

# Own Your Tomorrow

## Gregg's 20 Confidence Tips

Pick one each day and you will be well on your way to a more confident life!



By Gregg Michaelsen

Have you heard of displacement?

I know you have heard of displacement but let's review it for a moment.

Every day we are in a fight with ourselves. The voice inside our head is telling us that we are not good enough, strong enough or worthy enough.

Our self-esteem really takes a hit from the things that happen to us in our past – things that people say and experiences we have.



Imagine if we had a talking parrot next to us all day. This parrot, Burt we'll call him, puts you down all day long

Often, you don't even notice him, but he is there to remind you you are a total screw up. You stub your toe getting out of the tub? Burt says, "Ouch that had to hurt, you are so clumsy."

You look in the mirror? Burt says, "How much did you eat last night?"



You walk by a gorgeous man? Burt says, "Yeah good luck trying to date him."

Now how long would an actual parrot named Burt last in life? How long until you left Burt at home, covered his cage or electrocuted the little jerk?

Exactly. Not long.

Most of us walk around with Burt on our left shoulder. I am going replace Burt with a new guy. He is going to be Ernie -the chameleon who is going to sit on your right shoulder.

Ernie is COOL and he is all about CHANGE. Ernie eats parrots for a living. I have no idea why I'm using these two animals but bear with me!

In this eGuide are 20 self-esteem raising tactics to build up your confidence. By picking one each day, you will kill Burt and you and Ernie will be competing at the highest level in life.



This will impact every part of your life: career, hobby and dating any man you desire.

Confidence is GOLD! You get confidence and your unhappy days are numbered.

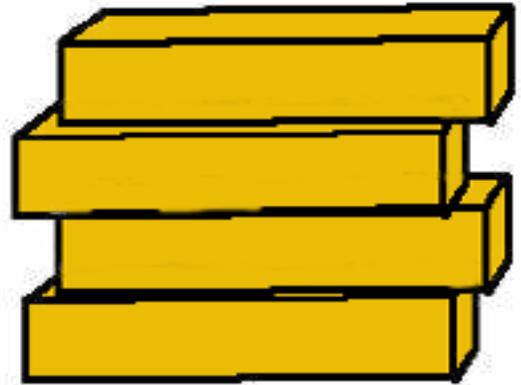
These are FUN! Start with the ones you like the most. You will feel better about yourself almost immediately! I want you to pick one for tomorrow and follow through. Then another one.

Then, string them together until you are doing them...

ALL!

One more thing. I am motivator. I motivate people. These tactics aren't something I just want you to do. I HAVE DONE THEM ALL. I do them every day!

Hundreds, yes hundreds, of my friends and readers are doing the same because they work. I don't want to hear that they won't work for you - that's impossible!



# Day 1

Do one thing today that scares you.

This prepares your mind for change.

When you try new things, you take another step in becoming an attractive woman and a woman of value!

Try living outside your comfort zone - it's exhilarating.



# Day 2

Make all your own decisions today.

Nobody but you decides where you go, how you dress or if you call him back.

You're going to become more comfortable with YOU controlling your own destiny.



## Day 3

Please yourself today. Buy yourself a pair of new shoes

Take that yoga class or call that old classmate that you have wanted to reconnect with.

It's all about you today.

To often, you worry about others and not yourself – today is different.



# Day 4

Improve your diet.

Try an app like Fooducate or MyFitnessPal.

I have it and it's great.

Get rid of the processed  
crap that Burt is making you  
eat.

This stuff is dragging down  
your energy and you are going  
to need that energy after I  
get done with you.



Processed foods may also give you cancer and make you  
fat.

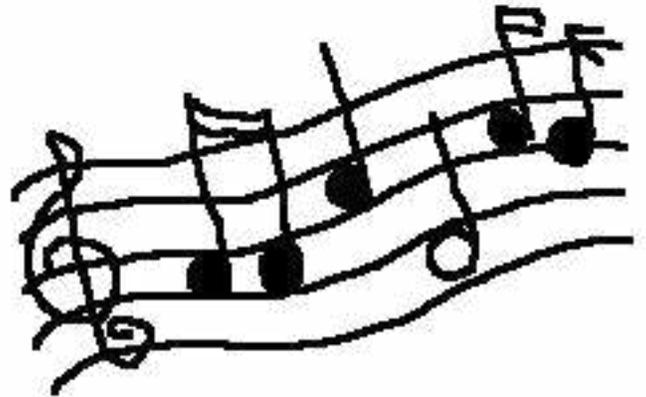
# Day 5

Improve your mental diet.

