

**3 Simple  
Daily Habits**  
that Increase Your  
Confidence So You  
Can Show Up As the  
Best Version of  
Yourself for the  
People You Love



*By Confidence Coach Michele Peterson*



**1**

**Power Breaths**

**2**

**Wash Your Face**

**3**

**Affirmations**



# Power Breaths

- *Stand with your legs shoulder-width apart and put your hands on your hips (the "Wonder Woman pose").*
- *Inhale through your nose and gather as much air into your belly as you can.*
- *Hold it for 1-2 seconds and just be present in the moment.*
- *Exhale through your mouth and imagine any negativity, worry, self-doubt, stress, etc. leaving your body along with your breath.*
- *Repeat for a total of 3 power breaths ... or as many more as you like. Breathe power in. Exhale everything that is not serving you.*



# 2

## Wash Your Face

- Wash your face every morning to start the new day with a few moments of self-care ... putting yourself first.
- Apply your face cream with the palms of your hands, gently and lovingly patting your skin like you would a child or other loved one.
- Repeat at night to wash the cares of the day away and to have another few moments of self-care ... because you are worthy of this time of love and attention.



# Affirmations

- Pick 1-3 affirmations or mantras that remind you that you are beautiful, worthy, and deserving of happiness, joy, and success in your life. (Do a Google or Pinterest search for "affirmations for women" for some examples.)
- Say these affirmations daily out loud to yourself while looking in the mirror. (A good time to do this is when you're washing your face each morning and night.)
- Repeat them with conviction until you believe them in both your head and in your heart.

*“The woman who knows she looks good starts feeling better about herself.”*

— Mary Kay Ash

I encourage you to use quality skincare and makeup products as tools to help you build your confidence. Self-care is not selfish ... quite the opposite, in fact. We cannot pour from an empty cup, and so it is up to us to be sure we're refilling our cups daily.

You also are invited to become part of my Mary Kay VIP Community\* by joining my free Facebook group, The Badass Beauties Club. There you'll find inspiration, tips, and special offers you won't find anywhere else.



Hope to see you there, Beautiful!

xoxo, Michele

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[www.michele-peterson.com](http://www.michele-peterson.com)*

*\*As a Mary Kay Independent Beauty Consultant since 2017, I get paid if/when you buy Mary Kay products via [www.marykay.com/michelepeterson](http://www.marykay.com/michelepeterson) or directly through me. Contact me at [michelep.mk@gmail.com](mailto:michelep.mk@gmail.com) to learn more about Mary Kay products or if you're interested in having an income stream like this for yourself.*