's not working
- » I am not safe
- » It is impossible
- » It could never work
- » What will they think?
- » They know better for me

- » I'm confused
- » I can't find the time
- » I'm a mess
- » I can't handle it
- » I should have...
- » I shouldn't have...
- » I have to...
- » Nobody wants me
- » I am such an idiot
- » I'm ugly
- » I'm too busy
- » I don't know where to start
- » I'm broken
- » It's too late for me
- » I am terrified of failure
- » I don't know what to do/say
- » I will never have enough \$
- » I can't deal with rejection
- » I am not the person that can do that

# 2 PART

## Confidence Generating Formula

### It is important to know, our thoughts create our feelings.

So if you want to **feel more confident**, we need to identify what you **need to think** in order to create the feeling of confidence in your body. *To get started, begin by creating awareness in the following areas.*

### PART 1: THOUGHT DIAGNOSIS

#### **Ask yourself the following:**

When I feel confident, I am thinking \_\_\_\_\_.

When I feel confident, I do \_\_\_\_\_.

When I do \_\_\_\_\_, \_\_\_\_\_ happens for me.

When I feel confident, I don't do \_\_\_\_\_.

When I don't do \_\_\_\_\_, \_\_\_\_\_ happens for me.

**Example:** When I feel confident, I am thinking "I am good enough". When I feel confident, I speak up and ask for what I want. When I ask for what I want, I get what I want. When I feel confident, I don't compare myself, beat myself up, stress out, worry about what other people think about me or worry that I am going to fail. When I don't stress out, worry about failing, think about other people & beat myself up, I succeed.

*(AMAZING WORK - You have just created your CONFIDENT POWER STATEMENT)*

### PART 2: CONFIDENT ACTION PLAN

#### **Once you are clear on your Confident Thoughts & Actions, identify:**

My next step to take today is \_\_\_\_\_.

My confidence barrier removal plan \_\_\_\_\_.

I am committed to creating confidence in myself because

\_\_\_\_\_.

**Example:** My next step to take today is speaking my truth. I am not holding back. I am asking for what I want without apology. If a confidence barrier comes, I will read my Confident Power Statement to create the feeling of confidence. I will picture the woman I am becoming do what she deserves now. I am committed to creating confidence because I deserve it. I am so worthy of fully believing in myself.

*(BOOM - Now you have a plan. Apply & evolve this plan daily until taking confident action now is just what you do)*





SOUL MAKEUP ♥

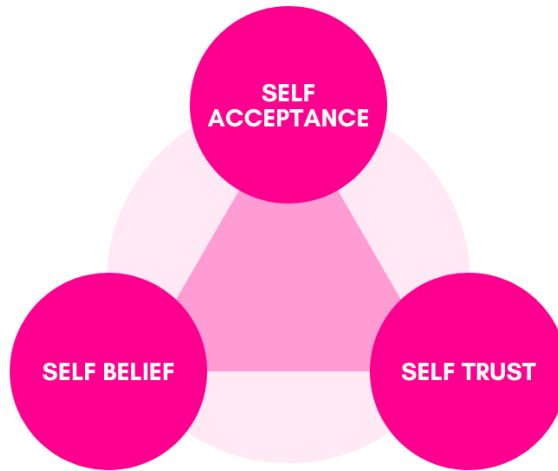
---

# **CONFIDENCE** **TRIFECTA**

# CONFIDENCE TRIFECTA FORMULA

3 step evaluation formula designed to reveal your self confidence growth opportunities with ease.

## The Confidence Trifecta



***These 3 points are the foundation that secure your self confidence...***

**Self Acceptance:** feelings of satisfaction with yourself self despite flaws, failures, past behaviors and choices; acknowledges and accepts all aspects of self (including the good and bad) & is not self-critical or confused about your identity.

**Self Belief:** is confidence in your own abilities or judgment & believing ahead of time in what's possible.

**Self Trust:** faith in your abilities and certainty in your decision making.

***You have all the power...***

Accepting yourself is a choice.

Believing in yourself is a choice.

Trusting yourself is a choice.

So let's do an evaluation to see how secure your confident foundation is...

