

THE POWER OF CONFIDENCE

Anick Baribeau



HEALTHY NORTH
ADVENTURE

health & confidence
coaching

Congratulations!

You've taken the first step toward the confidence you desire, and the life you long to lead.



Hi!

I'm Anick Baribeau,
*Integrative Nutrition
Health Coach (IIN) and
Confidence Coach.*

I once struggled with my own self-confidence. I felt like I wasn't good enough and that I was unworthy of the thriving lifestyle I desired.

I grew up with no self-worth and no confidence whatsoever. In fact, up until my early thirties, I held tight to the belief that confidence was something you had to be born with.

As an adult, I've been able to overcome my insecurities and cultivate the confidence that enables me to live life fully.

In this guide I'll be sharing tips and tools to help you do the same.

Sound familiar?



- Do you struggle to show up as yourself in certain situations, because you don't feel like you'll be accepted?
- Do you quit things, or not even try them in the first place, because you're not sure if you belong, or you feel like you might fail?
- Do you feel like you aren't living up to your fullest potential? and maybe even taking a backseat in your own life?

You're not alone. In a world where people are constantly bombarded with visions of perfection via social media, it's no wonder that people are finding it harder than ever to feel confident in their own skin!

Good news!

Confidence is not a birthright—it's something that can be developed at any point in life. You can start to develop your confidence today!

Let me let you in on a bit of a personal fact here... I was in my thirties, when I finally got sick of dealing with a life that didn't feel like my own and decided to address my self-defeating mindset and change my own destiny.

That's right, I made it well into adulthood before addressing my fears and general lack of confidence.

I started with small actions like learning new things and slowly began building my sense of self-worth. I took responsibility for my life and started working on my mindset and dismantling the numerous stories and limiting beliefs I held about myself.

The truth is it's incredibly hard to believe in yourself, but it's even harder to watch as time passes and feel like you aren't in control of your own life.

Confidence is what allows us to take bold action and make shit happen for ourselves! It's so important to build confidence because it's the foundation of resilience.

People who are confident will not give up at the first sign of challenge or setback. They believe in themselves to continue on, and do what's necessary to live a life of meaning

No one's born with confidence. It's not something you simply do, or don't have—confidence is a skill that anyone can learn.

We have an abundance of resources and information available to us everywhere these days, so why are we still feeling like we're not enough and making ourselves smaller than we actually are?

Because, we don't work on our confidence and, most of the time, it's the missing piece of the equation.

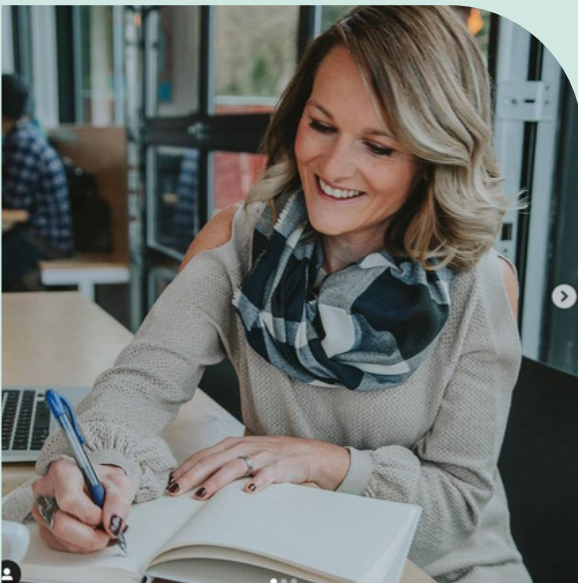
Think about it, a person can be intelligent, creative, beautiful, inspiring and many other great qualities, but if they suffer from a crippling lack of confidence, it won't make much of a difference in their life.

Building confidence isn't a simple one-size-fits-all process that everyone can follow...

It takes time, and work to get familiar with the things that are holding you back, and to rework them in a way that serves you.

There are some steps that every person can take to begin finding their way to a more confident mindset and all of the benefits that come with it!

