

MAGARI BY STACEY X WOMEN'S SOCIETY



Mindset & Confidence Tips

Any change you want to make, anything you want to overcome or anything you want to achieve has to begin with the right mindset.

As women in business, we all want to be moving forward. How can we do that if we are not confident in ourselves and our ability if we let limiting and negative beliefs dictate how and what we do? How can other businesses, clients and our customers have confidence in us if we don't have it in ourselves?

'IF YOU CHANGE THE WAY YOU LOOK AT THINGS, THE THINGS YOU LOOK AT CHANGE'

Here are some top tips for creating a positive mindset and increasing your confidence

- **Start everyday with gratitude.** How you start the day is how the day will run. Something so simple sets your mind up to look for the positives as you navigate the day.
- **Watch your words.** Be very careful how you talk to yourself and about yourself. Beliefs are created by the things you hear, say and think over and over. So if you are constantly giving yourself reasons why you can't achieve something and talking about negatives in your life, then you are creating beliefs that you aren't good enough.
- **Don't accept your own false beliefs.** Do you ever give yourself a long list of reasons why you shouldn't or can't do something? LIES!! ALL LIES!! You are kick ass and there is nothing you cannot achieve! By believing those things you are telling your brain to give up. Why try something when you've already decided you are going to fail? Next time you catch yourself doing this, pause and correct those lies. Remember who you damn well are!!
- **Know where you are going and create small achievable steps to get there.** I want you to get to a location by 5pm.. but i'm not going to tell you where it is. How much chance do you think you have of arriving? Knowing where you're heading in your business will give you a clear focus, breaking it down into small achievable steps stops it feeling so overwhelming and gives you confidence when you tick off those steps.

- **Learn to see the things that don't work as detours rather than knock backs or failings.**
Just because something didn't work out doesn't mean it's a failure, sometimes it's the best thing that can happen. See these detours as opportunities, when something doesn't go the way you wanted, re-focus. Don't dwell on what went wrong, instead focus on what you learnt and where you're heading next.
- **Self Care.** Being successful is important, but avoiding completely burning out is also important. Make sure you take time for yourself to recharge. Just because you have time doesn't mean you have to be doing something, sometimes doing nothing is good for your mind and helps increase productivity, energy levels and focus.

These are just small steps you can begin to take each day. Although they are only small, the smallest steps often end up being the greatest of journeys.

If you look to take care of yourself, see yourself in positive light and have a clear plan of what you want to achieve it will help improve your mindset and confidence.

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