# PART 1

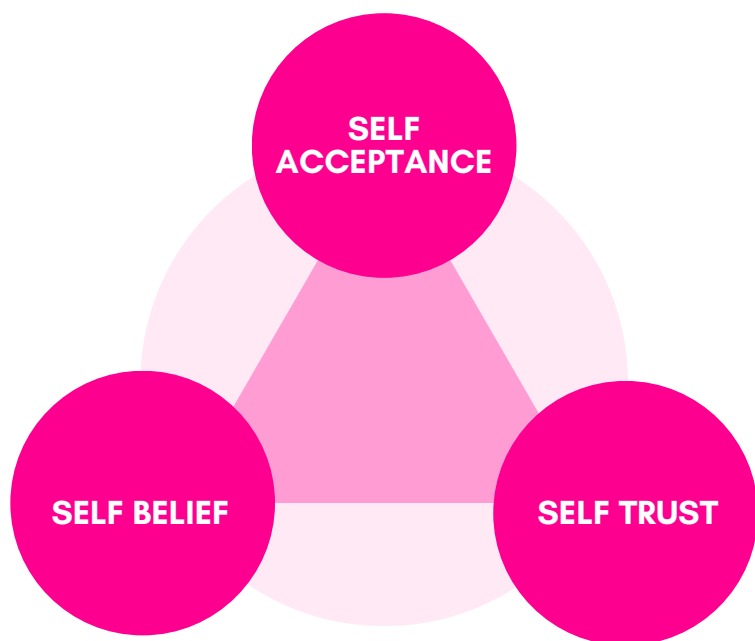
# SETTING YOUR FOUNDATION

## 3 STEP CONFIDENCE EVALUATION:

First - Rate each category on a scale of 1-10 (1 being low, 10 being high) based on where you are at today.

Next - Write down why you assigned that rating per category.

Finally - What needs to happen for you to be a 10 in each category?



### CATEGORY



### RATING



### TO BE A 10?

CATEGORY	RATING	TO BE A 10?
SELF ACCEPTANCE		
SELF BELIEF		
SELF TRUST		

Who are you when you are a 10 in each category?

How is that version of you different than the you that is here today?



SOUL MAKEUP ♥

---

**CREATING**  
**TIME/MONEY**  
**CONFIDENCE**

# Creating Money Confidence

One of the major sources of insecurity I see with the women I work with is connected to money. We don't have awareness on where our money is going. We want more of it but fear asking for it. We have challenges feeling worthy and deserving of more so we end up settling for less.

**That all ends here.**

**The goal with this exercise is to...**

FIRST - Empower you to see what you are financially responsible for.

SECOND - We will look at how much more you need to live your dream life.

THIRD - Uncover your limiting beliefs about money.

FOURTH - We will visualize the you that confidently makes all the money she desires.

**First, let me drop a few truth bombs about money...**

## **6 FACTS ABOUT MONEY:**

- Money doesn't create security, worth or power - your thoughts about the money do.
- Your thoughts about money are what determine how much money you make so it is critical to have healthy thoughts about money.
- Money is an inanimate object that gets its value from the energy behind it and the meaning we give it.
- Money is neutral circumstance until we assign it meaning.
- When you fear the money will not come, it won't come.
- Greed comes from the same lack mindset as poverty.

# Part 1:

## **DETERMINING YOUR FINANCIAL RESPONSIBILITIES**

### **HOW TO CALCULATE YOUR ANNUAL LIFE COST:**

*In order to calculate how much your life costs each year, you need to create awareness on how much you spend on your bills & personal expenditures each month. Here are examples of what each category includes.*

**AVERAGE MONTHLY BILLS:** (Utilities, insurance, credit cards, cable/internet, cell phone, Amazon Prime, streaming services, loans, rent/mortgage, car payment, child care, etc.)

**AVERAGE MONTHLY PERSONAL EXPENDITURES:** (Food, going out, drinks/coffee, shopping, gas, investments, self care, subscriptions, etc.)

*Add up your monthly spending per category. Then once you have your monthly totals, multiply these numbers by 12 and this = how much your life costs on average per year.*

**AVERAGE MONTHLY BILL SPEND:**

---

**AVERAGE MONTHLY PERSONAL SPEND:**

---

**ANNUAL LIFE COST =**

---

### **EXAMPLE:**

**AVERAGE MONTHLY BILL SPEND:** \$4000

**AVERAGE MONTHLY PERSONAL SPEND:** \$2000

**ANNUAL LIFE COST** =  $\$6000 \times 12 = \$72,000$  per year

Now – let's check your balance. Based on what you currently take home (IE: net – the money you have after taxes) every month/year, can you afford your life? Are you in the red each month (ie: overspending) or do you have a surplus? To get this number, take your net salary and subtract your expenses to see where you are at.

## WHY SEEING THIS IS IMPORTANT:

In order to feel confident, we have to know where our money is going, why we are spending and what amount we need to fund the life we want to live.

