

CASEY JADE'S



All images taken by Casey Jade Photo



SMILE!

The first and easiest way to boost your confidence is to crack a smile!

Not only will it make you APPEAR both confident and secure, but it's also science!! This study suggests that you can melt away stress and be more happy and relaxed just by smiling!

So the old saying "grin and bear it" may have somez cred after all! :-)
When you are feeling low or upset, try making your best smiling face for a few minutes!

(This works especially well in traffic!)
I figured I would start the list off with something super easy and science-backed...

Let's move on!!

GROOM YOURSELF

This may seem obvious, but there are days that just taking a shower can be ultra rejuvenating and really boost your confidence. Wash away any bad feelings right down the drain and turn your mood around with a nice warm rinse. Try an invigorating aromatherapy body wash to help jump start those happy feelings and help you take charge of whatever you have ahead of you! Do your eyebrows, throw a fun shade of eyeshadow on, and conquer the day!





DRESS NICELY

Similarly to grooming, dressing well can really make you feel better about yourself. You'll feel successful and presentable and ready to tackle the world. This obviously means something different to each of us. You don't have to go out and buy a \$700 jacket, just wear something that looks good on your individual body style and that is representative of the occasion. You never know who you'll meet or what opportunity you will be presented just by leaving the house - whether you are just going to the gas station, to a meeting, or out on the town.

EXPAND YOUR COMFORT ZONE

You have control over how big or small your comfort zone is. When you take risks regularly, your comfort zone expands. We aren't talking about blindly walking across a busy road, just doing something that makes you nervous, but could have an amazing effect on your future.

"Even doing something seemingly small every day will lead you to something bigger," says Nancy Vito, a transformational coach. "You will grow and will begin to feel unstoppable." When you face your fears and get uncomfortable you immediately gain more confidence with each success. Also, don't be afraid of failure. Failures happen, but without them, there would be no successes. Just embrace them, learn lessons, and keep moving.



