

7 EASY Steps to Becoming 100% Confident: By Way of Vocal Empowerment

The mind is the only thing to get in the way of accessing your most authentic voice. And therefore, it gets in the way of your most powerful voice.

I am talking about your speaking *and* singing voice, which is 3-fold:

- **Your physical voice;** comprised of your vocal chords and body that contains it. Studying breath support, learning to project properly, and learning about correct placement in the mouth and throat can strengthen your voice. All technique aside, the main key here is that the body becomes and stays relaxed so the technique can be easily implemented.
- **Your mental/emotional voices** – these are the ones in your mind, which I call “mind-chatter,” constantly judging, or giving you emotional cues. It is time to move past these mental and emotional barriers in order to avoid compromising yourself as you verbally or musically express yourself.
- **The voice of your spirit** (spirit, heart, soul; whatever you call it). You must honor your spirit by first sharpening your intuition, and then *no matter what*, following it.

If you strengthen these 3 aspects of your overall voice and self, you will be UNSTOPPABLE in life.

Seems complicated, or hard, right?
Well, it only is when we make it that way.

We program our minds over many years, usually with extreme societal conditioning, and develop similar mindsets to those around us. We believe certain things are good, bad, ugly, and so on and so forth.

What if you could re-create your own thought-patterns to work *for* you, support and empower you, rather than allow your thoughts to become and stay critical, anxious or fear-driven Debbie-downers?

YOU CAN. It is a matter of determination, belief that it is possible, and practice. It may take time, but it is not hard.

In the next few paragraphs, I'll share **7 EASY Steps to Becoming 100% Confident.**

If you are 100% confident:

- It doesn't matter what anyone else says or thinks
- You don't try to fit someone else's mold of what sounds or looks good
- You speak from a truthful, honest place
- You sing clearly and fully, with pride

Exciting, right?

The 7 EASY Steps to Becoming 100% Confident are:

- 1) When do you lack self-confidence and self-love? Write down and acknowledge these experiences in your life, and also how you feel about your lack. Awareness and acknowledgment of their existence – without judgment – is powerful, and the first step to letting go of lack so that you can gain confidence.
- 2) Write down the ways you desire to be more confident and self-loving.
- 3) Mirror Talk: In front of a mirror, speak the ways you desire to be more confident and loving as if you already are (even and especially if you don't believe it is possible). Example: "I speak the honest truth to my partner, even when it is hard, and I feel better immediately after doing so." In this way, you hear and see yourself as you verbally acknowledge your fullest potential.
- 4) Become aware of when you create harsh or critical mind-chatter, which stops you from freely expressing yourself. Acknowledge it, but don't attach judgment to it.
- 5) Replace this mind-chatter with a supportive, empowering thought, again, even if you don't believe it. "Fake it 'til you make it."
- 6) Share your journey of letting go false judgments and replacing them with supportive ones with a trusted friend. This helps make it real, as you now have someone to hold you accountable and ask you how it's going.
- 7) Practice. Change can sometimes happen overnight, and we love when it does. But I have learned that changing thought patters often takes approximately 30 days and sometimes more. So practice, and in the meantime, be patient and loving with yourself.

These steps will lead to a very confident, self-loving and authentic you.

As with any self-growth work, it is good to adjust these steps as they best fit you. Let me know how it helps, and how I can continue to support your vocal and self-growth.

BlesSings,
Ariella