I find when I do my financial audit for my CAN Program clients, they are unconsciously overspending to avoid things like feeling their feelings, solving their problems, making big decisions, having hard conversations or dealing with hard things they have faced in their life.

I want to share an example from work I did with one of my clients because seeing this changed the course of her life. I can do the same for you too.

### **BREAKDOWN OF HER ANNUAL PERSONAL SPENDING:**

Going out for drinks to numb: \$7800 per year  
Alcohol for home to help her sleep: \$1560 per year  
Comfort food at home to escape feeling: \$2600 per year  
Eating out to avoid being home alone: \$3120 per year  
Online shopping to fill the void: \$2400 per year  
Spa visits to ease the physical pain: \$2400 per year  
Trips to outrun her problems: \$6000

Her unconscious avoidance was costing her \$25,880 per year.

**In 5 years, her buffering would have totaled almost \$130,000.**

Her investment in the CAN Program saved her \$130K because when we started working together, the unconscious spending was brought to light and abruptly ended the second she saw it.

***You have the power to end your unconscious spending right here, right now too.***

Spending the time to calculate these totals is such a valuable step towards becoming 100% financially responsible & secure. Doing this work is where feeling financially confident begins.



# Part 2:

## **COSTING OUT YOUR DREAM LIFE:**

### **WHAT DOES YOUR DREAM LIFE COST?**

How to get this number – spend the time to go through and list out everything you want in your life.

**Include it all** – cars, house, home renovations/upgrades, bags, clothes, shoes, jewelry, makeup, luxury travel, experiences, education, coaching, retreats, kids college funds, investments, support (ie: house cleaner, personal trainer, gardener, etc.), spa visits.

Put it all in there and see how much everything you want actually costs.

Then, you are going to add it up.

**My dream life costs \$\_\_\_\_\_**

How much more do you need to make each year to afford your dream life?

### **Example:**

If your current life costs \$100K per year and your dream life costs \$150K, you would need to create \$50K more to afford your dream life.

**How much more I need to make to live my dream life: \$\_\_\_\_\_**

What would you be thinking/feeling if this dream life with everything you have ever wanted was your reality? *(List out your thoughts below and practice thinking these everyday)*

# Part 3:

## UNDERSTANDING YOUR MONEY BELIEFS:

### ***We need to breakdown your thoughts about money because:***

- If you hate or fear money, money will not come easily to you.
- If you believe you are only capable of producing \$100K per year, then that's the most you will consistently make.
- If your parents taught you making money is hard and supposed to be a struggle, then it will most likely be hard & a struggle for you too unless you have changed your belief.

### **Typical Money Mindsets:**

Lack/Scarcity – the fear of never having enough

Abundance – trust & certainty that there will always be enough for you

### **Common Money Beliefs That Will Never Serve You:**

- Making a lot of money is bad
- I wasn't raised to make that type of money
- If I make money, I will lose everything I love
- You can't make money doing what you love
- I need money to feel secure
- You must be educated to make 6-figures
- Money causes anxiety and stress
- I will never have enough
- Money is the root of all evil
- I feel guilty about how much money I make
- I shouldn't want more
- I am going to have to kill myself working so hard for this
- I could never have that much
- I am not the type of person that has that much
- Asking for more is ungrateful
- I don't deserve this
- Having a lot of money feels shameful
- I'll never have as much as her

Now – let's dive into your beautiful brain and uncover your thoughts about money. Give yourself the gift of awareness by answering the following questions...

Do I find myself living more in the lack or abundance mindset?

What are my leading thoughts about money?

How does thinking these thoughts make me feel?

How do I want to feel when I think about money?

How much do I want to make per year and why do I desire this amount?

What needs to change in my life for me to make this amount?

# Part 4:

## MONEY VISUALIZATION:

This is a quick visualization you can do to help you deepen your connection to money and to see yourself as the woman you are becoming. Think of this experience as you bringing your Vision Board to life...

**HOW TO:** Get super comfy in a space that feels safe & once you are comfortable and settled, read the visualization below. Notice how reading this feels in your body. You can also record yourself saying this out loud in your voice notes – it is so powerful to hear this in your own voice.

Now, close your eyes & begin your visualization with a few deep belly breaths to connect to yourself & clear space. Once you are grounded and still, begin to picture each step in detail.

Get as vivid as you can with the details because once your mind can see it, it can get to work creating this for you.

Once you complete the visualization, set a timer for 5 minutes and write down everything you saw.