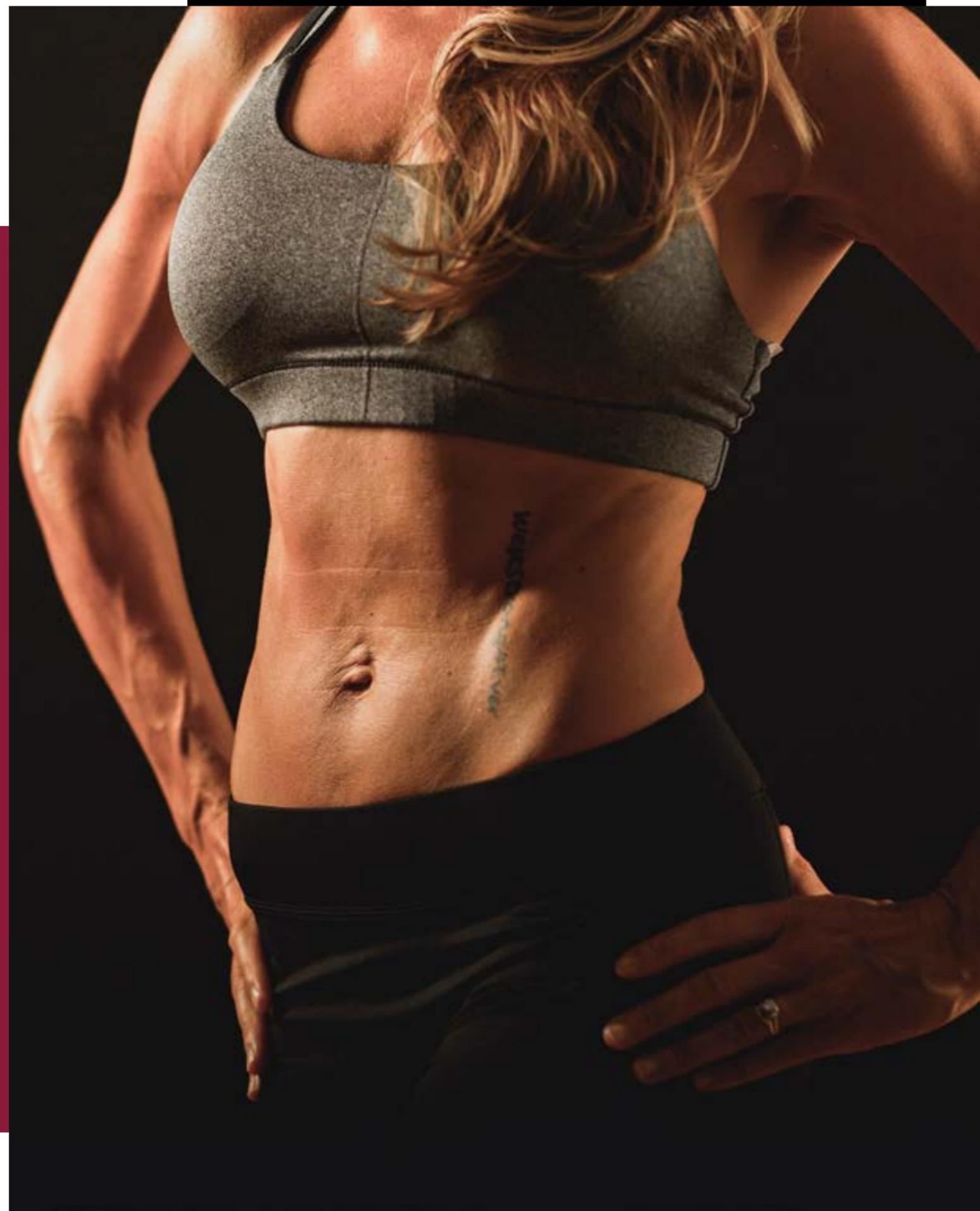
SEE IT HAPPEN

Believe it or not, visualization can be a powerful tool for your subconscious. Experts believe that having solid mental practices—like picturing yourself scoring the winning goal or even going through a tough workout—can lead to greater feelings of self-assurance and prep your brain for a successful outcome. Try setting a super specific goal—be as detailed as possible (one study suggests that the more detailed your vision of future success, the more confident you'll feel)—and imagine that you've achieved it. Throw in a positive affirmation, and go through this practice right before or right after you hit the sheets for sleep, ideally while looking at yourself in the mirror (e.g. putting on makeup or brushing your teeth) so that you can literally tell yourself what you'll accomplish and why you rock. (No matter how silly it may feel at first)



GET YOUR BLOOD PUMPING

For me, the struggle is having the motivation to get my gym clothes on, get in the car, and drive to the gym. When I'm there, I'm on it!!! I am sure you have heard what wonders exercising can do for your body as well as your brain and I am here to tell you that it works! Not only do you have more energy throughout the day if you have a normal workout routine, you also feel stronger physically as well as mentally, which means... More confidence!! You guessed it! The endorphins released while you are breaking a sweat lead to less stress and more happy thoughts. Sound good? You don't even need a gym membership. You can do body weight exercises at home on YouTube! So no more excuses, get on it!



GET DOWN ON IT

A woman with long blonde hair and glasses, wearing a black long-sleeved top and black leggings, is performing a hula hoop trick. She is lying on her back, holding a blue hula hoop with both hands, and her legs are raised and bent, with her feet resting on the hoop. The hula hoop is supported by a thin black pole. The background is dark with wisps of white smoke rising from the floor. The scene is lit with dramatic stage lighting, including a bright blue light source on the right.

That's right, get your jam on!! Listening to your favorite tunes can motivate you, get you out of a funk, make you feel more powerful, and may make you famous on youtube if someone records you singing and dancing at a red light. I do that all the time and wonder how many videos are out there of me killin it to The Fugees. :-) Fun tip, the higher the bass in the song, the more powerful and confident it will leave you feeling, so go out and get down!!!

THINK GIRAFFE

This has been a hard one for me, because I have always been a slumper, but having good posture has a ton of health benefits and has been reported to be more attractive as well! Do and experiment next time you are somewhere with people walking around (grocery store, shopping mall, airport, etc) and watch people standing and walking with confidence vs. not. This immediately makes me straighten up and walk tall! I have also been practicing meditation and rolling up a pillow under my butt helps tilt me a little forward which makes it easier to sit up straight. If you have a really hard time with this, there are monitors you can buy now if you sit a lot for work that will alert you when you slump!





SWIPE ON!

Getting your flirt on can instantly boost your confidence (women especially) and now it's easier than ever to do without even leaving the house! There are countless free dating apps that are just a click away. Expert psychologists believe it can actually make us feel better about ourselves. SO if you are feeling down, get your flirt on and get your groove back!

EDIT YOUR SELF-IMAGE

Our self-image means so much to us, more than we often realize. We have a mental picture of ourselves, and it determines how confident we are in ourselves.

But this picture isn't fixed and immutable.

You can change it. Use your mental Photoshopping skills, and work on your self-image. If it's not a very good one, change it. Figure out why you see yourself that way, and find a way to fix it. If you need help, we can start changing it from the outside in with a boudoir or portrait session! Let me and my professional hair and makeup team show you just how good you can be looking and feeling.

With a new social media profile image, you'll get a ton of confidence boost from all the comments you'll be getting and any time you feel down, you can just go back to that feeling, look at your image, and say to yourself, "I am worthy. I am confident.

I am gorgeous just as I am"





Casey Jade is a photographer based in Las Vegas whose passion is helping women discover their worth, whether it be in their businesses, bedrooms, or both! She strives to ensure everyone feels at home in front of her camera and she brings her palpable loving energy to every interaction. For more info go to www.CaseyJadePhoto.com