In this guide, I've included several of the steps that I took to build my confidence, and take back my life!



The best way to build confidence is to build competence; meaning getting really good at something.

*The only way to get really good at something is to put in the time. It's just that simple. **Repetition.** Doing it over, and over, and over again. So be prepared to take these steps, and practice them as much as you need until you feel more confident.*



Let's Get Started!



1. Change Your Story

- **You can bring yourself into a new reality by deciding on a different ending to your narrative.** If you want to change something in your life, one of the best ways to start is to become conscious of the negative stories that you've been telling yourself, and put a spin on them that's empowering!
- **People tend to imprison themselves in old stories.** There's something comforting about knowing how the story will go every single time. We all have stories about why we are where we are right now, and those stories are packed with a lot of judgments.
- **Give up the stories that don't serve you, or stop you from taking bold action in your life.** In order to change your life and develop confidence, you need to uncover a story about your experiences that will empower you and make you feel like the best version of yourself.
- **To experience authentic confidence, you need to be the hero of your story and not the victim.** In choosing a self-defeating story, you're handing over your power and potential.. So the next time you're finding yourself shying away from an opportunity or a trying situation, I challenge you to ask yourself: ***“What are the stories that you tell yourself, that have you so convinced things won't work out in your favor? ”Write them down, and then rewrite them.***

2. Know your values, & surround yourself with people who share them!



- **Values are what you believe matter most in life.** Identifying your values increases your level of confidence because it brings about a sense of stability and safety to your life. When you know what you want, it doesn't matter what others want. When you know what's important to you, it becomes easier to surround yourself with people who have the same values as you, and this will bring a sense of confidence to your life.
- **Surround yourself with people who are confident in themselves, and who approach life in a way that shows that they share some of your values.** People tend to rub off on one another, so by spending time with awesome people who you admire, you'll be inspired to adopt empowering beliefs.

3 • Acknowledge your accomplishments!



- **Write an accomplished list—a list of all the challenges and projects that you’ve already completed.** Then put it somewhere you’ll see it! Seeing that list consistently, will help you to find some pride in your skills and abilities, and will motivate you to keep taking action.
- **Allow yourself to remember how great you felt when you accomplished each of the things on your list.** Isn’t it interesting that our failures are easy to bring to memory, and the pain that we experienced as a result can feel all too fresh, but when it comes time to reflect on our accomplishments, we tend to play things down?
- **Seeing this list will increase pleasant feelings associated with big goals, hard work and success.**

4 • Journal & Practice

Positive Affirmations

- **We exercise physically in order to have a healthy body with lots of energy, but we also need to fuel our mind.** Practicing positive affirmations will help you pump yourself up and give your mind the energy it needs to be positive throughout the day.
- **The repetition of affirmations helps reinforce your intention to the universe and the universe will send you back what you need in order to live in alignment with your affirmations.** The key is to make your busy and overactive mind work for you, instead of against you. Your mind doesn't know the difference about what's true and what's not, so make your mind believe the best.
- **Exercise your mind in the morning before starting your day.** Say your affirmations out loud, close your eyes and let them infuse your body, practice your affirmations every time your mind goes back to negative.
- **When you first start practicing positive affirmations, it's normal to feel like you're telling yourself lies, but with time and dedication to the practice, you'll start believing what you're saying!**
- **Exercising your mind will help you build a strong foundation for a more confident mindset.** Use your journal to write down how you want to feel. You can also use journaling to reframe your negative thoughts into positive ones. Write your feelings about bad situations, and how you want to improve that limiting belief that you have about yourself or your life.

5. Achieve a Goal!

Sometimes we have to push ourselves beyond our comfort zone for recognizing the fact that we are actually more fabulous than we give ourselves credit for.

- **The best way to achieve our goals is to break them down into smaller ones that are easier to work toward.** This way, if your dreams are big, as I hope they are, if you keep accomplishing small consistent goals toward your big goals, you'll build confidence along the way. The more you feel like you're accomplishing things; the more confidence you'll have!

