



The Confident Woman

Tips To Gaining & Keeping
Your Confidence

Monica Burns-Capers

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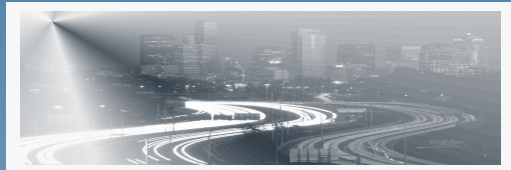


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INTRODUCTION

This booklet was written to assist women who are on journeys towards gaining and keeping confidence in their lives. Either you are seeking to find your way or you know someone who is or you wouldn't be reading this booklet.

Most women feel confident in one area of their lives, but they are lacking the confidence needed to balance in all areas. There should be a balance whether it's Personal or Professional, they both coincide with each other. You are either confident in your life period.....or you have none at all.

This booklet is written to perhaps provide tips and necessary information to assist you in gaining and keeping your confidence no matter what situation or event you encounter in your daily endeavors.

The Confident Woman booklet will begin with describing the different types of women and what they sometimes mistake as having confidence. If you fit into one of the categories mentioned in this booklet, it is time for you to make a change in your life.

The Insecure Woman

The Insecure Woman often mistakes Insecurity as being confident. These type of women always in whatever the situation or setting, have to share their negative opinions of women that they have never met before ever in their lives!

Every negative remark said out of the Insecure Woman's mouth are the very same things that makes her feel insecure with herself and with her life. She wants desperately to find an identity, so instead of asking for help or befriending the woman that she really admires, she attempts to tear her down and tries to destroy her confidence.

Have you ever noticed how a cashier or a clerk in a store, attitude just suddenly changes when you have walked into her line to pay for your purchases. It's as if you have come into the store with her man or something. She proceeds to handle you rudely, and you haven't said one word to her. You have just experienced a woman that is so insecure with herself and you are all that she wants to be, so unfortunately you are subjected to her unnecessary frustrations.

No it is not fair behavior, but you can't change they way that they act. What you can do is, not subject yourselves to these type of women. Anytime I encounter this type of woman in a store, I Do Not go into her line. I don't care if it's the shortest. You do

TIPS FOR THE INSECURE WOMAN

- > Instead of pointing out and making negative remarks about a woman that you aspire to be like, why not strike up a nice conversation with her and see just how much you can learn. You might be surprised!

- > Save your energy and stop saying “*She Thinks She Is Cute,*” and go to her and compliment her on her looks by saying “*You are attractive*” or “*That outfit looks great on you.*” This will display your confidence.

- > Learn to work with that co-worker who you know is smart, funny, and attractive, all the attributes that you envy her for, to see what you can learn from her instead of trying to sabotage her work.

Utilize these tips today to improve your confidence. Insecurity is not attractive and can be changed, but only if you believe that you yourself can accomplish what you are envying in other women.

The Mirror Woman

This type of woman has no identity and has no idea who she is, where she wants to be, and where she is going. All the things that Confident Women are. She constantly copies other women in the way they dress, their mannerisms, practically everything about them.

Now there isn't anything with you admiring the style and confidence of other women, but use samples of these other women to try to build upon who it really is that you aspire to become. Constantly copying these women leaves you no room in your life to discover your own likes and dislikes. All your time is consumed trying to be someone else.

I suggest to you that you go back to your past to remember and discover what your likes and dislikes were and also how you were as a person. This will assist you on building upon the person that you really are and can improve your chances of rediscovery of yourself as a whole.

TIPS FOR THE MIRROR WOMAN

- > Do not consume yourself with copying and being someone that you're not. Use samples of women that you admire and build upon the person that you ultimately want to become. There is nothing wrong with admiring other women as long as you don't try to become them.

- > Go back to your past to make your mark here in the present to have a bright future. Visit your past to determine what you liked and disliked about your family and yourself. This will help you in your rediscovery to building upon the woman that you will ultimately become.

The Arrogant Woman

Arrogant Women thinks that the world revolves around them, they think that the sun shines out of their butts, and they think that life started for everyone else when they walked out pf their front doors this morning.

They look down on every other woman that they encounter. To an Arrogant Woman, no other woman could ever look like her, dress like her, or be her. They will tell you these things to your face. These women often mistake their arrogance for being Confident. They will walk all over you if allowed and professionally will take what they want with no remorse for all that were stepped on in the process.

They constantly talk about themselves and need constant reassuring and ego-stroking to feed their arrogance. They do not believe in their own abilities, so they use Arrogance as a front for Confidence to get through their daily endeavors.

To all Arrogant Women:

You are who you are.....so what! There are always better people out there waiting to take your place. Never believe and think that you are irreplaceable. Why not utilize your energies and find your “real confident self.”

TIPS FOR THE ARROGANT WOMAN

- > Get in tune with your “real self” so that you can understand what you are suppressing that has you so hostile towards other women.
- > Understand that the world and life did not start when you woke up this morning. Not everyone is looking at you. Learn to be sensitive to others needs.
- > Over your mind towards getting to know other women and understand that no every woman wants to be like you.....they maybe just admire you because you are smart, funny, and attractive.

