

TIPS AND TRICK TO EXPERIENCING **KILLER CONFIDENCE** ANYTIME ... ANYWHERE!!!



with Kyla Tustin
Your Power Centre

CHANGE THE WAY
YOU FEEL

CREATE A LIFE YOU
LOVE



Kyla Tustin, Coach + Healer ...

"Changing the way you feel...today!"

Kyla is a passionate, authentic and uplifting Facilitator of Change, Author and Energy Coach.

Her mission in life is to make a difference in the world by reawakening self love and confidence, within each of us *"changing how we think and feel about ourselves, our relationships, our pasts and our lives."*

Whether presenting to students, Senior Management teams or coaching and healing one on one, Kyla support's her audience to go within, release stress, anxiety and overwhelm and *"change how you think and feel"* within yourself. Through her unique blend of inspiration, intuitive insight, knowledge and practical experience direct from the heart, Kyla ensures you will walk away from an experience with her feeling changed, having gained clarity, passion and purpose and ready to create a life you love.

A decade of International Coaching, Consulting, Facilitating and Energy Management experience, spanning across Investment Banking, Financial Services, Media and the Health and Wellbeing industries, means Kyla deeply understands people, the human psyche and the impact low self esteem, stress, anxiety and imbalances can have on our lives.

She has worked with hundreds of clients and businesses supporting them through all forms of stress and change and believes passionately in the power of empowering, motivating and inspiring you from within. A wellness industry expert on self love, confidence and finding your unique level of work and life balance, Kyla has been featured and quoted in Good Health, Cosmopolitan and the Northern Beaches Manly Daily.

Kyla's offers one on one sessions, online programs and group workshops for adults, children, teenagers and corporate businesses. She runs her practice from a tranquil location in Mosman on Sydney's North Shore and also provides remote and online sessions for clients living outside Sydney and Australia via Skype, email and telephone.

"I believe we can all re-learn to love & accept ourselves, by choosing to go within, to clear the inner clutter, let go of the past, including sabotaging beliefs, & step into our full potential choosing to live & experience our best life every day."

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WHAT IS CONFIDENCE?

BEING CONFIDENT & FREE TO BE ME ... OR YOU!!!

Confidence is the feeling of being capable, of knowing yourself and honouring who you are completely. I will let you in on a little secret though ... Did you know that confidence is also a set of skills that can be learned by anyone? Yep, that's right even you!

Growing up in this crazy competitive world our confidence can sometimes take a bit of a hit. You may have spent your life trying to be like everyone else, you may have experienced rejection, made a few mistakes you haven't completely forgiven yourselves for or you may have been teased or bullied for saying how you feel or voicing what you believe in.

What I have found is that the creation of confidence in our life takes a little commitment and an even greater level of self awareness. Self awareness helps you to be comfortable being our self. It teaches you to understand how your thoughts, patterns, behaviours and feelings may be negatively impacting your attitude towards yourself, your life and your relationships.

There are also many negative thinking styles and draining emotions which create fear and deplete your confidence within certain areas of your life. The best way to overcome these is to identify what negative patterns are in your life and work to eliminate these. You can use a huge number of ways to release these patterns in your life, a few of my favourites which I work with on myself and with clients are coaching strategies, Soul Journeys, Energy Healing and Psych-K processes, and in this pack you will find plenty to enjoy.

EXERCISE:

Let's begin your journey by figuring out where you want to go

(ps. Don't forget to word it like if you are already there, 1st person, present tense "I am")

My CONFIDENCE GOAL

Some tips to get you started ...

What will you do when you feel totally confident?

How will you know you are there? What will it feel like?

What will be different? What will you be saying to yourself? What will others be saying to you? What else will you feel?



