



NEXT LEVEL CONFIDENT PRESENTS

THE 10 DAY CONFIDENCE CHALLENGE

Are you ready to step outside of your comfort zone?



THE INTRO:

According to Merriam-Webster, **the definition of Confident is:** "Full of conviction; Certain. Having or showing Assurance and Self-Reliance". If you're reading this right now, I'm going to assume that you're wanting to be a bolder, more self-assured version of yourself. You want people to look at & be like, "Dang, she's a confident, powerful woman! I want to be fearless like her!"

Well you've come to the right place, my friend. Over the next 10 days, I, Janelle Lynnae, am going to ask you to do things that make you uncomfortable in order to stretch you.

It's your choice how far outside your comfort zone you're willing to go. You can easily go through the motions of this challenge and do the bare minimum. In that scenario, you'd likely finish this challenge thinking, "Well, that was easy & a waste of my time".

Or, you can show up fully & powerfully for these 10 days, and decide to let this challenge change the way you show up in the world. In this scenario, you'll finish the challenge and be like, "Woah. I already feel more confident, assertive, and freer than ever! I'm going to keep doing this stuff in my life every day!" So you see, the choice is yours.

Decide right now that you're going to let this challenge change your life forever.

The challenges start out easier and get more challenging as the 10 days go along. If for any reason you can't do the given challenge on that specific day, you may switch days. But please do not skip a single one of these challenges. If there's one that feels too hard for you, ask yourself why that one is triggering you. Press into the fear. Do it afraid.

Please document your journey! Post on social media & **tag #NextLevelConfident** or tag @janelle_lynnae to share with me & your audience what you're learning & how you're growing!

You may want to print this out & hang it somewhere to remind yourself along the way. Put a checkmark in the box each day after you complete your challenge. I mean who doesn't love the feeling of accomplishment as you check it off your list??

Are you ready to get started? **Today is Day 1.** Don't you dare wait til tomorrow to start. You are a TODAY woman! You take action on your life RIGHT NOW. **Go do challenge Day 1 right now.**

YOU'VE GOT THIS, ROCKSTAR. 

Day 1

Power posing raises your power hormone- testosterone- and lowers your stress hormone - cortisol. Google "Ted Talk about power posing" if you really want to learn about it. Stand in a power pose (hands on hips or arms raised high in the air) for 2 minutes in the mirror. Turn on your favorite song. Maybe even dance a little bit! Set a timer. Smile! Have fun with it! Notice how powerful, free, and swaggy you feel after? I suggest starting every day like this.



Day 2

Reach out to someone from your past that you haven't talked to in years, that would be very surprised to hear from you. Ask how he or she is & find out what they're up to these days? Don't apologize or say "this is weird" when you reach out. Simply say, "you popped in my mind today so I thought I'd see how you're doing!" The purpose of this exercise is to get used to reaching out to random people, initiating conversation, and asking questions. That makes you a leader.



Day 3

Today, I want you to wear a bold lip color, leather pants, winged eyeliner, or animal print in public- something a little extra ballzy for you! Or, you could wear something in your closet that is scary for you to wear in public that's been hanging there for forever because you keep waiting for the right moment or occasion to wear it. Or it's "too tight" on you til you lose the weight. Nope - ROCK IT. And don't tell anyone. Just see who notices. And if you get a compliment, don't try to deny the compliment. Simply respond, "Thank you so much!" with a huge smile on your face.



Day 4

Pull out your journal or go buy one if you don't have one yet. Journal 10+ things you love about yourself. 7 qualities should be inside, 3 should be outside. Then, write out 5 things that you wish you were true about yourself that *aren't yet true* by writing "I am ____". For example: "I am a timely person!" even though right now you're always late. Hang those 5 "I am" sentences at your desk or in your mirror so you see them every day. Repeat the I am sentences every day. Watch them become true of you over time.



Day 5

Say no to someone or something today that you would usually mindlessly say yes to. Maybe it's saying "no" to immediately changing your schedule around for someone who last minute asks you to. Maybe it's as simple as saying no to checking your texts & emails for a few hours while you focus on your work or workout. This can be done with respect & love while also being firm & setting that clear boundary. Don't go back on your no. Stand firm. How does it feel saying no?



YOU'RE HALFWAY THERE, YAY!

Day 6

Have a conversation with a stranger that you normally wouldn't talk to. It could be a cashier at the grocery store, the person sitting next to you on the bus, a homeless person, or a quiet coworker you've never said more than 2 words to. Initiate the conversation yourself. Look him or her directly in the eye as much as possible. Ask him or her genuinely how he or she is doing. Ask "What's the best part of your week so far?" Listen intently. Do not rush this convo. Love on this person hard core.



Day 7

Watch a YouTube video, listen to a podcast or read an article about a taboo topic that interests you but feels strange to actually learn more about. This should be a topic that feels personal & vulnerable for you to face. It could be learning how to have better sex with your partner, how to get wealthy even though you're broke right now, how to recover from a mental health challenge you've never been willing to face.. etc. It should feel slightly uncomfortable to press into this topic that you've been avoiding. Press in. You are no longer avoiding that topic. You face it head on.



Day 8

Say yes to something or someone you would previously never say yes to. Something that scares the crap out of you. Often these are social situations. Ask your coworkers if you can join them for happy hour. Ask your boss for that raise & tell him or her why you deserve it. Maybe it's as simple as telling your significant other some scary emotions or thoughts you've never shared before. Text that awesome gal you met in passing 6 months ago & ask her to dinner. Say yes to something you've wanted to say yes to for the longest time but you've avoided it. Today you say yes.



Day 9

Go do something you'd normally do with a friend or significant other completely by yourself. Go to a movie theater by yourself. Go to a cocktail bar for a glass of wine without your phone, sit at the bar & chat with the bartender. Try out a new workout class by yourself. Go to a nice sit down restaurant by yourself, leave your phone in the car. Whatever you pick should feel uncomfortable. Don't choose something easy. & don't use your phone to make it feel less awkward. Be present. No one thinks you're weird. Repeat your 5 I am sentences from Day 4. You are adventurous, girl friend!!!



Day 10

Grab your journal again! It's time for you to reflect upon the last 9 days of your life. Answer these questions: Which challenge was the most uncomfortable for me & why? How can I implement more of that in my life & why would it be good for me to do more of that? What are 5 things I learned about myself, life, or confidence during this challenge?

Then, I want you to tell a loved one what you wrote above. Your significant other, your best friend, your mom, your coworker. Vulnerably explain why growing in your confidence matters to you.



YOU'RE DONE, AMAZING WORK!



Next Level to your confidence growth: **The Confidence Journal**