And I highly encourage you to come back to this and repeat as needed. As you grow, you will see yourself in new ways as you rise. This is a beautiful way to keep the connection to future you as you intentionally design her into reality.

### Let's begin...

Picture the amount of money you desire in \$1 bills. Now picture all of the \$1 bills piled up and swirling around you. Picture yourself having fun with this money & playing with it as it surrounds you. Maybe you throw it. Maybe you make snow angels in it. Whatever feels fun, picture yourself doing that.

Now I want you to picture your phone. Your phone keeps receiving notification after notification that more money is coming into your bank account. The number keeps going up and up. The feeling of sufficiency keeps getting stronger as you see more become available to you.

This is your new reality.

How does it feel to be so sufficient?

How does it feel to create at such a high level?

*Now, I want you to picture how you will spend this money and how you will feel as you release this beautiful money you have created into the world.*

Where will you be shopping?

What will you be buying?

What will you be investing in?

How will having these things & making these investments make you feel?

*Now, I want you to clearly picture your most wealthy self.*

She is confident. Secure. Certain. And fully cared for.

This version of you is never without.

This version of you is thriving.

This version of you attracts and creates from a state of enough-ness.

*Who is this version of you?*

How does she feel?

What is she wearing?

What is her presence like?

*And what feels different about her than the you that is here today?*

**Breathe into this space and affirm the following:**

- The version of me that I just saw is available to me.
- She is already inside of me.
- I am safe to bring her out.
- I am safe to be the woman that loves money.
- I am safe to be a wealthy woman.
- I am safe to have enough.
- Everything I want is available to me.
- I am safe to have it all.

*Because the truth is - You are  
safe to have it all.*

## **BONUS: 5 CONFIDENT MONEY TIPS -**

1. If you live in the scarcity/lack mindset - leave money all around the house to get used to seeing it.
2. Always pick money up off of the ground no matter the denomination.
3. Watch out for when you say/think the following words because they will show you where your thought is rooted:
  - Need = lack
  - Trying = non-committal
  - I don't know = disempowered
  - Wish = not in belief
  - Hope = lack of trust that its coming
  - Have to = pressure/stress
  - Should = shame/judgement
4. If you do not trust money is coming, find an affirmation that will help you to cement your belief and place this all around the house, make it the screen saver on your phone/computer, focus your intention on this everyday as this is what begins to secure your focus on your intention & create belief.
5. Make a vision board that depicts the life you would create if you had more money. Our brains love to find ways to create results so once it sees what you are looking for, it can get to work figuring out how to make that your reality. Get SUPER SPECIFIC.

*Examples of what to include on your vision board:*

- Inspirational quotes with money generating thoughts/beliefs that you want to embody
- Your lifestyle - where will you vacation? Where will you shop? Where will you eat? What will you drive? Where will you live? What experiences do you want to have? What are you doing to treat yourself? Include images of all of the things you want to spend your money on.
- Your wealthy self image embodied - How does this version of you look? What is she wearing? What does her energy feel like? Find pictures that represent the wealthy woman you are becoming.

# Creating Time Confidence

Understanding how we see time will change how we live our lives. Most people fail to see that time comes to those that create it, not those who are constantly trying to find it.

I want to help you gain an understanding of how you spend your time and help you learn how to create the time you need to live the life you want.

## **Understanding Your Thoughts On Time:**

The same two mindsets we have with money apply for time as well. If you have a scarcity/lack mindset with time, believe you never have enough time and I am guessing you are always rushing, late and stressed. If you have an abundance mindset, you create the time you need and I am sure your life has less chaos and more peace, flow & ease.

## **TIME MINDSETS:**

**Lack/Scarcity** – the fear of never having enough time/always trying to "find time"  
**Abundance** – trust that you will create the exact time you need to live the life you want

## **Growth Opportunities:**

- If someone tells me they don't have time – I see this as they have a prioritization opportunity.
- If someone tells me that they have too much to do – this shows me they can refine what their true priorities are & create intentional focus.
- If someone tells me that they are always rushed or late – this shows me there is typically a hidden fear/limiting belief surrounding being late and the fear of being late keeps them rushed and running late.

In the following 3-Step Exercise, we are going to get super clear about how you spend your time and what your true priorities are.

## **TIME CURRENCY SPEND EXERCISE:**

**Step 1:** Make a list of everything you say you don't have time to do and assign a time allocation next to it so you are aware of how much time you think it will take you to do it.

Also, ask yourself is this really a priority to you?