Listen to music that motivates you.

Read books that lift your spirit.

Get to a beach, take off your shoes and run with Fido next to you (or Ernie.)



Avoid people that bring you down - complainers and whiners are poison.

Stop watching the news at night.

The constant shootings, airplane crashes and Ebola outbreaks kills our souls.

# Day 6

Today is kill Burt day.

Yes, today all we do is concentrate on Burt.

When he says something, I want you to be there!

Count how many times he chimes in and ring his little neck.

When he says you're fat, tell him you're not only skinny, but you are hot! Introduce Burt to Ernie.



# Day 7

Exercise. Yes I said it.

Forget the obvious reasons, I want you to exercise for the endorphins!

When you are done with that workout we all hate to do - you will feel great!

In fact, I challenge you to take it a step farther: join a gym and workout with others.

Do Insanity, T25 or P90X. Do Cross fit and watch your self-confidence take a turn immediately.

Drop a 5 lb. weight on Burt while you are at it.



# Day 8

Stop comparing yourself to other people.

You are unique for a reason.

Rejoice! If you want something to compare yourself to, then compare your self confidence last week to where you are this week - there's your comparison.



# Day 9

Another happy day - today is support Ernie day! Burt is dead now.

It's time for you to count how many times Ernie chimes in.

It should be at least dozens.

You stub your toe, Ernie says, "That tub was lucky to be kicked."

You look in the mirror, Ernie says, "Wow, how many crunches did you do last night?"

You walk by a gorgeous man, Ernie says, "Did he just check you out? Ooh la la!"



# Day 10

Create your happy place.

This one is a little weird but let's try it.

My happy place is a hot tub.

For some reason this is where I reflect on my life and come up with my greatest ideas.

I use a little meditation and I settle my mind.

Choose a special place that is peaceful and quiet and where you won't be interrupted.

Everything about it needs to be uplifting for you.



# Day 11

Today we celebrate your successes and the good things that are you.

Make a long list of what you have done RIGHT in life and your good qualities.

Accomplishments and great legs need to be on this list.

I don't care how small or silly it might seem.

It could be the wonderful freckles on your nose to volunteering at your favorite Charity.

Too often we are chasing a dream and we forget all the things we have accomplished and our subtle qualities.



# Day 12

Thank your Creator.

It's OK if you are an atheist.

It's OK if you believe in God.

Just thank someone for what you have and write it down.

If you are still bitter in life, then read "Tuesdays with Morrie". It will change how you look at life!

Doing this will help you appreciate the good things that are coming your way.

**NEVER, NEVER** take for granted your health, family and friends.



# Day 13

Today we are going to lighten up.

I pride myself on not taking others or myself too seriously.

This makes us hyper critical.

Make fun of yourself in a confident way and laugh at others too.

Who cares if you put your T-shirt on inside out?



# Day 14

Today's tactic? Help someone out less fortunate than yourself.

Volunteer to drop off a meal to an elderly citizen or drive to the animal shelter and vaccinate twenty five cats.

You will feel great about doing it, just don't bring seven cats home!



# Day 15

Surround yourself with positive people.

Positive people are contagious.

They breed success and happiness and they can motivate you.

Negative people are buzz-killers.



# Day 16

Do more of the things you love.

Sounds simple right?

But people don't do this.

They stick with a job they hate when they could be taking a course to make a career out of their passion.

They say they love to ride on roller coasters and when you ask them what coasters they have ridden on, they say, "Oh, it's been five years but I want go again."

What? Why?



# Day 17

Write down and say out loud daily affirmations.

