

30 DAYS TO A MORE CONFIDENT YOU

- Begin your day by drinking a cup of water with lemon  Drink 7 more throughout the day.
- Look in the mirror and tell yourself **OUT LOUD** 3 things you like that you see.
- Wear an outfit you've always wanted to, but have been too afraid to wear
- SMILE 
- Write down & say out loud 3 things you're grateful for.
- Write down your **BIG** dream (and a realistic first step to achieving it)
- Move your body 
- Devote 15 minutes of your day to something that serves ***EXCLUSIVELY*** you!
- Record your accomplishments & accolades - add these to your arsenal of power.
- Write a manifestation statement - "**I insert name am blank achieving blank...**"
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- Look up when you walk.
- Stop saying sorry for things you don't need to be sorry for.
- Remind yourself how far you've come.
- Write down or say out loud **3 WAYS** you want to feel today.
- Read or listen to an inspirational quote (linked IG here)
- Appoint an accountability partner 
- Make a to-do list of 3 manageable tasks you're guaranteed to complete 
- Tell someone in your circle you're proud of them (**and why.**)
- Listen to music that make you feel like the BEST version of you (**DTC bops Spotify anyone?**)
- Tell yourself why you're proud of **YOU** too!
- Get dressed for the career of your dreams.
- Send goodness to 3 people in your circle.
- Turn a negative into a positive.
- Get outside 
- Say **YES** to **YOU** & your dreams.
- Kindly voice your opinion.
- Compliment a stranger.
- Make eye contact 
- Treat yourself!

THE CHALLENGE

over the next 30 days, implement these small daily steps to a more confident YOU! Complete one daily or make them cumulative - whatever works best for YOU & your dream! Share your success with us by tagging @ditchtheclique on Instagram.