

7 Goddess Secrets to Up Your Confidence NOW!

Hello Goddess!

I'm so glad you are here.

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You're here because you are ready for something more, even if you aren't sure what it is.

You're ready to shake things up in your world-maybe things have gotten stale, boring or just don't fit who you are becoming.

You're ready to feel confident and loved, deeply loved for who you are, not just for what you do or what you look like.

Am I right?

It's not always easy being a woman, is it?

You may feel like you have to wear so many hats on a daily basis, taking care of everyone else, leaving your needs and desires at the bottom of the to-do list.

You may have fantasies about living another life or feeling confident enough to take the big leap (whatever that looks like) towards your dreams and wonder...who am I to want that?

You may be yearning for more love and connection, wondering if maybe you're just supposed to go at it alone in this lifetime and stop expecting people to understand your spiritual side/who you really are.

It's not your fault.

We aren't exactly given a lot of kudos or training from an early age by society, our family or media to tune inward, preserve our energy and operate from what I call your inner Goddess self instead of the subservient, nurturing-but-not-attuned-to-expressing-your-own-needs self.

What is a Goddess and how does she help you raise your confidence?

Just saying, "I am a Goddess" out loud can feel super silly, foreign, scandalous even! (Say it aloud now. What comes up in your body? How does it feel?)

It's my absolute favorite word on the planet but I know how deeply triggering it can be.

Your inner Goddess is that wise part of you who knows who you really are.

Who isn't afraid to express her Truth.

Who doesn't give a crap what people think.

Who attracts magic and love wherever she goes.

And feels damn good in her own skin, no matter what kind of hair day you're having!

That's a Goddess.

And when you learn to call her out, (she's in there, I promise!) you unleash confidence you didn't even know you had in you!

Are you ready to learn the secrets?

Here they are!

The "7 Goddess Secrets"

How to use these secrets:

1. Each secret has an accompanying affirmation or positive declaration. Write 1 or all 7 down on a sheet of paper and incorporate saying them aloud daily in your morning or evening routine. Short on time? Record yourself saying it on your smartphone and play it each morning!
2. Pick one secret each day or each week to embody. What would it feel like if you totally owned the Goddess secret? How would you talk to yourself? What would you stop tolerating? What would you do that you normally don't do? Play with this and have fun!

A Goddess is...

Secret #1:

G Guided by her own intuition and Spirit.
She makes her own decisions and isn't afraid to turn over powerful questions to the Divine.

Affirm: "My intuition is always leading me in the right direction."

Secret #2:

O Owns her feelings and desires.
She blames no one for what she is feeling because she is a creatrix, never a victim. She is comfortable with her emotions, knowing that they are simply helping her dial into what needs to be healed or acknowledged. She isn't afraid to state what she desires, even if she is unsure of how it will be fulfilled.

Affirm: "It is safe for me to express my feelings and desires."

Secret #3:

D Delegates without guilt.
She knows the power of receiving support and asking for it.

Affirm: "The more I let people help me, the more people I can help."

Secret #4:

D Declares dominion over her body and mind.
She treats her body as a temple, is discerning over what goes into her body and delights in moving it daily and listening to her body's messages.

Affirm: "Today, I listen to my body's wisdom."

Secret #5:

E Elevates others by first elevating her self-love and self-worth.
She makes decisions that make her feel proud of herself, even if they are unpopular or cause temporary discomfort.

Affirm: "When I make myself a priority, everyone wins."

Secret #6:

S Surrounds herself with people and environments that energize her.
From music she listens to, to people she calls friends, she is discerning around what she allows in as she knows the power of immersing yourself.

Affirm: "I attract high-frequency people and opportunities into my life."

Secret #7:

S Says NO when she wants to say no and YES when it's a full body yes.
She knows the power of giving 100% of her time, energy and focus to the things that light her up and support her deepest desires. She is comfortable asserting herself and saying NO to anything less.

Affirm: "It is safe to assert myself!"

Q: Which one of these 7 secrets will you put into practice today?

The more you can embody these, the easier it will be to call in the love, money, career, body, etc that you desire. It starts with accepting yourself totally and completely.

Like a Goddess.

Are you open to this journey back to yourself?

Say YES right now if you are.

Watch your inbox for more weekly love nuggets to help you tune into your inner Goddess.

Love and Massive Blessings to you,
Diana Dorell