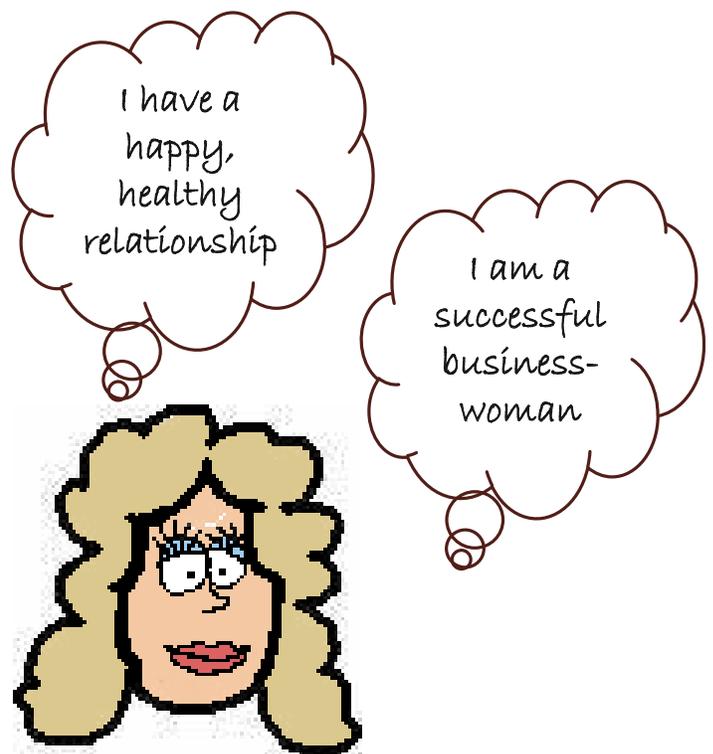
THEY WORK.

Affirmations have gotten a bad rap for some reasons but they are powerful.

Say them every day both morning and at night.

Read about the psychology behind them if you have to, but do them.

What you say to yourself, your subconscious starts to believe.



# Day 18

Set and visualize your goals.

Make mental pictures of what your body will look like in two months.

Picture the man you will date, down to the last detail.

Envision where you will be living and how you will make money.

Then, write them down and list **EXACTLY HOW** you will accomplish them.

Start with short-term goals that are easy.

Next, make middle and long term goals and list their exact steps.

Goals make large accomplishments attainable.

Without them, you have no roadmap and you'll tend to let other people control what should be your destiny.



# Day 19

Connect with nature.

This is the one that I am working on this whole month.

I forget to stop and smell the roses.

There is something about taking a walk into the woods or a hiking up a mountain that connects with our souls.

I came home the other night, sat down under the stars and just looked up at Orion. It was bliss.

My mind kept wanting to go inside and I had to fight it.

Finally I just settled my mind and looked up - What a wonderful, free and calming moment. I'm going to do it again tonight!



# Day 20

Start living in the moment. Too often our minds are off in the distance.

When you are sitting there with your friends and the sun is shining and the music is playing - feel the moment.

Cherish the moment! Don't let it pass by like so many of us do.

Picking and practicing from this list every day is your key to building self-confidence.

This is going to be your primary building block to living life in a happy and content state.

If you choose to take on the above challenges, you will be rewarded in life!

You will be a MUCH HAPPIER person. I promise you this.

And as an added bonus, the people you touch will be rewarded too.

Others will read my tactics above once and just do what they have always done.

These people will continue to just exist and never smell the roses.

**IMPORTANT!!!!** Continue to go through these steps, especially if you catch yourself getting down again!

Your choice - Game on?

# Own Your Tomorrow: Gregg's 20 Confidence Building Tips

Author and Dating Coach, Gregg Michaelsen, helps women rebuild relationships by teaching them tools which help them build their confidence and self-esteem.

Helping women grow is a passion of Gregg, and teaching them how the male mind works is just one way in which he accomplishes his goal.

These 20 Confidence Building Tips are at the core of what Gregg teaches his coaching clients and readers. It is through high confidence and self-esteem Gregg says women will find happiness and develop successful relationships.

To view Gregg's books, visit the Who Holds the Cards Now click here:

<http://bit.ly/GreggsBooks>

## Gregg Michaelsen



Gregg Michaelsen is a top dating coach, working with women to help them understand men and attract high value men by becoming Women of Worth (WoW!).

Gregg has twelve best-sellers and hundreds of reviews from women who have found success with men by reading them.

[www.WhoHoldsTheCardsNow.com](http://www.WhoHoldsTheCardsNow.com)