*Things You "Don't Have Time To Do"*

*How Long Will It Take You To Do Each Thing?*

*Are these things actually a priority to you? (Yes/No)*

**Step 2:** Create your boundaries and identify what in your life you need to start saying no to. Write down all things that are currently sucking your energy or things you wish you had the power to say no to. Then assign it a time.

Think about how much time you spend doing this thing you want to say no to and ask yourself if this is really a priority for you.

Then, I want you to think about why saying no to this will make your life better. Fill this all into the chart below.

*Things I Need To Start Saying No To...*

*How Much Time Saying No Will Create For Me...*

*Why Saying No To These Things Will Better My Life...*

*What will saying no make me feel?*

*What feelings am I willing to allow to protect my energy?*

Now - Add Up the Time in the "How Much Time Saying No Will Create For Me" Column - are you happy with how much time this created for you?

### **Total Time Created:**

---

**Step 3:** Pull Open Your "Screen Time" In Your Phone - Write in how many hours you spend on social per day?

---

Then ask yourself - Am I happy with this number or is this another opportunity to get more time back for me?

### **BONUS: 5 CONFIDENT TIME TIPS -**

1. If you are a perfectionist or someone who second guesses themselves, set a timer to keep you on track as you do things. This will keep you focused on completing the task vs. losing time in doubt or trying to make everything perfect.
2. If you are constantly late - there are 2 main reasons we are late. 1) We don't know how much time we actually need to do things. So many of us think we can do things in less time which is a huge cause for lateness. 2) We have a root thought that creates the result of being late (Example: "It will only take me a minute" when you and I both know damn well you need more than a minute 😏). If you have a goal of no longer being late, study your thoughts, prep ahead of time and minimize the amount of decisions that need to be made as you try to get out the door.
3. If you feel like you never have enough time, figure out much time you actually need and what an ideal day looks like for you. Many times we skip this step and never figure out how much time we actually need to do the things we want. This creates disempowered thoughts such as "I am behind", "I can never get ahead", "I never have enough time for me".

4. If you are always the busy one because you feel guilty saying no – it is time shift out of people pleasing & wearing “busy-ness” as a badge of honor.

Busyness results in inefficiency, stress, anxiety, overwhelm and burnout. Start saying NO to things that drain your batteries and create space for yourself to recharge.

REST & SELF CARE are two of the most valuable gifts you can give yourself. And my goal for you is to enjoy luxurious amounts of rest and care guilt-free.

NOTE – If you are just learning how to say no, make space for discomfort. It will be hard to say no to people who are used to hearing yes from you. This will require commitment to yourself over their discomfort.

You are essentially retraining them on where your boundaries are and people will have resistance to this. **That is 100% ok.** Keep their thoughts and feelings about your empowered no a “*them thing*” – don’t take it on and make their problem “*your problem*”. This will keep the people pleasing pattern going which will breed resentment & defeat vs. giving no’s from a place of loving confidence.

5. If you are always the one who’s at work late – we need to have a loving conversation with ourselves. I want you to firstly – look at your beautiful self in the mirror and ask yourself what’s keeping you at work or trapped in the pattern of overworking.

So many times I see people working around the clock to prove their worth or to prove they are capable. Stop killing yourself because you truly have nothing to prove to anyone other than yourself and if you know you are worthy and capable, there should be no need to burn the midnight oil.

And – if you are reading this thinking “but you don’t understand Elyse – I have so much work to do and cant get it all done in an 8 hour day” then I say to you that you have a prioritization opportunity presenting itself 😊. There should be no reason you can’t get your work done in 8 hours (unless there an unforeseen circumstance or special project) and if this is the norm for you – ask for help, delegate or take a hard look at your productivity/prioritization.

**Create space – not more problems to solve.**

# YOU JUST GAVE YOURSELF SUCH A BEAUTIFUL GIFT BY DOING THIS WORK ON YOU.

I want you to celebrate because you have just taken a major step towards feeling more confident!

**Your next step is to come back to this work anytime you start feeling insecure. Every tool you need to help yourself is here for you.**

I am so proud of you for diving into this work on you and make sure to send me a DM on IG (@yoursoulmakeup) to let me know how it's going!

And, If you loved this exercise and want to take this work deeper, consider this your official invitation to join the CAN Program - my exclusive 1:1 coaching program. Visit [www.soulmakeup.com](http://www.soulmakeup.com) to get started today.

**XO - Elyse Conroy**  
**CEO & Founder of Soul Makeup**

SOUL MAKEUP ♥

