

# 3 FOUNDATIONS TO UNAPOLOGETIC CONFIDENCE

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For beginners to advanced yogis

# WELCOME TO THE 3 FOUNDATIONS METHOD



YOU MIGHT HAVE FOUND YOURSELF SHRINKING  
OR NOT BEING YOURSELF...

Trust me, I've been there.

Trying to avoid criticism because I was taking too much space,  
threatening others by being outspoken or challenging other's  
beliefs.

**Confidence is not something you are born with, it's  
something that is learnt and build.**

**Taking the space you deserve is your right,  
and you should do so unapologetically.**

This is a very big first step to take towards finding yourself and I  
will be here to guide and support you throughout your success.  
So feel free to reach out for any questions.

# THE METHOD

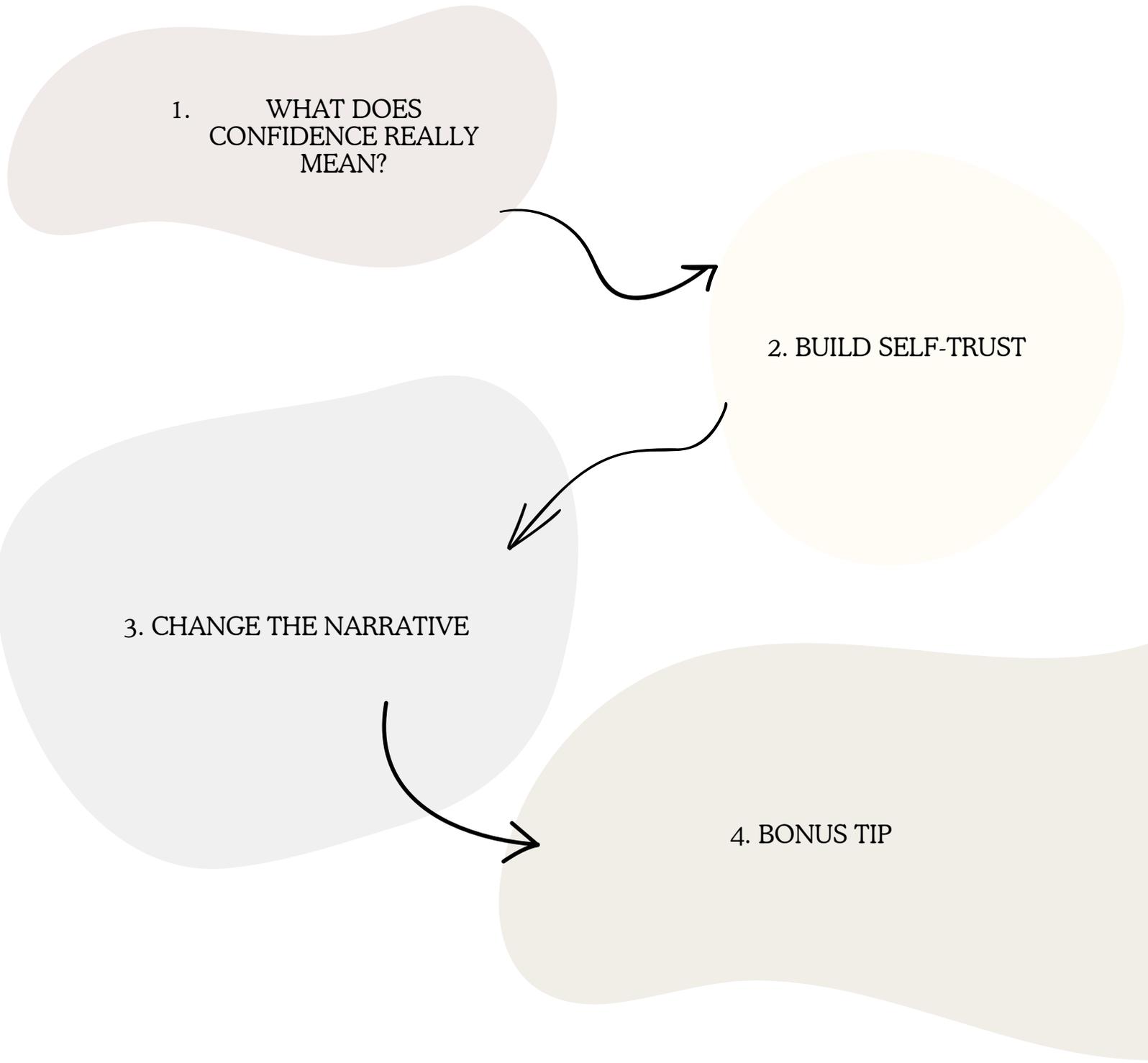
Think of it not as one step feeding the next but  
as areas that develop simultaneously

