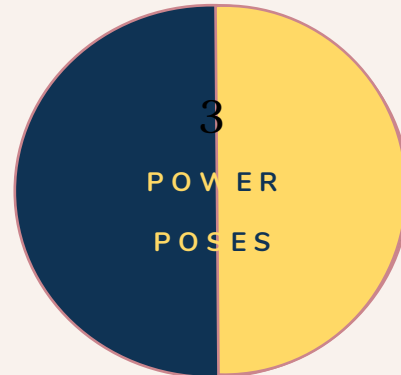


# Found in Gems

Experiments with Valina – Based on Books 





# I. Set Intentions

Think about your ideal self & ideal life

💡 Be as specific as you can :)

What do you expect to gain from working on your confidence level?

Do you want to get a specific job? Do you want to find love or new friends?

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## 2. Your Failures List

💡 Failures are just part of the learning process. Don't get discouraged and seek for them. :)

What are 5 things, you are willing to fail at this week? When you get used to this feeling, you are more able to handle it and therefore will feel more confident. :)

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# 3. Power Poses



🕒 Hold each posture for 2 minutes, every morning. This is inspired by Dr Amy Cuddy's Ted Talks.:(

💡 📺 Feel free to check out the video on the Found In Gems channel if you want to follow along.



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According to Dr Amy Cuddy's research, your body language shapes your confidence level because your posture affects the way your hormones react in your brain.





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Don't cross your legs. You  
can put your legs on a desk  
if you want. :)



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**FAKE IT UNTIL YOU MAKE IT.**

# 4. Meditation

💡 This will help you re-wire your brain & create new pathways to think as a confident person.

A few meditation techniques

💡 The goal is simply to take back the control of your thoughts. :)

1. 🗣️ **Focus on your breath** – The most classic one. Set timer for 10-20 minutes and bring your awareness back to your breath whenever your mind wanders.
2. 🌳 **5-4-3-2-1 Grounding** – Find 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell and 1 you can taste.
3. **Scan your body from head to toes** – Contract each muscle for 2 seconds and then release.
4. 👁️ **Visualization** – Imagine yourself being confident and the feelings you'd experience.
5. 🧠 **Find a creative outlet or go for a relaxing walk in nature** – Meditation is not about sitting quietly, it's about bringing more awareness in your daily life.

## 5. R e m i n d e r s

- 🌍 **Everyone** has experienced some kinds of confidence issues (yes, even the people you admire most).
- 🦁 **Confidence builds up when you take actions, even before you feel ready so don't wait until you're ready before you begin or this day may never come.**
- ✗ **Don't make your failures personal, they have nothing to do with your abilities.**
- ✓ **Failures are just part of the learning process. The more comfortable you'll feel with it, the more confident you'll feel. When you fail, **get back up and move on.****



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Thank you so much for using one of my creations!



I truly hope that it helped you in any ways.

If you want more resources like this, feel free to follow me on



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... so that you don't miss out on my new experiments based on books!

Feel free also to share your progress with me! Sending you lots of love!

Valina



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