**CLICK this image
& check out
your YouTube
Killer
Confidence Intro**

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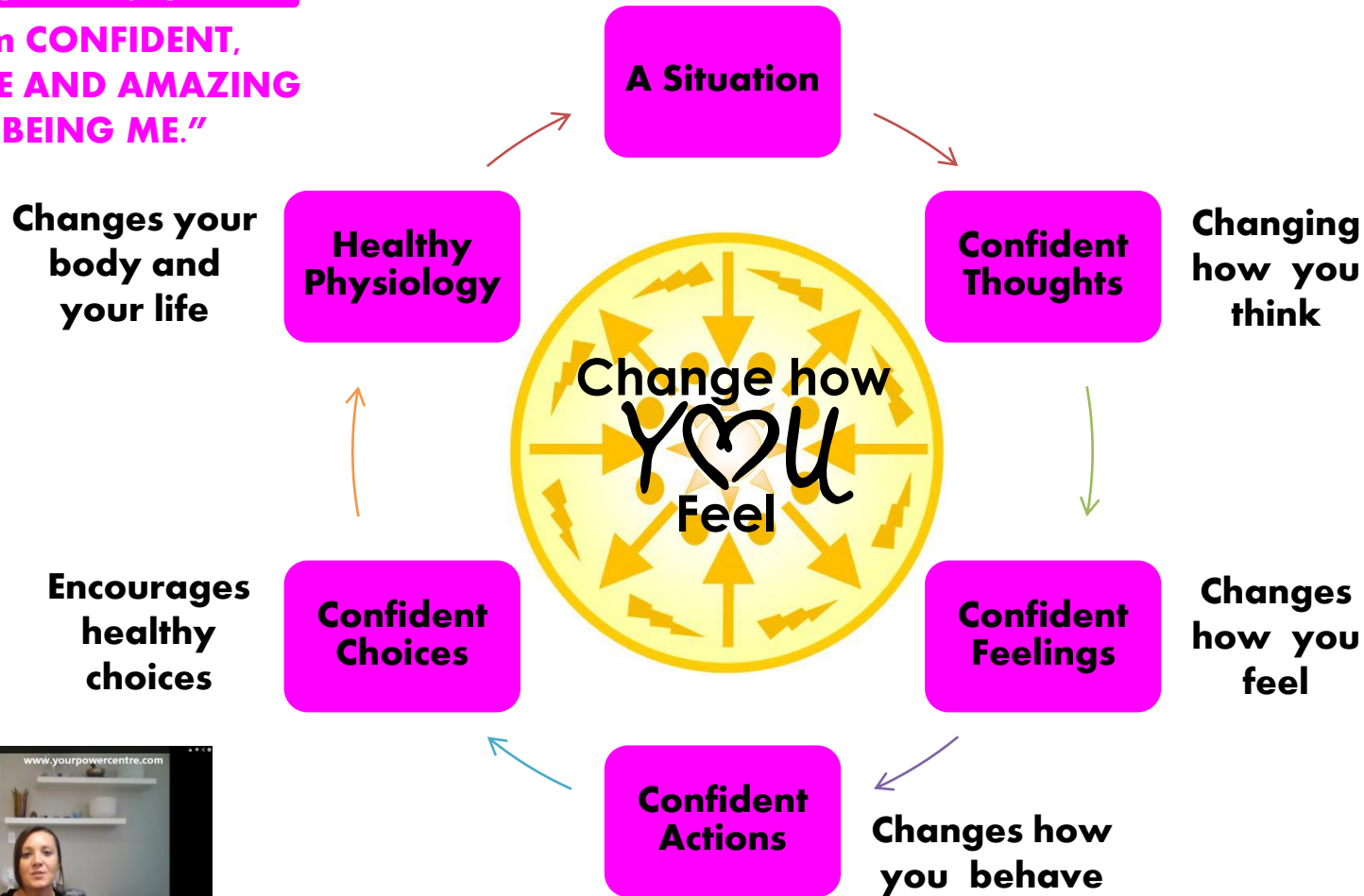
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WHAT CREATES KILLER CONFIDENCE?

Your Affirmation

**"I am CONFIDENT,
CAPABLE AND AMAZING
AT BEING ME."**



[CLICK](#) this image for a YouTube video explaining how this cycle works in your life

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WHERE AM I LACKING KILLER CONFIDENCE?

Let's begin to understand in what areas of your life you may be lacking confidence .. Starting with a **Confidence Quiz**

Statement	Yes	No
I like myself.		
I care and look after myself the way I do for other people.		
I believe I am enough.		
My life experience has led me to appreciate myself.		
I have a balanced view of my qualities and my limitations.		
I believe I am a good person.		
I do not hold unrealistic expectations of myself.		
I believe that I have as much right as anyone else to have good things in life.		
I motivate myself through kindness and not through criticism.		
I see myself as worthwhile.		
I can return goods to a shop without worrying		
I can stand up for my rights and the rights of those I care about		
I feel confident in expressing my views at work or in a social situation		
I have no problem being able to say no to a friend or family member		
I don't feel selfish if I take some time for myself		
I can approach anyone and start making conversation		
I can attend any event without worrying		



Now review your answers, how do you feel your scored? Remember, NO JUDGMENT you are simply becoming more self aware which is critical if you want to create killer confidence in your life. Next, where you have said 'No' and write down a statement that identifies the reasons you believe make this a difficult thing for you to do. Start your sentence with the words "what makes it difficult for me to ..." An example to get you started could be

*"What makes it difficult for me to like myself is that I think I am boring,
I feel I don't achieve enough in life."*

WHY AM I LACKING KILLER CONFIDENCE?

