

Example of Self-Help (Targeted for Female Readers):

Chapter One

- *What makes someone confident?*
- *What is your definition of a confident person?*
- *What makes you different from confident people?*

Confidence is a social construct. We are all born with a confident mindset, but it is society that teaches us fear; teaches us to not believe in ourselves and makes us question each move we make. Having confidence is dependent on where we are, who we are with and the risks involved in being confident at that particular moment in time.

Take a moment to think about someone in your life that you perceive to be confident. What about them makes you believe they are confident? Is it the way they smile in photos? What about the way they speak? Do they always speak with conviction?

You don't need to name the person here, and you don't need to write it down, but what you do need to do is think about what exactly it is that you see in this person – whoever it is – that makes you believe they are confident.

Once you have identified some behaviours in others that you believe makes them confident, I want you to think about what makes you different to them. What makes you “less confident” than the person you were just thinking of. Is your smile not always as bright? Do you sometimes struggle to find the words to say? Do you have self-doubt?

What makes us different to people who we perceive to have confidence, is the way WE think about them. I would be willing to bet that the person you were just thinking of, that person you were COMPARING yourself to, does not always have good days. I am willing to bet they don't always smile so bright, and I would put money down that they have the same fears and doubts as you have.

Let that sink in.

So, how exactly do we lose our confidence? Think back to your childhood, really think back to when you were a child, you were fearless, right?

When did that fear develop, and how did it develop?

At a conference I attended, the host struggled to get adults on the stage to have a dance party, she incentivised the crowd with cash to help motivate us to have a good time, when up walks a child, who had no fear at all. He danced his heart out on that stage in a way none of the adults could. Why was that? Because he didn't have that fear, he wasn't afraid of ridicule and he quite frankly didn't care.

When do we lose that? Throughout our lives, society exposes us to so much hatred, judgement, and it can be hard to retain our childhood innocence and confidence. It is sad to think about how many of us are scared of what others think of us. Well, Honey, it doesn't have to be that way. We are going to fix your crown.

So many of us see other people, whom we think are confident, and create an image of them in our mind. We see them as this untouchable, self-assured, positive person. We see them as having the perfect crown, whereas ours is broken. The only thing that makes you different from any other confident person out there, is how you see yourself. We are our own worst enemy and by fixing our crown, through learning to be confident again, you can learn to see yourself (and others) more clearly. Remember, people's crowns are not always as shiny as they seem.