If your dream is to own an online business, buy a holiday home in Hawaii, get the next promotion or climb the highest mountain... set yourself some targets to work towards in the direction of your major goal, and monitor your progress toward those targets.

- **Average thinking and average actions lead to average results, they also lead to average levels of confidence.** Nothing will change and you won't achieve your big goals if you don't work toward the smaller ones.
- **When you set big goals and take massive action, you feel in control of your life!** Imagine setting a big goal and going above and beyond the activity requirements to ensure that goal is reached. Imagine how good that would feel?
- **Never forget that, small goals, weak effort, and mediocre results won't result in high levels of self-confidence.** So, set your sights higher, think big and act boldly.

6. Let go of other's opinions of you

In life, there's always going to be people that tell you that you cannot achieve your goals. Surround yourself with people who believe in you, and ignore the rest.

- **Accept that not everyone will like you, and that's like you, and that's OKAY.** There will be times in your life where you are rejected. What people think of you cannot stop you from achieving your goals, unless you allow it.

Everyday people change the world against the odds. Everyday people achieve things that they were told could not be done or were impossible. Everyday people beat the system and march to the beat of their own drums, and guess what? They're happier & more confident because of it.

Living in the perception of other people's standards makes us feel inauthentic, never enough and leads to a drained sense of self-worth, and low self-confidence. So let it go, and set yourself FREE!



7 •

Love Yourself & Be Brave



Give yourself credit for what you are instead of discrediting yourself for what you aren't. Be kind to yourself, devote time and energy to nurturing yourself.

- Too many people are derailed by self-doubt, and not by failure.
- Too many people give up because they are afraid of failing. They quit before they even get to the part where they might fail.
- **Even if you feel overwhelmed by the goals that you've set yourself, rest assured that you're on your way.** This is tough, but it's in these moments that those who will rise to the top emerge.
- **Every single successful person on the planet has experienced these dark moments.** Every single one of them has been afraid and has suffered from self-doubt.
- **At times like these you have to look within and draw upon your inner strength.** Be relentless in your pursuits, and trust that you have everything you need to achieve your unique dreams.

At the end of the day, it's up to you to get things done.



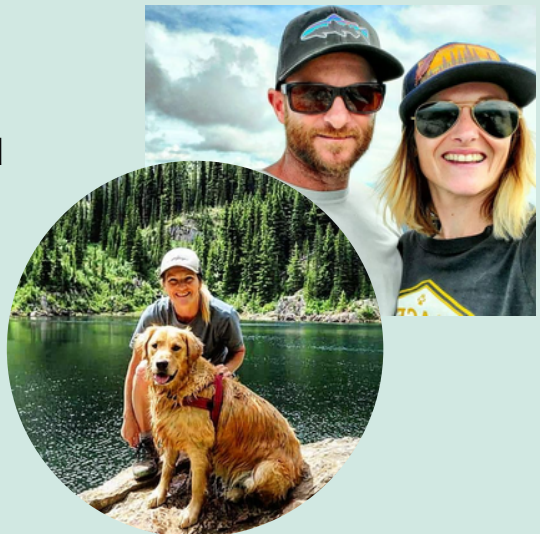


More About the Author...

Anick has an Integrative Nutrition Health Coach Diploma. Over the last 3 years, Anick has been coaching and empowering women to lead a life they love.

Anick now coaches' individuals one-on-one, runs workshops and events, and helps women to create a thriving Health and Wellness business.

Anick is from Montréal, but now lives in the Pacific Northwest with her husband and dog. She is fluent in French and English. She's mountain-obsessed and believes that healthy living shouldn't be complicated.



**Are you ready to take the next
steps in your journey to
confidence?**

You can access more useful tools and
empowering stories on my blog at
healthynorthadventure.com

Check it out now!

You're also invited to join my incredibly
empowering Facebook group!

“The empowerment Project Co”

Make sure to connect on Instagram at

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Thanks,

-Anick