BELIEFS are statements which we believe to be true created from and based upon our past experiences and our environment e.g. you have to work hard to succeed. Our core beliefs are created from experiences in our environment from within the womb and up until the age of about 7 years old. They then continue to rule our subconscious mind, where we most people spend 95% of our day, so unless we become aware of any negative beliefs they may continue to impact our lives without us even knowing it.

the only thing
limiting us in life
is our belief that
there are limits.



**BELIEVE IN YOURSELF ...
CHANGE THE WAY
YOU FEEL**

It is our beliefs which create our reality, our personality and our habitual behaviours and perceptions, including how we see and feel about our self and how we experience the world around us. Therefore, it is our beliefs which create our reactions, feelings and choices in every moment, especially around confidence and even our biology.

To shift your beliefs, and to create positive statements flowing within your sub conscious is to powerfully change how you feel and the experiences within your life. Before we can clear these beliefs we need to unveil which sabotaging beliefs might be ruling your life.

On the next page you will find a list of lots of negative or sabotaging beliefs and I invite you to go through the list and highlight some which sound familiar to you, especially as they relate to your confidence. These might be statements you hear or have heard yourself saying to yourself, to others or things you have heard your parents, friends and other loved ones say to you, or other people in the past, especially when you were a little kid.

You will know which ones you have held onto as when you read them it will jump off the page at you like an old friend or even create an emotional or physical reaction inside. For example I heard a mother say to a child the other day "You are so stupid" this one statement could have had a strong impact on this child, sticking within their sub conscious and they will then grow up believing this to be true which will impact their self esteem and confidence, where as to another child who really believed in themselves may have had no impact at all.

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WHAT BELIEFS ARE BLOCKING MY KILLER CONFIDENCE?

I'm not worth it
I never have any luck
I can't afford it
I can't get close
I can't measure up
I don't belong
I don't deserve it
Nobody likes me
I'm guilty of my success
I'll never make it
I'm not as good as
I'm not enough
I'm not intelligent enough
I'm not loveable
I'm too busy
If I do it I'll be outcast
It is never a good time
People will hurt me
Failure is unacceptable
I can't have what they have
I'm afraid of feeling stupid
I work best under pressure
People will be jealous of me
People will undermine me

I am not allowed to honour my needs first
I am embarrassed to be really successful
If other's don't agree with me then I must be wrong
No one knows how to support me
Everything is bad, everything is wrong
People will always take advantage of me
People will be judgemental of me
I can't do it as well as others can
It must be about me
If I am successful then others will try and cut me down
I don't have time
I have to do it all by myself
I must have done something to deserve it
I'll never amount to anything
I will wait until I have it all first, then I can be happy
I am jealous of other's success
I'm not smart enough
It's all my fault
There's not enough to go around
It has to be perfect or it's just not good enough
I am wrong/bad if I make a mistake
It is safer to be unnoticed/blend in
If other's don't approve of me then I don't belong
I won't try because I have failed so many times

confidence



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BELIEVING IN MY OWN KILLER CONFIDENCE

Now that you have identified which sabotaging beliefs are ruling your life, and preventing you from feeling confidence anytime, anywhere ... we are going to choose the no.1 belief you feel is killing your CONFIDENCE.

There may be more than one you need to work on but let's start at the beginning and focus on the one which screams off the page at you so we can work on challenging it and changing it. Energy and belief work to powerfully release the hold these beliefs have you on by replacing them with more positive beliefs so you can start creating your life aligned with where you want to go instead.

Today we are going to work to re-write your belief into a positive statement, and then choose a powerful daily success strategy to act upon this belief to reinforce it so that you can feel strong, confidence and empowered as you take this new action. If you decide you want to go a little deeper in clearing this belief permanently then you may want to get in touch to book in a session or enJOY this [YouTube exercise](#) I have specially created just for this.

My core negative belief: _____

My new positive belief: _____

My killer confidence action: _____

FINDING MY EARLY WARNING SIGNS!

