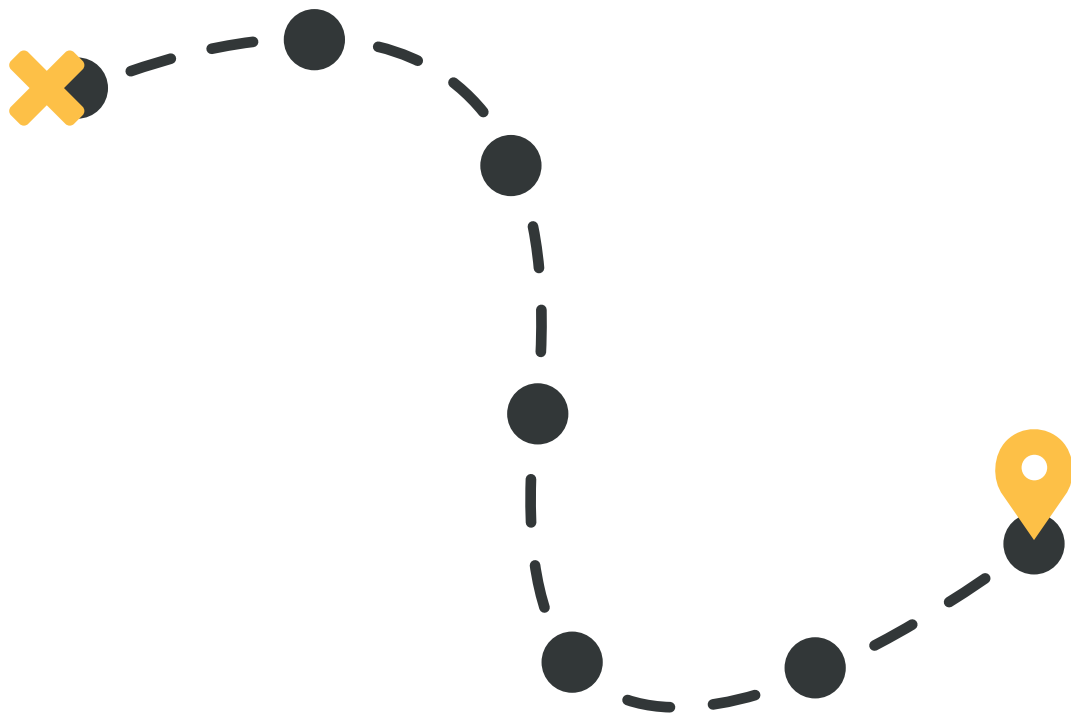
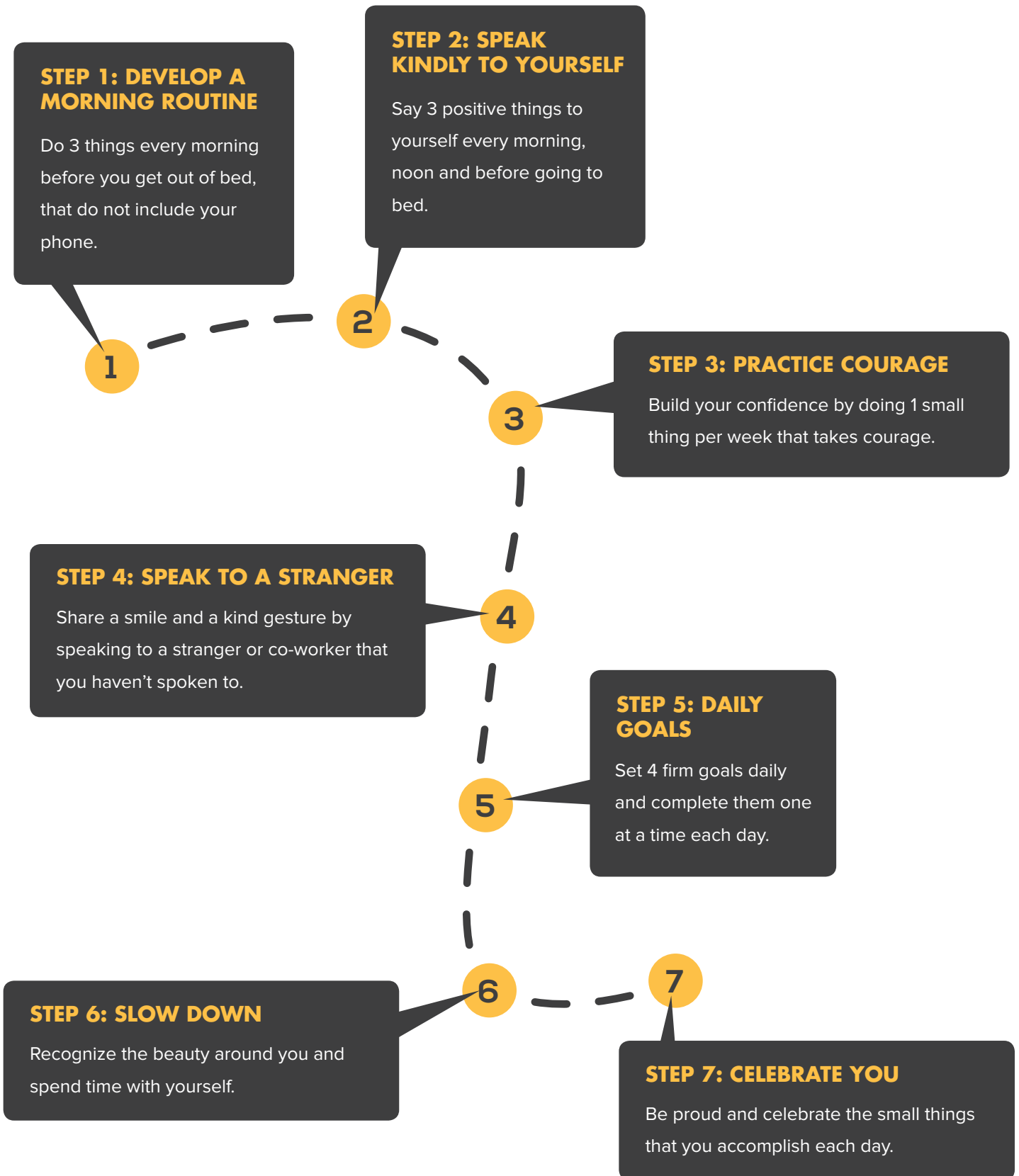


