
5 WAYS TO BOOST YOUR CONFIDENCE TODAY!

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Do you find yourself getting freaked out before an audition, an interview, or speaking in public? Heck, do you find yourself getting freaked out before talking to a stranger at a party? Are you overcome with nerves and “what if’s” before you sing/speak in front of a crowd? Guess what... that is totally normal! You are not alone. I for one, have been there! My clients have been there. We’ve ALL been there. BUT, it’s time that we power together and admit we don’t need to be limited by our fears! I’ve put together 5 ways for you to instantly boost your confidence level and get out of your own way. Enjoy!

1. WHAT MAKES YOU AWESOME?

Don't even think of saying nothing! We all have something that makes us awesome, even if it's just that we make an amazing quesadilla! I want you to get down to the nitty gritty. Really get in touch with at least 5 things that make you feel full of energy and bubbly inside. AND I want you to write these things down! All 5 of them. If you have a hard time figuring them out, here's a few questions to ask yourself.

- **What can you think of that you love in a pure uninhibited way?**
- **What are your hobbies?**
- **What do others ask of you? Do you find your friends coming to you for the same favor over and over again?**
- **What do others thank you for? You might not realize that things that are super easy for you, are difficult for others. You have super powers that you are totally unaware of!**

2. RECOGNIZE THAT OTHERS ARE AWESOME (AND NERVOUS) TOO.

This might seem silly. But, when you get down to the heart of why you are struggling with feeling confident, most of the time it's that you feel like you are being judged. If you stop thinking about the fact that other's might be judging you, you will realize that they are probably worried that you are judging them! So - stop worrying about yourself. Make it your absolute #1 goal to figure out what makes everyone else awesome. You'll stop worrying about your own insecurities and have a blast trying to work to connect with people. You'll also see the little light in their eyes jump for joy as you get closer to finding their awesome. This will bring them joy, it will bring you joy, and it will help you to feel more confident because you won't be caught up in your own crazy. (And they might make you a really good quesadilla.)

3. GET PREPARED

Here's the thing, if you don't prepare, YOU SHOULD FEEL NERVOUS! Unless you are thrown into a crazy surprise situation, there are ways that you can prepare to feel on top of your game. Whether you are going to a job interview, an audition, a company party or a school dance. There are a things that you can do to make sure you are in control of the situation. Here's a few to get you started...

Know your material.

Write down everything you know about the situation you are going to head into. If you put it all out of paper (or a computer document), you can see it all in front of you and it is much more manageable than if it's swirling in your head.

Know who you will be dealing with.

We have such a great opportunity for researching people online! If you know you will be working with a specific person... google them!

Wear like you care.

If you feel good in what you are wearing, you will have one less thing to feel insecure about. If you need help finding your own sense of style that you can love - I'm happy to point you toward friends who are great image consultants. I LOVE using my wardrobe as another sense of artistic expression.

Get connected with your goals.

It's hard to feel confident when you don't know where you are going! Write out your goals 1 year from now, 6 months from now, 3 months from now, 1 month from now, and your goals for today!

Arrive Early.

If you are running around like a crazy person before you perform, you'll be setting yourself up for a wreck. Give yourself time! Fred Becker (www.GigsonShips.com) recently told me that you are never on time. You are either early, or late. I love that! It's so true. FYI - I need to work on this one! I'm always saying yes to too much and squishing my commitments together. Try to allow at least 15 minutes more breathing room than you think you need if you are an over committer like me.

4. ACCEPT

Accept the fact that you are struggling with your confidence levels. Don't try and fight it! It will only make it worse. After you've accepted the fact that you are not as confident as you'd like to be, pretend that you love every moment of the awkward. Breathe from way down in your belly and when you exhale – don't just release the air like a deflating balloon. Release the air with purpose. Imagine that you are filling the room up with all sorts of awesome, powerful, amazing, shimmering energy just with the power of your breath! Allow that breath to fill you with awesome as well. Allow it to support you.

Get Up!

If a disaster happens, know that you will recover. It's not how you fall, it's how you get up! I swear to you, some of my best moments have happened because I've tripped or I've had a costume malfunction during an audition. Most people that you encounter or that you perform in front of know that it is DANG HARD to get up on stage in front of a crowd. If something crazy happens, they will have empathy. They will leave remembering the way you handled/got out of a sticky situation, not the situation itself.

Remember how LUCKY you are.

You are a brave human who is sharing their craft. People dream of having the guts to get up and do what you do. Be proud of that!

Love Every Moment.

Love the nerves. Love the crazy of it all. It's a rare and beautiful thing we get to experience when we are sharing our passions with others, be it in a conversation or in front of an audience.

5. DELIVER

There is only one thing you have control of and that is what **you** deliver. Not what anyone else delivers. Stop worrying about the people you meet, work with, or perform in front of.

Moment Before.

Before you head into a meeting, onto the stage, or into the center of the audition room, make a list of 3 technical reminders that will help you in your meeting/song/monologue. This list will be different for each person and different for each piece on which you are working. Before you walk through the door, remind yourself of those 3 techniques. If you are singing, you could say to yourself: *"Breathe from my belly. Drop my jaw. Use vibrato intentionally."* If you are walking into a party you can say to yourself: *"Smile. Keep my chest lifted (I like to call this my sunshine). Listen and actually hear."* Once you remind myself of these things... LET IT GO.

Reconnect with Your Goals.

Right before you sing/speak connect with your goals. If you have a strong story and a strong specific connection to your story, reconnecting with it will help you to focus and honor what and why it is important to you.

Travel with Your Own Mini Stage.

Remember that treating the world as if it's your mini stage and truly giving to others on a day-to-day basis takes ENERGY! If you are not willing to bring it, why are you doing it? Yes, you want to be relaxed and having a great time, but you also want to stay in it. I've seen people who just turn off and tune out. Do not be a tune outer!! Make a commitment to stay in it and then share your awesome gift with those around you!

Take Notes.

Check-in with yourself after a meeting/audition by putting your thoughts into a spreadsheet. Make notes on what you did that was awesome and what you did that could be improved upon. Write down what you wore and who you met so that you can easily remember how it went when you run into those people again. After you've written it all down, LET IT GO! Putting it on a piece of paper or a spreadsheet is big! It helps you to see where you've grown, allows you set clearer goals, and keeps you from doing a guessing game next time you run into someone you "know."

Let It Go!

Above all have a blast! Let yourself go! Really, if you don't find joy in connection with others or performing, it's going to be very difficult to maintain the drive and passion that it takes to build career. If you hold on to the little things that you "messed up" or wish you had done differently, you'll be tormented and then you won't bring your best self to your next piece. Celebrate the awesomeness that is being you as a performer, or an artist pursuing an artistic career.

Celebrate the awesome that is you! Seriously, have a party with it. Invite others to the party and celebrate their awesome! The party potential is there, you've just got to make the first move.

Shimmer and Shine!
Molly 

If you are looking for a boost of Performance Power... sign up for a 1 hour Clarity, Confidence and Joy Breakthrough Session! (via phone or Skype).

More info at www.PersonalPerformancePower.info