



Confidence is not just for Christmas

3 steps to conquer
your confidence
all year round

Say hello!

I'm excited to be here with you, this time of year can be challenging, you're expected to do a lot of social events and if you're feeling body conscious or low with your self esteem then take on board these steps.

Make sure you tune into our weekly live on my facebook page @albonasera Ana Louise Bonasera (or catch up on replay). With the run up to Christmas and a whole new year ahead of us I want to help as many women go into a new decade beginning their journey to self love.

Oh and if we've never crossed paths before and you have no clue who I am I will include an 'about me' page at the end.

Have questions? Reach out, want to share your experience and be inspired by others come and join our online community Self Love Detox.

Remember confidence isn't just for Christmas, so print this out, do the challenges, keep these steps safe so when you need them you can tap into them.

Here's to spending the next decades learning to love who we are 'flaws' and all.

With love & gratitude,
Ana Louise Bonasera



Step one

Failing is not your fault



Ever done a challenge to lose weight? Ten days, two weeks, thirty days? You've restricted yourself for a certain period of time, cut out certain food groups or deprived yourself of what you love.

At the end you either hit your target, you feel amazing and two weeks later you're back to the same size, feel down and binge binge binge OR you don't hit your target, think "what was the point?" feel down and binge, binge, binge.

How do you talk to yourself before, during and after these sorts of challenges:

Positive | Negative | Neutral



You feel like a 'failure' because you haven't hit your target, you haven't 'kept the weight off' or maybe you didn't even start.

I've been there again and again, diet after diet, challenge after challenge, no weight loss was ever enough. But why?

What are you focusing on? Physical change.

What we should be focusing on: emotional change.



Step two

Discovering your beliefs

How do you feel about yourself? Take some time to describe what you look like...

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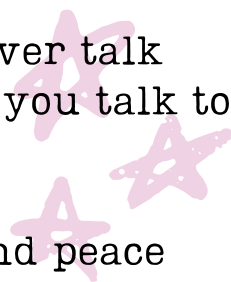


Think of someone close to you a child, partner, friend and describe what they look like to you...

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Now read out loud how you feel about yourself and replace 'my body' with 'your body' and imagine you're saying this to your loved one.

How does this make you feel? Would you ever talk about someone that you love the way that you talk to yourself? No?



Then we need to change these beliefs to find peace and build your confidence from the ground up.

Step three

Rewriting your beliefs



We need to focus on rewriting what you believe about your body so we can go from self conscious to self confident!



What you believe, becomes your feelings, what you feel becomes your thoughts, what you think becomes your actions and what you act on equals your results.

If we can start from the bottom, rewrite your beliefs your confidence can become your result.

How do we rewrite years and years of brain washing ourself to believe that our body is wrong, is ugly, is unworthy of love? One little step everyday.

Introducing affirmations. Powerful mantras that you repeat to yourself each and everyday to reaffirm your belief in yourself.

Leave the negativity behind, time to feed your brain positivity, here are some of my favourite affirmations but have a go at writing your own too. Why not save these as screen savers for your phone.





I am powerful

I am strong

I am fierce

#confidentallyear



Each day I
wake up ready
to learn to love
myself just
as I am

#confidentallyear



I was born
to live not
just survive

#confidentallyear



I choose to
be happy &
know that I
am enough

#confidentallyear

Who is she?

Hello, my name is Ana Louise Bonasera, I am a mother to 4 boys, a Confidence & Clarity coach and the author of 'Stretched'.

I am on a mission to empower women to conquer their body image issues, guide them on their self love journey and open the conversation about mental health.

I spent a long time battling with my body, going to desperate measures to lose weight and still it was never enough.

Over a number of years I changed what I focused on, found self love and made peace with my body. Now I'm determined to stop women from going through the pain I have felt and empower them to start loving who they are 'flaws' and all.

If you enjoyed this and you're ready for more, we are starting a 5 day challenge from the 27th December 2019, ready to start a new year with a new attitude.

Here's to not wasting another second loathing our bodies and spending the next decades more confident and happy.

With love & gratitude,
Ana Louise Bonasera



To find out more head to
www.selflovedetox.com



The boring bit

Disclaimer:

The advice that is given within this document by Ana Bonasera is for information purposes only and in no way overrules any prior advice given by a medical practitioner, registered dietician or nutritionist.

If you choose to follow the advice that has been given then you are doing so of your own free will, without any prior influence from us and being fully aware that the nutritional advice has not been personally designed for you.

If you suffer from a medical condition of any kind or have concerns that the nutritional advice may cause you a medical issue of any kind at all then you must consult a qualified medical practitioner for guidelines.

If you feel any negative side effects from choosing to follow our nutritional advice then you should stop immediately and seek medical advice.

Before conducting any exercise please check with a medical professional that you are in good physical condition and do not suffer from any disability that would prevent or limit your participation in exercise.

You must fully understand that if you suffer injury as a result of your participation in following our exercise programs you are completely responsible and hereby release Ana Bonasera from any and all liability now or in the future.