THE
EVERYDAY
Confidence
ROADMAP



DE'ANA **FIERCE**

THE MODELING STANDARD, LLC | THEMODELINGSTANDARD.COM



MISTAKES TO AVOID

MISTAKE #1: COMPARING YOURSELF TO OTHERS





Comparing yourself to someone else is setting your confidence up for failure. Spending countless minutes and hours on social media comparing yourself to someone else does not improve your confidence because you began to think you should be just like them, this isn't true. You are unique to you, there is no one else on this entire planet who is just like you. Comparing yourself to others is a waste of time and energy that you should be using on the most important person, you.

MISTAKE #2: SETTING TOO MANY GOALS

Bombarding yourself with too many goals can be incredibly overwhelming. When you have too many things on your list to do sometimes it leads to actually completing none of them. Don't do this to yourself. Start off with small goals and build them up as you complete each one.

MISTAKE #3: NEGATIVE SELF TALK

The most important voice we hear, is the one we speak to ourselves. Saying negative things to yourself does not create bold confidence. Instead speak positive things to yourself daily and void out all of the negative things that you say to yourself about yourself. Know that you are worthy and you are important. A few examples of these positive comments are:

-  I am amazing
-  I am me
-  I am in control of my thoughts and emotions.
-  I can totally do this!



De'Ana Fierce shares frequently in-depth blog post on improving your confidence every day both off and online. She also speaks to her community through her YouTube channel and helps thousands of everyday people with her weekly emails. She believes it is always the right time for a dance & lip syncing party, sharing motivation is never boring and root beer is the best soft drink ever. Fist bump!

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