

7 Minutes to Confidence and Calm, with Kate Heartsong

Participant's Guide

Welcome, I'm Kate Heartsong, your Confidence Coach! You are about to discover, during this seven minute empowering guided meditation, just how easy and quick it is to uplift yourself and gain confidence. Really! And you'll also feel calmer and experience a sense of well-being. How's that for some awesome benefits?! First, though, go ahead and read the rest of this PDF file and follow the simple instructions. They'll be important to do for the meditation.

You CAN Shift to Feeling Empowered!

You, like many people, may be worried and/or feel anxious, frustrated or unhappy some or most of the time. You may not have much self-confidence or maybe you (falsely) believe there's not much about you to like or love. Perhaps you may just not realize the amazing, wonderful and unique person you really are.

Well, I'm here to inspire you, so that you become empowered to realize that you ARE amazing and wonderful, and that there IS much to like and love about you!

Even though I don't know you personally, I DO know that:

- you have an amazing unique combination of gifts and skills that only you can offer
- you're doing the best you can and that IS good enough
- you deserve to know and fully believe that you ARE likable – in fact – lovable!
- it's entirely possible for you to increase your self-confidence and know you have great value

How do I know these things? Because I used to have no self-confidence and I didn't like myself at all. Thankfully I've transcended all that! I remember, though, what it was like way back many years ago, when I used to feel unhappy and anxious most of the time. Over time though, I've become confident and have come to like (and love) myself more and more. I did this through using effective tools, such as guided meditations, taking transformative workshops, meditating, and various other techniques. To this day, I still regularly use these and teach these to my clients and audiences.

I'm passionate about empowering you because "I've been there, done that", so I know and understand how you feel. It's possible to raise your self-esteem and confidence; I'm living proof! Hey, that's why I'm known as the "Confidence Coach"!

So, in this seven minute guided meditation, you'll experience an important step towards building your confidence. This tool is acknowledging yourself for all the good that you do and that you are.

Remember, we all have to start somewhere to get to where we want to go, right? So, I want to congratulate you for having the courage to listening to this guided meditation.

You'll be tickled pink by how short a time it takes to feel better about yourself, and when you do this regularly, you'll continually build your self-confidence!

Sounds like something you want to have? Well then, let's get started!

Here are 5 Simple Steps for You:

Step 1. Let's briefly look at this whole idea of self-acknowledgement. Did you know there are many things you can acknowledge yourself for? Here are some examples:

You're there for a friend in need

You regularly cook for your family

You show up for work even though you don't like the job

You're on time with your appointments

You graduated from high school, college or grad school

You received a promotion at work

You take personal development workshops

You're reliable

You're an excellent gardener, artist, home maker, musician, cook, or.....

Did you notice that some of these examples are what you might call "small" things? Yes! Know these are equally important as the "big" things like college graduation or promotions.

Step 2. Next, on the following lines, write down 3 to 5 things for which you can acknowledge yourself. They can include anything at all, including what's listed in the above examples.

Step 3. From this list, pick one now. This will be the one you'll focus on during the guided meditation.

Step 4. On the space provided below, write down one to three emotions or feelings that describe how you're feeling right now. Examples are: anxious, tired, positive, uneasy, unhappy, excited, happy. Be honest with yourself! And know this won't be seen by anybody; it's just for you.

Step 5. Now, get ready to listen to the uplifting and beneficial guided meditation, by reading the following:

a. Remember the one thing you picked out that you're going to acknowledge yourself for during the meditation.

b. Intentions are powerful ways to make something even more effective, especially when done with sincerity. So, go ahead, either out loud or to yourself, say the following intention:

"I'm willing to believe it's absolutely ok for me to acknowledge and appreciate myself and to be confident and calm."

c. While listening to this meditation, remember that it's more effective to feel the feeling of acknowledging yourself – not just thinking it. Really experience the deep appreciation for what you're acknowledging yourself for. The more you feel it, the better the results will be for you.

d. From time to time during this meditation, you'll hear some pauses from my talking. This is to give you a chance to "absorb" and to more deeply experience self-appreciation.

Step 6. NOTE! This step #6 is to be completed AFTER you finish the meditation. You'll receive more benefit when you come back to this step #6 AFTER the meditation, and do the following:

Write down one to three emotions or feelings that describe how you're feeling right now, after the meditation. Be honest with yourself! Know this won't be seen by anybody; it's just for you.

(To come back to this PDF after the meditation, so you complete step #6, simply click on the blue-colored words that say "7 Minutes to Confidence and Calm PDF".)

Now, compare how you feel before, then after the meditation. You're feeling calmer, right!?

You can do this meditation anytime you want! Take it to the bathroom stall on a hectic work day, use it at home, or take a quick break from your chores. And remember also to acknowledge yourself.

Also, remember the more you use this meditation, the more you build your confidence.

Now, Let's Begin the Meditation

Get into a comfortable position in your chair and keep both feet on the ground and arms uncrossed.

Next, click on your browser's back arrow key to get back to the MP3 meditation (this is on the free gift page you started at).

You're on your way to more confidence and calm!