

# **A Confidence Manifesto for Girls**

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## **1. Think of a person who loves you unconditionally. Love yourself like that.**

Think about a person who doesn't care how you dress or what grade you got on your most recent Math test. This person thinks you are amazing exactly the way you are. They let you be sad or happy or quiet without judging you or asking you to change. Do you feel the way they love you? Good! Now practice feeling that way about yourself.

## **2. Don't compare yourself to others.**

Need some help? Turn off the television. Log out of facebook. Unplug. Stop reading fashion magazines... they're designed to make you feel inadequate so you'll spend money on just about anything to make yourself look and feel better. Never (ever) utter the phrase, "Out of my league" about the boy or girl you like. Leagues are for sports not for dating.

## **3. Flex your super power.**

What do you do better than anyone else? (If you're not sure, ask a friend.) Take a moment to feel proud of yourself. Now, go out into the world and do good with your power. Become a superhero.

## **4. Be vulnerable.**

Take risks. Open your heart. Make mistakes. Perfection is a bad goal.

## **5. Treat your body with respect.**

Love your body. Whatever your body looks like, it is an extraordinary machine that allows you to do amazing things. If you are ever go on your dream vacation, it's your body that will take you there. Eat well. Drink more water. Move. Get enough sleep. Insist that other people respect your body too.

## **6. Try new activities.**

Have you ever wanted to audition for the school play or try paint ball... but you were too afraid? It's okay. Be afraid... and go ahead anyway! Try out that new hobby, sport, or creative activity. How do you know what you'll enjoy, or even excel at, if you never try?

## **7. Be careful with your words.**

Stop gossiping. (It's toxic... don't be that girl!) When you love and support other girls, it's way easier to stop comparing and competing. Be more cautious about what you share with other people. When you're angry, count to ten before speaking; stop a bad situation from getting worse.

## **8. Stand for something.**

Make a list of ten things you believe in. How will you support those ideas & causes? Take action now.

## **9. Dream big.**

What are you passionate about doing? Pursue that thing even if you're not good at it yet. Develop goals and work hard to achieve them. Find ways to feel proud of yourself even if others don't understand your dream.

## **10. Hang out with people who like and inspire you.**

Real friends get how amazing you are. They ask you how your day was and try to comfort you when you feel sad. They tell the truth even when the truth is hard to hear. They make you want to be a better person. If your friends don't make you feel good about yourself, they're not really your friends.

## **11. Practice joy.**

Celebrate! Be happy for yourself and others. Play! If you've forgotten how, spend some time with little kids. Dance! It helps lighten any mood, is great exercise and helps you get out of your head.

## **12. Stand up for yourself.**

Find your voice and use it. Stop apologizing for yourself and say what you really mean. When you are struggling or hurting, talk to someone you trust.