To continue along your road to killer confidence you need to be able to recognise the signs and symptoms of poor confidence in your life. This opens the door to self awareness and supports you to understand what your feelings and body are telling you.

Some of these signs can include:

- Stomach upsets
- Lack of enthusiasm
- Headaches
- Significant weight loss or gain
- Poor concentration
- A poor opinion of self
- Avoids people and situations
- Saying 'yes' to everyone all the time
- Wishing life was different but doing nothing about changing it
- Guilt
- Anger
- Shame
- Anxiety
- Tension
- Tiredness
- Feelings of fear
- Not speaking up



The theory behind this is that if you recognize three or more of the above symptoms or behaviours then it is likely you are lacking in confidence in certain areas of your life. My guess is that if you have made it here you already know you lack confidence, so you can use these early warning signs to begin to get back on course and to acknowledge they are a message that there is something you need to look into and discover about yourself.

All of these signs are opportunities to embrace change, to stop making excuses, stop blaming others for your life and to STEP up, take risks and know you are worth fighting for. The fear you feel is only showing you how important it is for you to finally step up. Each sign may be telling you very different things and so if you know there is a pattern in your life STEP UP today, practice more of these exercises or call me so we can create a personalised KILLER CONFIDENCE strategy just for you.

Daily Check In

"In this moment are my actions, thoughts, behaviours in alignment with my CONFIDENCE goal?"

Answer:

No

1. **Feel how you feel**
2. **How can I get on track**
3. **Time to Take Action**

Yes

1. **Feel how you feel**
2. **Congratulations!!**
3. **Praise yourself**

To release the energy of feelings and unpleasant experiences from our body its important that we acknowledge these feelings. To do this simply ask yourself "how does this make me feel", then sit with it for a moment, especially if the answer is NO and it feels a little uncomfortable. Letting this go will prevent old behaviours from creeping in again. Remember there are no GOOD or BAD emotions they simply are.

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FEELING KILLER CONFIDENCE ANYTIMEANYWHERE?

Strut your stuff and OWN ANY ROOM - Asking with Confidence

I find most clients feel most out of place in new social situations, public speaking, interviews or anywhere they feel they might be judged by being themselves. However, when we feel prepared and confident, we really can talk to anyone, anywhere.

One way to overcome nerves when faced with a new social or work environment is to plan some OPEN (what, where, how, when, why) questions.

Often the fear we feel is that we fear will have nothing of value to contribute. The reality is that killer confidence starts with feeling prepared and creating the right questions to open up an active conversation with anyone.

Even though it might feel a little silly the best way to do this is to plan beforehand some OPEN questions you could ask people. Begin by thinking about the type of event you are going to and the people that will be there e.g. work drinks.

Then create some questions around different areas e.g. work, personal relationships, hobbies or outside interests before you get there so that you feel ready to strut your stuff and walk your talk (or questions), when you arrive. The one thing you can totally rely on is that most people given the chance actually LOVE to talk about themselves xx



Listening Confidently

To be seen as a confident person, it is important to develop good listening skills.

Showing an interest in others gives the impression of confidence and makes them feel good as well so they walk away remembering how great you are.

Often when we feel anxious in unfamiliar social events or work meetings we are so focused on our own behaviour, and not embarrassing ourselves, that we forget to really be present and listen.

So our next tip to owning a room ... Being a good listener. Focus on the present moment and what others are saying and remain actively engaged in the conversation and notice how much easier things feel.

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LOOKING CONFIDENT.... ANYTIMEANYWHERE?