Fast Fact: The women that you are looking your nose down on, you may be looking up to them one day.

The Gold-Digging Woman

Are you a woman that demands that a man has certain material things before he even attempts to say “Hi” to you? Such as a nice home, nice car, and a well-paying job? If so you are appropriately called “A Gold-Digging Woman.” Where does this fits into Confident Women? No where at all. Your Self-Esteem is really low and you have no confidence if you are demanding to be taken care of without your own independence.

You are relinquishing all of yourself to someone else in exchange for cars, money, and sex. There is no cute way to write it or say it. You are a modern day hooker with low self-esteem, no self-worth, and certainly no self-confidence. You have tons of work to do on yourself starting with *“What do you want for yourself in life that will allow you to own your independence.”*

You have mistaken your demanding ways and getting what you want for confidence. In all reality, you are getting the short end of the stick. When he decides that he doesn’t want you anymore, where will you go. What will your drive? How will you take care of yourself? These are questions that you need to be answering now, so that when he does decide that he wants throw you out on your butt, you’ll have saved a cushion to keep from hitting the ground so hard!

The Gold-Digging Woman Continued

If you are a woman suffering from this unfortunate mishap, you need to get out of that situation and figure out how to take care of yourself. Being kept, usually doesn't last very long without extreme consequences. If you feel comfortable trading your body for money and cars, then you are just an unfortunate case and it'll take more for you to see what you are doing to yourself is destructive.

The first step towards changing this type of behavior is believing that you are worth more than what you are subjecting yourself to. You have to believe that you can take care of yourself. You also have to get used to living moderately as opposed to all of the lavishness that you were accustomed to. This may be hard to do at first, but if you want to gain independence and confidence, you'll have to start somewhere.

If you are happy being a demanding gold-digging woman, just make sure you have all the things first that are in your list of demands!

TIPS FOR THE GOLD-DIGGING WOMAN

- > Try focusing on the things that can ensure your independence. This will allow you to take the appropriate measures towards taking care of yourself.
- > Work on your self-esteem and self-worth so that you can gain and keep confidence in your life.
- > Ask yourself this question, “What has happened in my life, that has led to this type of behavior?” Know that it is not too late to change. You can change and own your Independence.
- > If you are the woman that is content on being a demanding gold-digger, just make sure you already own everything that you are demanding from these men. I don’t know what’s worse, A stupid woman whose rich or a rich woman whose stupid! What do you think?

The Confident Woman

Finally ladies.....The Confident Woman's Pledge!

If you want to gain, improve, and keep your confidence, keep the following handy during those times that your confidence is tested.

A Confident Woman

Knows where she comes from and is humble to that fact. She isn't ashamed, embarrassed, or apologetic. She knows her past is what brought her to her future and she strides in this confidence because it's what made her who she is.

A Confident Woman

Knows that there aren't limits to her possibilities. She knows that she can go as far as she is willing. No one can stop her because she doesn't measure herself by other women successes.

A Confident Woman

Knows where she is going. She does not need the instructions of anybody else to tell her. She is confident enough to know that if she stumbles and falls along the way, she'll still look cute getting up from that fall and continue on accomplishing what she set out for.

A Confident Woman

Takes a compliment with grace, takes criticisms with grace, and knows how to give compliments with grace and she criticizes with grace. She knows that she doesn't need a man to complete her nor compliment her. She knows that she completes and compliments him.

A Confident Woman

Doesn't need love to feel loved. She feels loved because she gives love.

A Confident Woman

Walks into a room and immediately owns the place. She commands attention and she doesn't need to put forth much effort. It comes naturally. She may get the attention of your man, but she doesn't want him. She may get the negative attention of all the jealous ladies, but the Confident Woman will go on about her life while these women are sitting at home wasting their time discussing her. She could care less and do you know why?

**A Confident Woman.....
Knows Who She Is.....
Where She Comes From.....
And Where She Is Going.....**

OWN YOUR CONFIDENCE AND INDEPENDENCE!

Monica Burns-Capers

CONCLUSION

You have now completed reading The Confident Woman. You have also shared in your reading of the Confident Woman's Pledge. It is not to be taken lightly. Either you are going to be confident in all areas of your life or none at all. There has to be a balance. If you need to make necessary changes in your life in order for you to gain your confidence and keep it, then by all means you need to do so.

Change isn't easy, but it is essential for a healthy, happy, and balanced life. So start today!

About The Author

Monica Burns-Capers is an Expert Author, Freelance Writer, and Self-Development Consultant. She is President and Founder of *Monica Mi'Chelle Communications - A Professional Writing & Self-Development Firm*. She is an Expert in her field with over fifteen (15) years of experience, and has authored several eBooks, Children eBooks, eSpecial Reports, and other Reading Informational Materials. Monica Burns-Capers Has Also Written For Several Nationally Published Publications and Popular Websites. She is a Regular Featured Expert Author and Writer on many Websites - Most Recently A Featured Writer On The New Dove Campaign For Real Beauty Website.

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