5 Daily Practices
For Believing In Yourself

Confidence is so often a process. From one year to the next, we ride the wave, adjusting to the endless changes in our lives, always trying to stay grounded, be positive, and feel good… but it's a struggle at times. That's why I wanted to share some great practices you can add to your daily schedule to keep your confidence (and your energy) strong through the ups and the downs. They're all quick but important ways to take time for yourself. To start pick one, see how that goes for a month or so, then add another, and so on, until you find your perfect combination.

1. Wake up to gratitude.

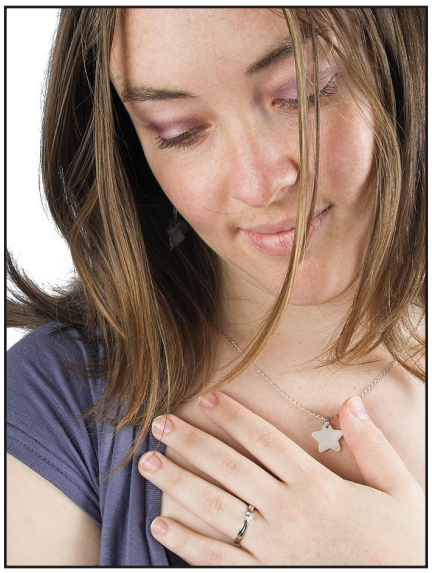
What's the first thing you think of when you open your eyes… Whether or not you feel rested? What you have to do that day? How your breath smells? The reality is, most of us start stockpiling stress before we even get out of bed! What if we all took a cue from Louise Hay, bestselling author of You Can Heal Your Life, and start our days feeling grateful for the parts of your life that are working? Whether it's something simple like your insanely comfortable bed or something else like your incredibly happy marriage, the idea is to start your day feeling grateful. Why not give it a try tomorrow when you first wake up, making a point of acknowledging all the good things in your life—and then do some tapping to get that positive energy into your body!

2. Greet yourself face to face.

Want to feel more confident? Try this practice daily for at least 30 days, you'll be amazed by the difference it can make! Just go to a nearby mirror and look yourself in the eye while congratulating yourself out loud on the high points and successes of your day. No matter how big or small, praise yourself on all the positive things you accomplished, whether it was not getting stressed out in rush hour traffic, going for a run, or sharing your ideas during a meeting at work.

Most people feel uncomfortable doing this at first, and many are also surprised by how emotional this practice can be. It's a good idea to find a place where you feel safe and where you won't be interrupted, and of course, be sure to do tapping afterward (or during) on any emotions that come up! Tapping while you're looking at yourself in the mirror and facing that discomfort can be a liberating process!

3. Tap in your affirmations. Lots of them.



Ever noticed how many times you criticize yourself? Maybe you say something you regret to your boss or client, and then replay that moment in your head, what, two, maybe three hundred times in a single day? Then you faithfully do your affirmations once during that same day, if you're lucky.

Seems like an unfair fight, doesn't it? Almost like it's rigged so your critical inner voice wins every time?

Instead of just saying your affirmations, do your tapping while you say your affirmations. They'll work best if you tap first on your stress, and clear that negative energy before trying to introduce your positive affirmations, but either way, adding tapping can help to root positive energy and thoughts in your mind and body. It's a much faster way of overcoming all that negative self-talk!

4. Release stress throughout your day.

Whether it's lack of sleep, rush hour traffic or getting your kids to school on time, stress is an unavoidable part of life. The key is to make sure it doesn't build up throughout your day. The good news? There are so many great ways to release stress these days, from tapping (my personal favorite) to yoga, meditation, exercise, you name it! Whichever has become your "go to" form of stress relief, take time to tap before you start. You'll help to lower your cortisol levels, and make all your other stress relief practices that much more effective. And if you consistently take tapping breaks throughout your day, you'll find you're a lot calmer during your busy days, and in the evenings.

5. Your health is everything.

I've been fortunate to get to know some amazing people through tapping, and one of my favorite has to be Kris Carr, a client and close personal friend. As the bestselling author of Crazy Sexy Diet, and producer of the amazingly inspiring documentary Crazy Sexy Cancer, Kris is a constant reminder of the importance of staying healthy, eating lots of fresh produce and making exercise non-negotiable. They're crucial ways to increase your energy and focus, and live a bigger, better life. If that's not abundance exemplified, I don't know what is!

An easy addition to your diet that is incredibly powerful? Juices and smoothies. Pick up a copy of Kris' book, "**Crazy Sexy Juices and Smoothies**" and get started today!

I have some sort of juice or smoothie EVERY day and it makes an incredible difference in my health, energy levels and more.