Strut your stuff and OWN ANY ROOM

Looking Confident

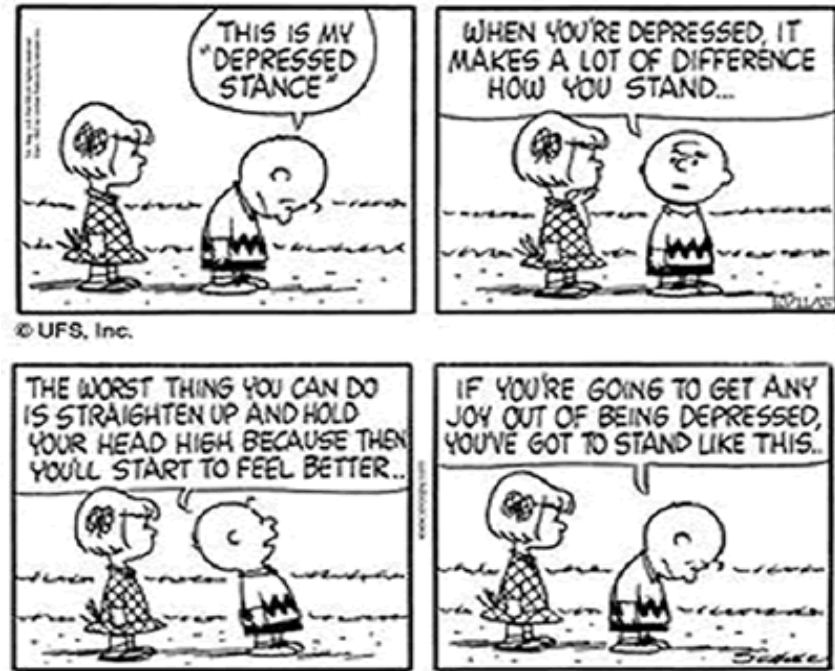
When it comes to first impressions we are initially influenced by an individual's body language (55%), voice tone and pitch (38%) and words (only 7%). Therefore to own a room confidently, especially when giving a presentation or in a meeting, it's valuable to know some killer confidence body language skills.

You may begin by starting to notice how people you perceive as powerful and confident stand and then "fake it till you make it" by CREATING your own personal confidence strut.

Also practice standing tall, holding your head up, looking people in the eyes (the best is between 60-70% of the time otherwise it gets a bit creepy), don't forget to smile, and even enjoy yourself as you step into this playfully and embrace your own killer confidence from within.

And most importantly ... Don't forget to breathe. We need air to think straight and so if you are someone who holds your breath when you are nervous definitely practice some deep belly breathing before you step out into a crowd.

When it comes to confidence and body language its super important you remain comfortable within yourself and so at the beginning practise these body language skills at times where you feel more at ease(e.g. with your friends). And if looking people in the eyes feels weird at first, make eye contact and then move your gaze a little to the right or left of them. This gives the impression of eye contact but eases some of the discomfort.



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BOOSTING CONFIDENCE WITH OPTIMISM EVERYDAY ...

3 GOOD things a DAY!

Over the next 2 weeks I am inviting you to work to reduce the impact pessimism has on your life and on confidence by using an optimism creation exercise.

Not only does optimism improve your confidence levels, studies have shown that optimists live longer (up to 9 years), achieve more, suffer from less depression and recover more quickly from illness. With this simple two week exercise you can improve your mood elevation by over 60%.

All you have to do is ...

- Purchase a journal or notepad.
- Record EVERYDAY for two weeks, 3 good things that happen to you and support you to feel good on the inside.
- Then write what it is about these experiences that felt good and supported you to step into killer confidence, by simply being yourself

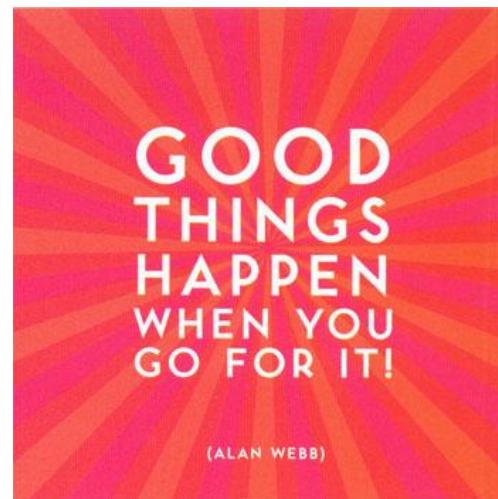
Remember these positive acts doesn't have to be a massive achievements something as simple as choosing a healthy food option for lunch, speaking your mind, remembering how to do a task for work or school or having someone smile at you as you walk past them can support you to feel good and allow even more confidence to flow into your life.

This exercise is simply aimed at focusing on the good things in life, rather than everything we think we did wrong or imperfectly to boost your confidence and awaken your power within.

And if you are feeling SUPER confident why not post your good things on my [Your Power Centre facebook page](#) and support others to create killer confidence in their life.



Sick of reading ... [CLICK this image to check out this exercise in YouTube](#)



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SET YOUR KILLER CONFIDENT SELF FREE TODAY!



Thank you for taking this **CONFIDENCE** journey
with me and I look forward to meeting your
KILLER CONFIDENT self again very soon

Are you ready to set
yourself free and take
your **CONFIDENCE** to
the next level ...

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