1. WHAT DOES  
CONFIDENCE REALLY  
MEAN?

2. BUILD SELF-TRUST

3. CHANGE THE NARRATIVE

4. BONUS TIP



# WHAT THEY DON'T TELL YOU

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You look at people thinking "Wow, I wish I could look, speak and vibe like that". Those people have silently worked on their confidence, and if they could so can you!



THE SECRET?

Not focusing on confidence directly, but working on what indirectly builds it up and most importantly what brings it down?



## ABOUT ELISA

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I wasn't always confident in my body, skin, or voice. I had to earn that confidence by learning to take up space and become the woman I always knew I could be.

Yoga gave me self-belief. Psychology gave me the tools. Together they taught me how to understand myself emotionally, physically, and mentally, and to give myself what I truly deserved.

Now it's my mission to help other women do the same, to stop shrinking and start owning who they are, unapologetically.

# 1. WHAT IS CONFIDENCE?

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Confidence is one of those concepts that is very **subjective** and **personal**. That's why working on your own definition is the most important thing to do.

Having a definition will help prime your brain to know what direction to go towards.

Only one recommendation: **do not take confidence for arrogance**

## DEFINE WHAT IS CONFIDENCE FOR YOU

Absolute priority is understanding what is confidence to **you** and what it looks like.

So take a pen and paper and write down **adjectives** and **qualities** you would like to embody.

If you have a hard time coming up with some you can take a look at the list below.

- Outspoken
- Independent
- Self-secure
- Self-reliant
- Grounded
- Friendly & approachable
- Rooted
- Radiant
- Unapologetic
- Assured
- Magnetic
- Authentic
- Empowered
- Bold
- Sovereign

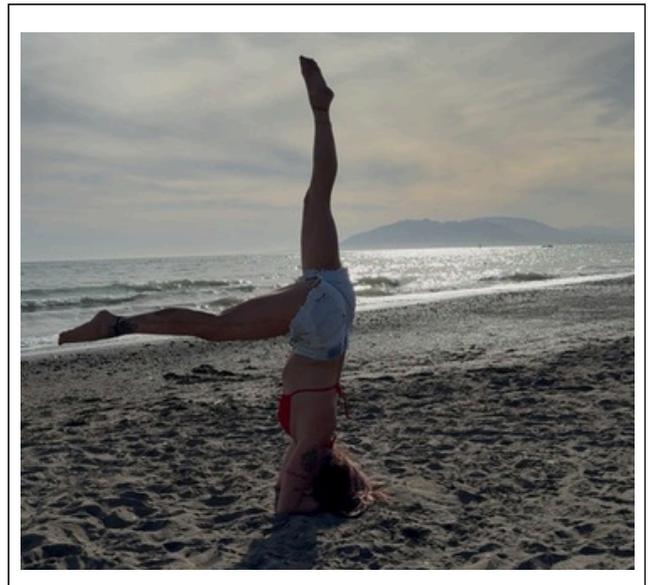
## 2. BUILD SELF-TRUST

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Self-trust is the foundation to feeling confident. How can you feel confident without believing in yourself and knowing you will always have your own back?

### PHYSICAL TRUST

We start from **building physical trust** and having **concrete results** to then build trust in ourselves overall.



Go on google or a yoga asanas (postures) book and **pick a pose** that you think **you will never be able** to do. Don't over think it **not think about it rationally**, go with your instinct.

