



confidence

week #15

song: *The World Is Mine* – David Guetta

confidence (noun: own it)

- a feeling or consciousness of one's own power
- faith or belief that one will act in a right, proper or effective way

assurance, boldness, brashness, certainty, cool, courage, daring, determination, fearlessness, fortitude, heart, praise, presumption, reliance, spirit, spunk, tenacity

“Be who you are and say what you feel because those who mind don't matter and those who matter don't mind”

-Dr. Seuss

Intention manifests destiny; you've read this here many times before. According to this statement, you'd better have plenty of confidence tucked into your intention!

Your life will follow the path that you chose to take. Your eyes will see what you give access to. Invent the person you want to become, and trust your feet to take you there. Your confidence will indicate faith in yourself as you walk without conceit or arrogance. Exhale and brace yourself with each transition, and move with easy coolness into your next adventure.

“If you don't believe in yourself, then who will believe in you?”

-Michael Korda

ACTION: This week, celebrate the power of Now. Confidently trust the decisions that have brought you to this very moment. Remember that positive thoughts will increase basic health, vitality and stability even down to our body's cellular level. If you find yourself in a moment of doubt, actively turn the thought into something positive and affirming to help you move forward.



In your Hip Hinge, plant your foot firmly on the earth and root down like a tree. Hinge forward with confidence; strong solid and balanced.

April Color: Cayenne

The color for the month of April is Cayenne. Using this color in your life will inspire courageous nature and fearlessness.

- Expanding
- Enterprising
- Vitalizing

April Chakra: Root

The Sanskrit name for the root chakra is Muladhara which means “root support”. In this energy center you build the supporting structure for your journey ahead. When balanced, the 1st chakra will help you remain confident and strong.