

# MEET YOUR CONFIDENT SELF

7 simple steps you can take  
today to help build your  
self-confidence & self-worth



## MEET YOUR CONFIDENT SELF

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'I Am I'

Unconditional Acceptance of  
who I AM

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Congratulations!

If you are reading this e-book, then you are probably at the point where you feel like life is passing you by; and yet something inside of you is SCREAMING...

'I know there is a confident person waiting to get out!'

This e-book gives you simple and easy tips which you can put into action right now as a stepping-stone to further development.

Have you ever wondered how you would feel if you could make life choices with clarity and confidence by valuing your true self worth?

My name is Linda Rowntree, and I completely understand what it feels like to have very little to look forward to because I had low self-confidence and self-worth. The world looked bleak because I lived in fear of making a mistake. I was so unhappy and dissatisfied with myself as well as my life.

I was struggling in an abusive relationship with 2 young children when one day I woke up and realised that **'I deserve better than this'** and, in the moment, I knew it to be TRUE. I wanted my children to have the opportunity of knowing that the main relationship they were exposed to was not how it should be, and as adults we should be setting them a better example. I knew there was more inside me to give to myself as well as to others, but I was in danger of living my life as others wanted me to and not as 'I' wanted me to. This was the start of acknowledging that things were so wrong for me and once I had worked out a plan for my life and how I could achieve it, I moved forward from that moment with courage and confidence.

Another AHA moment came after several years of carving out a career for myself as a Corporate Accounts Manager, I again realised that I needed to make another big shift and retrained as a Complementary Therapist. I eventually gave up my 9-5 job and I am now a powerful woman with my own business. Since 1998 I have spent my life supporting and helping others to recognise the beautiful potential that lies within and to accept themselves as they are and by realising this, it then allows them to make the changes they need to lead a more fulfilling life.

I now have better relationships, a beautiful home and a thriving business and I am now confident enough to stand in my own power. On the pages that follow are some simple things you can do to change the way you think...it is the little things that can change so much – enjoy. Change starts with awareness...SO...

Believe that you are worth it and Trust in the outcome



**STEP 1** – Recognise that the potential for you to live a happy and fulfilled life is possible. Once you realise that what you Desire is achievable, and that the ability to make the changes needed is yours and yours alone, you can start looking at ways to put any changes into practice. Recognising this potential comes from within.

*ACTION* – Give yourself some quiet time each day for at least 20-30 minutes for mindfulness, meditation, walking or sitting in nature...choose a time of day that works for you. In the peace and quiet is where inspiration lies – your imagination will start to bring to you the life that you Desire. Think outside the box as all things are possible!

**STEP 2** – Do something for someone else for nothing, with no motive, just because they need it.

*ACTION* – This step is easy as it could be just a smile, listening to someone, or giving them your time and attention or just passing a compliment. Whatever you do give it with a happy heart.

**STEP 3** – Recognise that what has gone before cannot be changed but how you respond from here can be different to how you have responded before. Things can be different. Even negative situations can have a positive GIFT.

*ACTION* – Ask yourself ‘How does this situation serve me?’ ‘What do I need to learn from this?’ Persevere here and be guided by little significant things that come your way...or an understanding that you haven’t had before and be content with the answer whatever it may be.

**STEP 4** – Focus on the most important and most urgent thing that needs doing today and make that your priority. Nothing makes you feel better than a sense of achievement.

*ACTION* – Write a ‘to do’ list and keep it simple and make it small. Then prioritise that list and then choose the top item and that is your focus for the day. You can move onto another task if you wish but only when you

have finished the first one. Writing it down makes it real and gives you a reminder of what needs to be done. Break larger jobs down into smaller parts and again prioritise each part. Confidence comes from doing.

**STEP 5** – Challenge the still small voice that is usually telling you that you are not good enough, OR you should not be doing that! This negative voice is fear based and will stop you doing anything and everything. Stop it now! Be easy on yourself and when that negative voice starts in your mind, stop it and reaffirm that whatever the voice is reminding you of, may have been how it was before...but right here and right now it is going to be different. For instance, if that voice says that you could not do it when you tried before, stop it and remind yourself that that may have been so up to now, but you are now capable of making the change needed to achieve what you want to. Change the dialogue to positive...‘I do this now with a positive attitude’.

*ACTION* – Positive affirmations are a good way of stopping the chatter before it starts. An affirmation is a short phrase or sentence which reaffirms what you want to do and supports you emotionally. It can be and should be repeated as often as you feel necessary. Over time they can re-write a negative belief or thought pattern. An affirmation has three parts to it for it to work:

- It must be positive, so no negative words
- It must be a personal truth
- It must have a tense...in the now or future or timeless. There are various arguments here as to which is the best one to go for; so, the next part will help you decide which tense is right for your needs

Write them down and say them out loud in a commanding and positive way. Speak them every day, and several times a day, for at least 21 days, longer if possible.

Choosing your own words is always best, but here are some examples if you need them:

- I am confident
- I believe in myself
- I meet any challenge willingly and with confidence
- I am surer of myself with every passing day
- I am transforming into someone who stands up for what they believe
- Every day in every way, I am getting better and better – *Emile Coue*
- I choose to be confident

**STEP 6** – You may not know right now what your purpose is or how to achieve it but SMILE anyway. It is a well-known fact that smiling while on the phone can be heard in your voice. When you smile your body becomes less rigid and starts to relax. Happy hormones called endorphins are released and so you feel much better.

*ACTION* – Smile at someone while you are out and about or the next time you catch someone's eye.

**STEP 7** – The Law of Gratitude states that if you are grateful for what you have, then The Universe will bring more of the same to you. Like attracts like.

*ACTION* – Make a list of all the positive things that you have in your life right now and give thanks that you have them without condition. Go one step further and ask yourself 'why?' you are thankful for having it in your life. Read the list out loud and start with the statement: 'I give thanks for...' 'because...'

Above all have fun. Life is for living so live it in the best possible way for you – you deserve it. You always have a choice.



These simple steps to building your confidence and self-worth are the starting point for the rest of your life. Practice them every day and choose to attract the Life You Desire and Deserve.

Don't let anyone tell you and make you feel that you are not worthy of having the life that you Dream of.

If you found this e-book helpful and would like to continue the next part of your journey with my help and support, then contact me to see if I can be of further help and what your options are.

There is a workbook that accompanies this ebook, it holds much more information and helpful hints and tips. These are similar to the ones here but go into a little more detail and can easily be adopted into your daily routine.

I also run 12 week coaching courses, for those who are looking to upgrade their lives because they know they deserve it and it is up to them to take charge and make it happen.

### *Why do I think I can help?*

I am an Intuitive Transformational Life Coach, Psychic Medium, Spiritual Guide and Energy Healer. I have run a successful practice since 1998 when I qualified with the Association of Reflexologists and the Association of Natural Medicine, and I then became a Tutor for both organisations. I now run the Rainbow House Wellbeing Centre where we offer Complementary Therapies, Intuitive Life Coaching, Psychic and Mediumship Readings as well as Courses, Classes and Workshops.

I have supported hundreds of people in making the changes they need to be able to move forward with their lives. Transformation isn't easy on your own, but with help and support it can be quicker, easier and long lasting.

To let me help and support you... go to my website [www.lindarowntree.com](http://www.lindarowntree.com)

I now believe I am worth it, and I absolutely trust in the outcome