**Break down** that asana **into smaller and doable parts**. We can do this part together. Just reach out to me!

For example I started with Sirsasana (Headstand) and I focused on

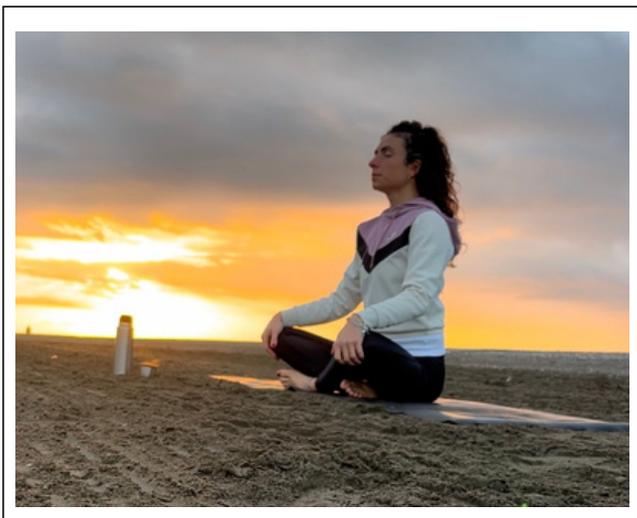
- putting my head upside down and not getting lost
- lengthening legs to reach up with sit bones
- strengthening shoulder to not put weight on the neck

# 3. CHANGE THE NARRATIVE

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It seems like a myth, but it's not: what you say is what happens, because **you believe it and make it happen**.

The more you repeat yourself something the more it becomes your reality. So careful what you tell yourself, but most importantly try to have only "**helpful thoughts**"



## OBSERVE YOUR THOUGHTS

This one is quite difficult but, **every day**, you will put on a **2minutes** timer and focus on your passing thoughts. What does your brain say?

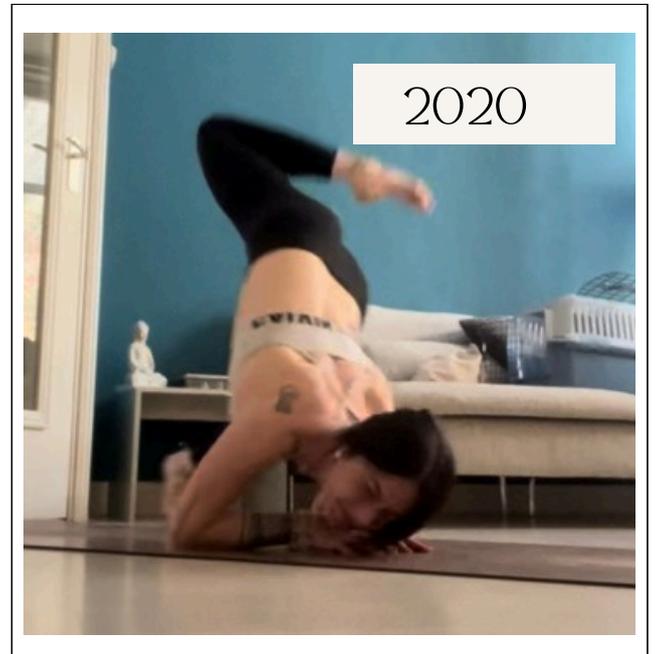
Write what pops up in your head at the end of the 2 minutes, make a list of the **self-limiting beliefs** (e.g. I'm not worth it, I can't, it's impossible etc) and every time you catch yourself saying that to yourself, you stop yourself and say the opposite.

- ✗ It's not possible → ✨ I can, and I will
- ✗ I'm not deserving → ✨ I have this and will have more
- ✗ I don't like myself → ✨ I am perfect just the way I am

# CONSISTENCY IS KEY!

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You will see **change** in every day **small gestures**. This journey is a **subtle** and **internal process**. You will see your mind and body change in very **tangible** ways



IT'S NORMAL TO DOUBT

**Doubt will creep up** because brain is wired to protect you, but by doing so it's **limiting you**. In those days focus on changing the narrative, and add a little "feel good session" here and there to help you ground yourself.

Remember: **it is through doubt that we can change**

# ✦ THE REAL MAGIC STARTS HERE ✦

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You've just discovered the 3 foundations of unapologetic confidence, now it's time to bring them to life.

Inside my **1:1 Confidence Program**, we uncover what's been holding you back and reconnect you with the **version of yourself that's always been there**. The one who knows her worth, sets boundaries and knows how to provide for herself.

This isn't about becoming someone new.

It's about giving space to **who you already are!**

💬 DM me "CONFIDENCE" to begin your journey toward the unapologetic, powerful woman you were always meant to be.

